

FROM THURSDAY, NOVEMBER 7TH
TO WEDNESDAY, NOVEMBER 13TH, 2024
DU JEUDI 7 NOVEMBRE AU
MERCREDI 13 NOVEMBRE 2024



See our flyer online
visit freshmart.ca

Freshmart®

freshmart

RED & WHITE
FOOD STORE

Your Neighbourhood Grocer



\$6
lb

fresh lean ground beef
club size
bœuf haché maigre frais
13.23/kg
20874394_KG



\$3

pork loin combination chops
or sirloin and rib portion, club size
côtelettes de longe de porc,
combinaison de coupes, ou portion
de surlonge ou bout de côte
6.62/kg
20822343_KG



454 g

\$4

cauliflower, each, product of Mexico or U.S.A.
or PC® mushrooms 454 g, product of Canada,
selected varieties
chou-fleur ou champignons
20761372_EA



2 for \$7
or \$3.50 ea.

cantaloupe, product of U.S.A.
or pineapple, product of Costa Rica
each
cantaloup ou ananas



\$4

PC® cheese slices 150-170 g,
Pizza Delight pepperoni 250 g
or Brandt kolbassa chubs 250 g
selected varieties
tranches de fromage ou
pepperoni ou saucisson de kolbassa
20156392_EA/20217736_EA/20353446_EA



\$1

baked in-store baguette
white or whole wheat
255 g
baguette cuite en magasin
21529211_EA/21530097_EA



3 for \$8
or \$2.67 ea.

Christie cookies
selected varieties
224-320 g
biscuits
21358407_EA/21361508_EA



\$3

Yoplait source tubs 630 g
or Protéines 4 x 100 g, Tubes
8 x 56 g or Minigo 6 x 60 g
yogurt, selected varieties
yogourt
21391318001_EA/21547595_EA/21619318_EA



\$3

Larsen or Maple Leaf
wieners
selected varieties
375 g
saucisses fumées
21093446_EA/21094886_EA



3 for \$4
or \$1.33 ea.

Knorr Sidekicks
selected varieties
120-167 g
plats d'accompagnement
20321430005_EA/20321430011_EA



\$7

no name®
canola or vegetable oil
3 L
huile de canola ou végétale
20028656_EA/20103390_EA



\$5

PC® bathroom tissue
12=24 rolls or PC Max™
paper towels 3=6 rolls
selected varieties
papier hygiénique
ou essuie-tout
21300716_EA/21540803_EA

Dollar Sale

Vente du dollar



Philadelphia
cream cheese or dips
selected varieties
227/250 g
fromage à la crème
ou trempettes
20866924010_EA

\$4



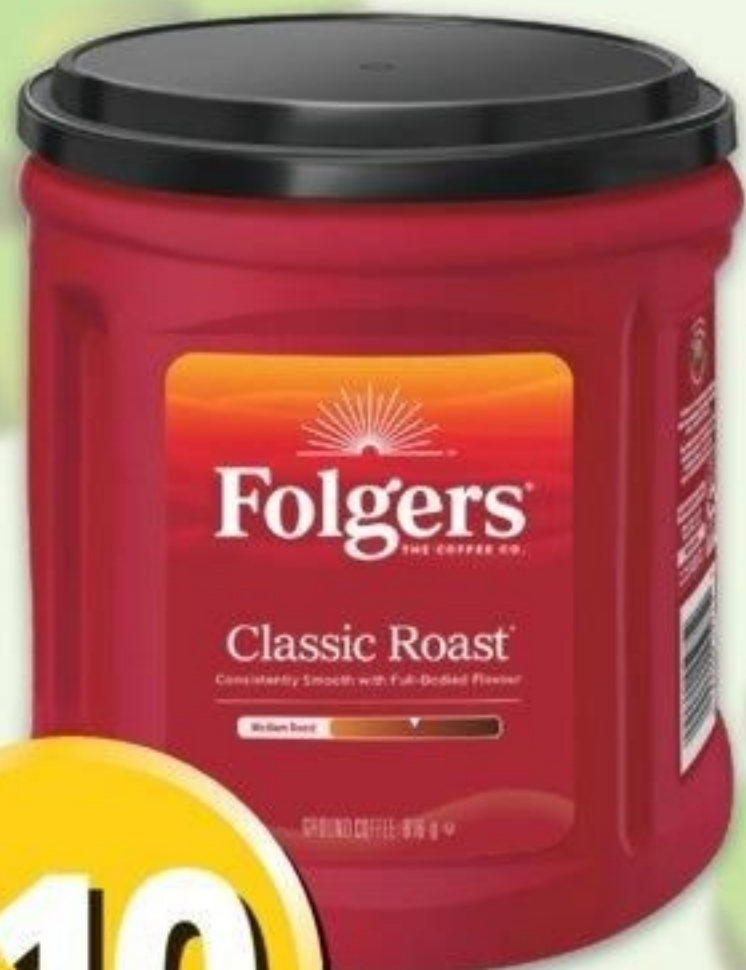
SeaQuest® crab or lobster
flavoured pollock flakes
or chunks 227 g or
DOM Specialty smoked
steelhead salmon 50 g,
selected varieties,
ready-to-eat
goberge à saveur
de crabe ou homard
flocons ou morceaux ou
saumon steelhead fumé
20699832_EA/20792840_EA

\$2



Rooster® scented
Jasmine rice
8 kg
riz au jasmin
20121871_EA

\$17



\$10

Folgers roast and ground
coffee, selected varieties
544-816 g
café torréfié et moulu
21478183_EA

FMA FLAP 1

Soup and Sandwich

Soupe et sandwich



2.99

Dempster's bread
selected varieties
570/675 g
pain
21591959_EA/21592051_EA



no name® sliced deli meat
selected varieties
375-500 g
charcuteries tranchées
21051028_EA/21064875_EA

4.49



3.49

Tim Hortons soup
540 mL or chili 425 g
selected varieties
soupe ou chili
21203783_EA/21431833_EA



Bