

FROM THURSDAY, OCTOBER 31ST
TO WEDNESDAY, NOVEMBER 6TH, 2024
DU JEUDI 31 OCTOBRE AU
MERCREDI 6 NOVEMBRE 2024



See our flyer online
visit freshmart.ca

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



7.49
lb

beef boneless blade roast*
rôti de palette de bœuf désossé
16.51/kg
20797470_KG

chicken breasts or thighs
fresh, boneless skinless, club size
poitrines ou hauts de cuisses de poulet
13.21/kg
20162170_KG/21189206_KG

5.99
lb



3.99

Farmer's Market™ potatoes
product of Atlantic Canada,
selected varieties, 10 lb
pommes de terre
20600997001_EA/20601013001_EA

4.49

Farmer's Market™
red grapefruit
or seedless
oranges
product of
South Africa
3 lb
pamplemousse
rouge ou oranges
sans pépins
20118409001_EA
20162945001_EA



6.49

Summer Fresh salads
selected varieties
800 g
salades
20094285_EA/20250919_EA

4.99

8 inch pies
selected varieties
635-750 g
tartes
21297474_EA/21297475_EA



3.29

Ben's Original
10 grains side dish
selected varieties
240 g
plats d'accompagnement
21537156_EA/21537379_EA

3/\$10
or \$3.33 ea.

Green Giant or
Valley Selections
vegetables
selected varieties,
frozen, 400-750 g
légumes
21022268_EA/21022355_EA

4.99

Black Diamond
bars or shredded
cheese 300-400 g
selected varieties
fromage râpé ou
barres de fromage
21278842_EA/21279221_EA



2.79

Real Canadian
natural spring water
24 x 500 mL
eau de source naturelle
20154975_C24

4/\$5
or \$1.25 ea.

Kraft Dinner
original 150 g
or cups 58 g
selected varieties
macaroni
au fromage
20298647001_EA
20793558_EA

Kraft
Miracle Whip
650/890 mL or
Heinz ketchup
750 mL/1 L
selected varieties
tartina ou ketchup
20069080_EA
20296681001_EA

4.99

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

MN 1

NOVEMBER Valid from November 1st TO 30th

HIT OF THE MONTH

PRIX FOUS DU MOIS

DE NOVEMBRE Prix en vigueur DU 1^{er} AU 30 NOVEMBRE



PC® Kettle Cooked potato chips selected varieties, 200 g croustilles
21422931_EA/21548769_EA

\$1⁷⁵



Hershey's chocolate pouches selected varieties 163-290 g chocolat
20303970004_EA

\$3



Granarolo Quattrocento parmesan wedge 200 g morceau de parmesan
21599580_EA

\$4



Piller's kolbassa selected varieties 250/375 g kolbassa
20308469_EA/21400151_EA

\$4



D'Italiano Gusto! bagels selected varieties 6's bagels
21576835_EA/21577089_EA

\$3

**LOWEST PRICES
BEST DEALS
PLUS BAS PRIX
PLUS GROS RABAIS**

As compared to other major grocery retailers within your local areas.
Par rapport à d'autres grands magasins d'alimentation dans vos zones commerciales locales.

Valid from November 1st - 30th, 2024. While quantities last. See in-store for details.
En vigueur du 1^{er} au 30 novembre 2024. Jusqu'à épuisement des stocks. Voir les détails en magasin.

HOTM A NOV FLAP

Insiders Report™

Holiday

Joyeuses **Fêtes**

new
nouveau



PC® Festive Pie frozen 800 g pâte des Fêtes
21613959_EA

\$15

Must Try
Coup de cœur

new
nouveau



PC® French Roast Fine Grind or Whole Bean Coffee selected varieties 800/820 g café
21592427_EA/21592555_EA

16⁹⁹

Must Try
Coup de cœur

new
nouveau



PC® Northern Spanish-Style Basque Cheesecake frozen, 600 g gâteau au fromage
21609491_EA

\$10

Must Try
Coup de cœur

new
nouveau



PC® Black Label Strawberry Ice Cream selected varieties, frozen 500 mL crème glacée
21588234_EA/21588332_EA

3⁹⁹

Must Try
Coup de cœur

PRICES EFFECTIVE FOR 9 WEEKS
FROM THURSDAY, OCTOBER 31ST, 2024 TO WEDNESDAY, JANUARY 1ST, 2025
PRIX EN VIGUEUR 9 SEMAINES
DU JEUDI 31 OCTOBRE 2024 AU MERCREDI 1^{er} JANVIER 2025

INS FLAP

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



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

\$2



Swanson meat pies selected varieties 200 g pâtés à la viande
20320625002_EA

\$1



no name® flour selected varieties 2.5 kg farine
20013266_EA

\$3



Dare Real Fruit gummies selected varieties, 180 g friandises gélifiées
21393610_EA/21391731_EA

1⁷⁷



Twizzlers gummies 170 g or Jolly Rancher candy bags 182/198 g selected varieties friandises ou sac de friandises
21219287_EA/21552632_EA

1⁷⁷

**LOWEST PRICES
BEST DEALS
PLUS BAS PRIX
PLUS GROS RABAIS**

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Par rapport à d'autres grands magasins d'alimentation dans vos zones commerciales locales.

Valid from October 1st - 31st, 2024. While quantities last. See in-store for details.
En vigueur du 1^{er} au 31 octobre 2024. Jusqu'à épuisement des stocks. Voir les détails en magasin.

HOTM OT FLAP

Meat & Seafood

Viandes & Poissonnerie



7⁹⁹
lb

beef boneless bottom blade steak or stewing cubes* bifteck de bas de palette de bœuf désossé ou cubes de bœuf à ragoût
20797672_KG/20797941_KG



5⁹⁹
lb

pork back ribs cryovac pack 2's côtes de dos de porc
21372692_EA/21473699_EA



6⁹⁹

PC® Blue Menu® ground chicken or minced turkey 454 g poulet haché ou hachis de dinde
21100091_EA/21100092_EA



5⁴⁹

no name® pepperoni, salami or summer sausage chub or sliced side bacon 500 g, Johnsonville breakfast sausage or rounds 250/375 g, selected varieties saucisson de pepperoni, salami ou salami d'été ou bacon tranché ou saucisses à déjeuner ou rondines
20015818_EA/20143858_EA/20156771_EA



\$10

Selection of meat or seafood portions frozen 200 g-1.81 kg viande ou fruits de mer
21372692_EA/21473699_EA



6⁴⁹

SeaQuest® colossal Pacific white shrimp raw Zipperback® 16-20 per lb, 300 g, or bay scallops 400 g, frozen crevettes ou pétoncles de baie
21043887_EA/21558527_EA

Deli Meat & Cheese

Charcuterie & Fromagerie



1⁹⁹
/100 g

Larsen salami or Maple Leaf bologna salami ou bologne
20068801_KG



6⁴⁹

Balderson cheese 250/280 g or Maple Leaf Natural Selections deli meat 175 g selected varieties fromage ou charcuteries
20065285_EA/20416277_EA



4⁹⁹

Saputo Poutine cheese curds 200 g fromage en grains
20864070_EA

Dairy

Produits laitiers



5⁹⁹

Kraft Cheez Whiz selected varieties 450 g produit de fromage fondu
20659606001_EA



3⁹⁹

Yoplait Source Protéines 650 g, Liberté Greek 2 x 130/4 x 100 g or Méditerranée yogurt 500 g selected varieties yogourt
20788062002_EA/21619591_EA



3⁹⁹

PC® lactose free sour cream 500 mL or cottage cheese 500 g crème sure ou fromage cottage
20984624_EA/20987150_EA



7⁹⁹

Stok or Starbucks iced coffee 1.18-1.42 L, Starbucks coffee enhancer 828 mL or iÖGO yogurt 16 x 100 g selected varieties, refrigerated café glacé ou rehausseur de café ou yogourt
20609583001_EA/21358473_EA



5⁴⁹

Kraft Deluxe Mac & Cheese 340 g selected varieties, frozen plats cuisinés ou macaroni et fromage
21085515_EA/21552618_EA



7⁹⁹

BlueWater fish or shrimp battered or breaded, selected varieties, frozen 325-600 g poisson ou crevettes
20310745004_EA



4⁹⁹

no name® tart shells 30's or Chapman's Super Premium plus ice cream 500 mL selected varieties, frozen croûtes à tarte ou crème glacée
20296118002_EA/21511195_EA



4⁹⁹

Nestlé Coffeemate coffee enhancer selected varieties 425/450 g rehausseur de café
20309221002_EA



4²⁹

Jif peanut butter 500 g or no name® liquid honey 375 g, selected varieties beurre d'arachide ou miel
20001100_EA/21024061_EA



3⁷⁹

Quaker oats selected varieties 900 g/1 kg avoine
20323113001_EA



3⁹⁹

Fleischmann's baking powder 340 g shortening ou poudre à pâte
20604833_EA/21475300_EA



1⁷⁹

no name® chocolate bar selected varieties 100 g barres de chocolat
20580727_EA/21337890_EA



**Insiders
Report™**

Holiday Fêtes

**new
nouveau**



**Must Try
Coup
de cœur**

5⁹⁹

**PC® Brusselslaw
product of U.S.A.
253 g
salade de choux de Bruxelles**
21626132_EA

**new
nouveau**



**Must Try
Coup
de cœur**

**PC® French Onion
Soup Straws
frozen
240 g
pailles à la soupe**
21612011_EA

\$9

**new
nouveau**



**PC® Organics™
Balsamic or
Caesar Dressing
350 mL
vinaigrette
balsamique
ou César**
21609630_EA/21609744_EA

5⁷⁹

**new
nouveau**



**PC® Organics™
Dry-Roasted Salted
Sunflower Seeds
200 g
graines de tournesol**
21517438_EA

2⁴⁹



**PC®
goat cheese
selected varieties
300 g
fromage
de chèvre**
20569735_EA/20419118_EA

7⁴⁹



**PC® aged cheese
200/250 g or PC®
Black Label cheese
250 g, selected varieties
fromage**
20009748_EA/20816874_EA

6⁹⁹



**PC® salad dressing
475 mL or croutons 140 g
selected varieties
vinaigrette ou croûtons**
20628488001_EA/20796248002_EA

2⁷⁹



**PC® Splendid™ 200 g
or Natural Choice trio
pack 250/400 g sliced
deli meat
selected varieties
charcuteries tranchées**
21049119_EA/21105597_EA

9⁹⁹



**PC® Natural Choice®
beef or chicken
breast strips
selected varieties
300/375 g
lanières de bœuf ou
de poitrine de poulet**
20786418_EA/20787394_EA

11⁹⁹



**PC® wild smoked Atlantic
or sockeye salmon
selected varieties,
frozen, 150 g
saumon sockeye**
20055009_EA/20106286_EA

\$11



**PC® dips
selected varieties
454/500 g
trempettes**
20583725_EA/20584098_EA

5⁴⁹



**PC®
scalloped crackers
selected varieties
185 g
craquelins**
2060388003_EA

2⁴⁹



**PC®
butter twists
selected varieties
100 g
pailles
feuilletées**
20538543001_EA

2⁴⁹



**PC® Black Label crisps
selected varieties
150 g
craquelins**
20501554_EA/20501555_EA

4²⁹



**PC® black mission figs
product of Mexico
454 g
figues**
21633482001_EA

7⁹⁹



**PC® Black Label
barbecue sauce
350 mL, PC®
barbecue sauce
or marinade
500 mL
selected varieties
sauce barbecue
ou marinade**
21021521_EA/21406057_EA
21589265_EA

3⁹⁹



**PC® pickles
selected varieties
1 L
cornichons**
20433580001_EA

4⁴⁹



**PC® Black Label 375 mL
or PC® olives 375/500 mL
selected varieties
olives**
20051164_EA/20317800_EA/21219873_EA

5²⁹



**PC® Paradise
Crunch peppers
product of
Canada or Mexico
454 g
poivrons**
21534092001_EA

4⁹⁹



**PC® Belgian
chocolate biscuit
collection, 500 g
collection de biscuits
au chocolat**
20967791_EA

11⁹⁹



**PC®
shortbread cookies
selected varieties
150/200 g
sablés**
20098644_EA

3⁷⁹



**PC® The Decadent®
cookies
selected varieties
280/300 g
biscuits**
20612257_EA

4²⁹



**PC® Double Chocolate
or White Chocolatey
Peppermint Flavoured
Rolled Wafers, 400 g
gaufrettes roulées**
21601215_EA/21601372_EA

4⁹⁹

PRICES EFFECTIVE FOR 9 WEEKS - FROM THURSDAY, OCTOBER 31ST, 2024 TO WEDNESDAY, JANUARY 1ST, 2025



**Insiders
Report™**

Holiday Fêtes

new
nouveau



Must Try
Coup
de cœur

7⁹⁹

**PC® Black Label Pepperoni
Premium Pizza**
420 g
pizza
21615467_EA/21589836_EA

new
nouveau



Must Try
Coup
de cœur

**PC® Sea Salt Flavoured
Mini Poppadoms**
selected varieties
113 g
grignotines
21605321_EA

2⁹⁹

new
nouveau



**PC® Kettle Cooked
Mix 'N' Snack
Pack Potato Chips**
240 g/10 x 24 g
croustilles
21613448_EA

5⁹⁹

new
nouveau



**PC® Kettle Cooked
Truffle Flavoured
Potato Chips**
selected varieties
200 g
croustilles
21576276_EA

4/\$7
or \$1.75 ea.



PC® appetizers
selected varieties,
frozen, 288-500 g
hors-d'oeuvres
21116020_EA/21439588_EA

9⁹⁹



**PC® puff pastry or
cheese hors d'oeuvre
collection**
selected varieties,
frozen, 720 g
pâte feuilletée
ou hors-d'oeuvres
au fromage
20116615_EA/20215515_EA

13⁹⁹



PC® shrimp appetizers
selected varieties,
frozen, 294-454 g
hors-d'oeuvres
de crevettes
20080117_EA/20950440_EA

\$11



**PC® Black Tiger
shrimp ring with
mild cocktail
sauce, frozen, 568 g**
couronne de
crevettes avec sauce
cocktail douce
20979150_EA

27⁹⁹



**PC® Old-fashioned
style bacon 1 kg or
bacon-wrapped wild
sea scallops 260 g**
bacon ou pétoncles
20115704_EA/21220644_EA

\$16



**PC® cheese or
mushroom frusta
or cheese calzones**
selected varieties, frozen
2 x 120/165/175 g
frusta au fromage
ou champignons ou
calzones au fromage
21549100_EA/21549751_EA

5⁹⁹



**PC® honey dijon
mustard**
325 mL
moutarde
20050452003_EA

2²⁹



PC® seafood sauce
selected varieties
250 mL
sauce pour
fruits de mer
20023348001_EA/20023348002_EA

1⁷⁹



PC® shredded cheese
selected varieties
620 g
fromage râpé
21060181_EA

10⁹⁹



**PC® family size chocolate
bars 300/400 g or
chocolate covered fruits
and nuts 200-400 g**
selected varieties
barres de chocolat ou
fruits et noix enrobés
20000356_EA/20097883_EA/20298217_EA

6⁴⁹

**PC® roasted peanuts,
almonds or cashews
or Blue Menu® natural
walnuts or trail mix**
selected varieties
200 g
arachides grillées
ou amandes ou noix
de cajou ou noix de
Grenoble ou mélange
du randonneur
21054930_EA/21054980_EA

5⁴⁹



**PC® ready to eat
popcorn**
selected varieties
220/250 g
maïs soufflé
20555781_EA

3⁷⁹



new
nouveau

**PC® FRIZZAN-TÉ
Sparkling Tea Beverage**
Pomegranate
Hibiscus White Tea
or Peach Ginger
Green Tea Flavoured
beverage, 750 mL
boisson au thé
21597914_EA/21597948_EA

7⁴⁹



PC® soft drinks
selected varieties
12 x 355 mL
boissons gazeuses
20218887001_C12

6²⁹



PC® mini cans
selected varieties
6 x 222 mL
boissons gazeuses
21094861_C06/21399519_C06

3²⁹



**PC® or Blue Menu®
sparkling water**
selected varieties
12 x 355 mL
eau pétillante
20668034002_C01

5⁹⁹

PC® de-alcoholized wine
selected varieties
750 mL
vin désalcoolisé
21403385_EA/21403389_EA

6⁹⁹



PC® de-alcoholized beer
selected varieties
12 x 355 mL
bière désalcoolisée
20121729_C12

10⁴⁹



PC® IPA or Dark Ale
less than 0.5%
low alcohol beer
selected varieties
4 x 355 mL
bière faible en alcool
21589335_C04/21589408_C04

5⁹⁹

PRICES EFFECTIVE FOR 9 WEEKS - FROM THURSDAY, OCTOBER 31ST, 2024 TO WEDNESDAY, JANUARY 1ST, 2025



**Insiders
Report™**

Holiday Fêtes

new
nouveau

PC® Chicken Khao Soi
selected varieties, frozen
300 g
khao soi au poulet
21565868_EA

4.99



Must Try
Coup
de cœur

new
nouveau



Must Try
Coup
de cœur



PC® turkey
breast roast
selected varieties
1 kg
rôti de poitrine
de dinde
20822446_EA



new
nouveau

PC® Easy-to-Carve
Half Ham with Sugar
Maple Glaze Pouch
demi-jambon
14.30/kg
21612032_KG

6.50
lb

\$15

PC® The Ultimate Pork Rib Roast
1.1 kg
rôti de côte de porc
21616767_EA



PC® chicken wings
selected varieties,
frozen
800-907 g
ailes de poulet
20708932_EA



PC® holiday feast
turkey stuffing
burgers 568 g or
tourtinière 900 g, frozen
burgers à la farce
de dinde ou tourtière
21478018_EA/21547041_EA

\$14



PC® salmon Wellington
frozen
725 g
saumon Wellington
21552109_EA

\$20



PC® Salmon
or Ahi Tuna Tatakis
frozen, 130 g
tatakis de saumon
ou thon ahi
21616709_EA/21616769_EA

\$13

PC® Splendido™ oil
selected varieties
1 L
huile
20081865_EA

18.99



PC® The Natural
vinegar
4 L
vinaigre
20149137_EA

3.29



PC® herbs and spices
selected varieties
7-82 g
herbes
ou épices
20152032_EA/20319994_EA

3.79



PC® frozen vegetables
selected varieties
350-750 g
légumes surgelés
20896667_EA/21447361_EA

4.49



PC® Splendido®
fresh pasta
selected varieties
600/700 g
pâtes fraîches
21165480_EA/21165550_EA

7.99



PC® pasta sauce
selected varieties
580 mL
sauce pour pâtes
20967203_EA/20967223_EA

7.99



PC® Black Label
or Blue Menu® pasta
selected varieties, 500 g
pâtes
20419290005_EA/20686119_EA

2.99



PC® or
Black Label
pasta sauce
selected varieties
650 mL
sauce
pour pâtes
20131344001_EA
20414980002_EA

3.49



PC® gnocchi or risotto
selected varieties,
frozen, 350/400 g
gnocchi ou risotto
21546584_EA/21546609_EA

4.99



PC® Blue Menu
Ready-To-Serve soups
selected varieties
500 mL
soupes
21545090_EA/21545876_EA

2.49



PC® rice or
Blue Menu® quinoa
selected varieties, 250 g
riz ou quinoa
21391364_EA/21391403_EA

1.99



PC® Organics
or Blue Menu® broth
selected varieties, 900 mL
bouillon
21189672_EA/21190798_EA

1.49

PC® dishwashing
liquid 638/739 mL
or Planet First™
all-purpose
cleaner 700 mL
selected varieties
savon à vaisselle
liquide ou nettoyant
tout usage
21012698_EA/21543319_EA

2.49



PC® Plant First™
bamboo dinner plates
20's
assiettes
21353839_EA

8.99



4/\$9
or \$2.25 ea.

PC® Max paper towel
1=2 rolls or Planet First™
napkins 100's
essuie-tout
ou serviettes
21431316_EA/21543026_EA



PC® Nutrition First®
dog treats
selected varieties
160-283 g
gâteries pour chiens
21544840_EA/21544858_EA

5.99

PRIX EN VIGUEUR 9 SEMAINES - DU JEUDI 31 OCTOBRE 2024 AU MERCREDI 1^{er} JANVIER 2025



**Insiders
Report™**

Holiday Fêtes

Joyeuses

**new
nouveau**

CRUSTASTIC DÉLIC'EN CROÛTE
Sugar Crave Pie
Tarte fringale sucrée
national cookie crust with velvety-rich and sticky-sweet filling
une croûte de biscuits à l'avoine avec une garniture sucrée, riche et veloutée

CRUSTASTIC DÉLIC'EN CROÛTE
Sugar Crave Pie • Tarte fringale sucrée

CRUSTASTIC DÉLIC'EN CROÛTE
Jollyberry Gingerbread
Pain d'épice et petits fruits en fête
gingerbread cookie crust with a tart yet sweet candied berry filling and cream
une croûte de pain d'épice avec une garniture aux confitures à la fois sucrée et aigre, recouverte de crème

CRUSTASTIC DÉLIC'EN CROÛTE
Jollyberry Gingerbread • Pain d'épice et petits fruits en fête

**Must Try
Coup
de cœur**

\$8

PC® Crustastic™ Pie Bar
selected varieties
430 g
tarte en barre
21609501_EA/21609492_EA

**new
nouveau**

SWISS MILK CHOCOLATE WITH HONEY ALMOND NOUGAT
SUISSE
CHOCOLAT AU LAIT SUISSE AVEC NOUGAT AU MIEL ET AUX AMANDES

FRUIT & NUT SWISS MILK CHOCOLATE WITH HONEY ALMOND NOUGAT
SUISSE
CHOCOLAT AU LAIT SUISSE AUX FRUITS ET AUX NOIX
AVEC NOUGAT AUX MIEL ET AUX AMANDES

249

PC® Suisse Swiss Milk Chocolate or Fruit & Nut
Milk Chocolate with Honey Almond Nougat
selected varieties, 100 g
chocolat suisse
21609337_EA/21609356_EA

**new
nouveau**

Homestyle
Butter Pie Crusts
Crouûtes • tarte
= beurre

599

PC® Homestyle Butter
Pie Crusts, 350 g
crouûtes à tarte
21610882_EA



699

PC® Ice cream bars 6's
or Cream First™
ice cream 1.5 L
selected varieties,
frozen
barres à la crème glacée
ou crème glacée
20757157006_EA



PC® butter puff
or phyllo pastry
frozen
450/454 g
pâte feuilletée au
beurre ou pâte phyllo
21288850_EA/21288853_EA

449



PC® The Decadent®
chocolate chips
selected varieties
226-300 g
brisures de chocolat
20011473_EA/20303261_EA

529

PC® cookie
dough bites
frozen
6's
bouchées
de pâte
à biscuits
21506998_EA

Cookie Dough
ICE CREAM BITES • BOUCHÉES DE CRÈME GLACÉE
PÂTE À BISCUITS
VANILLA CHOCOLATE CHIP
VANILLE ET BRISURES
DE CHOCOLAT

699



1299

PC® chocolate or
vanilla profiteroles
490/625 g or
mini éclairs 710 g
frozen
profiteroles
ou mini éclairs
20004726_EA/20079202_EA

PC® frozen fruit
selected varieties
300-600 g
fruits surgelés
20312227_EA

**STRAWBERRIES
FRAÎSES**
SLICED • TRANCHÉES

499

PC® orange juice
selected varieties,
refrigerated
2.5 L
jus d'orange
21531644_EA

799



PC®
Greek yogurt
selected varieties
650/750 g
yogourt
21518484_EA

599



PC® instant coffee
selected varieties
80/100 g
café instantané
21500188_EA

**MEDIUM
ROAST**
MIEL & CACAHOUËTES

499



PC® herbal tea
selected varieties, 20's
tisane
20618826_EA/21467336_EA

249



PC® or The Decadent®
hot chocolate mix
selected varieties
350-750 g
mélange à chocolat
chaud
21480613_EA/21549129_EA

599

PC® or
Blue Menu®
cereal
selected varieties
475-700 g
céréales
20313066_EA

**CRUNCHY
Cranberry
Almond**
CEREAL

549

PC® pancake mix 905 g
or table syrup 750 mL
selected varieties
mélange à crêpes
ou sirop
20175129_EA/20374908_EA

**BUTTERMILK
BABEURRE**
MÉLANGE À CRÊPES ET À GAUFRES
Tendance Pâte à Crêpe

349

PC® 100%
pure maple syrup
Canada Grade A
amber, rich taste
500 mL
sirop d'érable
20049221_EA

**100% PURE
MAPLE SYRUP**
AMBER • SIROP D'ÉRABLE
100% PURE

1299

PC® Blue Menu®
fruit spread
selected varieties
370 mL
tartinaux
aux fruits
20415053003_EA

**MONTMORENCY SOUR CHERRY
CERISES SURES MONTMORENCY**

679



PC® Plant Based
Dairy Free Margarine
427 g
margarine sans
produits laitiers
21615278_EA

299

**new
nouveau**

**Must Try
Coup
de cœur**

PC® All-Butter
Chocolate Chip Brioche Loaf
400 g
pain brioché aux
brisures de chocolat
21607172_EA

**All-Butter
Brioche**
pur beurre
CHOCOLATE CHIP
BRISURES DE CHOCOLAT

\$5

PRICES EFFECTIVE FOR 9 WEEKS - FROM THURSDAY, OCTOBER 31ST, 2024 TO WEDNESDAY, JANUARY 1ST, 2025
PRIX EN VIGUEUR 9 SEMAINES - DU JEUDI 31 OCTOBRE 2024 AU MERCREDI 1^{ER} JANVIER 2025

Fruits & Vegetables

Fruits & Légumes



asparagus
product of Peru
asperges
14.31/kg
20174581001_KG



3⁹⁹

no name®
Naturally Imperfect™
strawberries
product of Canada
340 g
fraises
21591906001_EA

6⁴⁹
lb

3⁹⁹
lb

red or green
seedless grapes
product of U.S.A.
raisins
8.80/kg
20425775001_KG/20159199001_KG



3⁴⁹

Farmer's Market™ or PC® or
Sundrop grape tomatoes, product
of Canada, selected varieties,
283-340 g or Farmer's Market™
red onions 3 lb, product of
Atlantic Canada
tomates ou oignons rouges
21367888001_EA/20811362001_EA/21532206001_EA

1⁹⁹
lb

apples
product of Atlantic Canada,
selected varieties
pommes
4.39/kg
20092614001_KG

5⁴⁹

beet bunch, product of U.S.A. or
no name® Naturally Imperfect™
Brussels sprouts 680 g,
product of Canada
botte de betteraves
ou choux de Bruxelles
20174607001_EA/21619566001_EA

Bakery

Boulangerie



4⁹⁹

Farmer's Market™
mini cinnamon rolls
9's or cookies 12's
selected varieties
20563813_EA/20566774_EA

3⁹⁹

Donut Time
old fashioned donuts
selected varieties
390 g
21468892_EA/21468964_EA

3⁷⁹

Vachon snack cakes
selected varieties
252-336 g
20005728_EA/20047091_EA

3⁴⁹

D'Italiano bread
selected varieties
600-675 g
20308013_EA/20038335_EA



1⁴⁹

FritoLays snacks 45-90 g
or Fruit2O or ICE sparkling
beverages 502/503 mL
selected varieties
collations ou boissons
pétillantes
20883975_EA/20885450003_EA/21594218_EA

3⁹⁹

Peek Freans
cookies
selected varieties
290-350 g
biscuits
20680381_EA

2⁷⁹

Old Dutch
potato chips
selected varieties
180 g
croustilles
20689864001_EA

3²⁹

Tim Hortons granola
bars 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
20315935004_EA/21217900_EA



2⁷⁹

Del Monte fruit
or vegetables
selected varieties
398 mL
fruits ou légumes
20296567005_EA/21238913_EA

3²⁹

no name®
pickles
selected varieties
1 L
cornichons
20046189_EA

2⁷⁹

Heinz beans or pasta
398 mL or Aylmer
tomatoes 796 mL
selected varieties
légumineuses ou
pâtes ou tomates
20040380003_EA/20177278006_EA/21206804_EA

3⁹⁹

Diana or
Bull's-Eye
BBQ sauce
selected varieties
425/500 mL
sauce
barbecue
20549338001_EA
21184617_EA

Winter Essentials

Les essentiels de l'hiver



3⁹⁹

no name®
windshield wash
-35°C
3.78 L
lave-glace
20720431_EA

3⁴⁹

Halls lozenges bags
selected varieties
25/30's
sacs de pastilles
20315680013_EA/20896787_EA

6⁴⁹

no name®
facial tissue
6's
mouchoirs
20971002_EA

3⁷⁹

Purell hand
sanitizer pump
selected varieties
236 mL
désinfectant
pour les mains
en pompe
20149338001_EA
20149338005_EA

Grocery Épicerie



4.99

no name® or PC®
natural cheese slices
selected varieties
210/230 g
tranches de fromage
naturel
20742315_EA/20742451_EA



6.99

Parkay margarine
selected varieties
1.28/1.36 kg
margarine
20056004_EA/20279976_EA



3/\$4
or \$1.33 ea.

Family's Best
potato chips 130 g
or Montellier
carbonated water 1 L
selected varieties
croustilles ou eau
gazéifiée
20662284_EA/20854943003_EA



3.49

Pillsbury Pizza Pops
selected varieties, frozen
4's
pizzas
21436071_EA



4.49

Chapman's Lolly's 28's
or Collection novelties 8's
selected varieties, frozen
friandises glacées
20323757001_EA/21161183_EA



3/\$8
or \$2.67 ea.

no name® blanched peanuts
500 g or Coca-Cola, Canada Dry
or Pepsi soft drinks 500/591 mL
selected varieties
arachides blanchies
ou boissons gazeuses
20318062001_EA/20321598002_EA/20827293_EA



Bonne Maman jam
selected varieties
250/280 mL
confiture
20307313001_EA

4.99



4.99

Kellogg's or Kashi cereal
selected varieties, 275-525 g
céréales
21607199_EA/21621846_EA



2.49

Werther's Original or
Maynards bagged candy
selected varieties, 60-154 g
friandises en sac
20898717_EA/21545735_EA



9.99

Nestea or Peace Tea iced tea
selected varieties
12 x 341 mL
thé glacé
20130460002_C12/21242429_C12



4.79

Minute Rice
selected varieties
500-700 g
riz
20695766_EA



2.49

Unico pasta 900 g or
Primo pasta sauce 680 mL
selected varieties
pâtes ou sauce pour pâtes
20165260_EA



1.99

St-Hubert sauce
selected varieties, 398 mL
sauce
20322135002_EA/20322135003_EA



5.49

E.D. Smith pie filling
selected varieties
540 mL
garniture pour tarte
20297753001_EA/20297753006_EA



1.79

no name® spice or seasoning
selected varieties
5.5-250 g
épices ou assaisonnements
20617758_EA/20618072_EA



6.99

Purex 1.92/2.03 L
or Sunlight laundry
detergent 1.84 L
détergent à lessive
20856516005_EA/21427029_EA



2.79

Dawn 431/473 mL
or Palmolive
dishwashing
liquid 591/828 mL
détergent
à vaisselle liquide
20861400_EA/21430581_EA



8.49

Charmin bathroom
tissue 8=24 rolls or
Bounty paper towel
4=6 rolls
selected varieties
papier hygiénique
ou essuie-tout
21515858_EA/21549785_EA



6.49

Caledon Farms dog
treats 90-265 g or
Whiskas Temptations
cat treats 454 g
selected varieties
gâteries pour chiens
ou chats
20339689_EA/21012108_EA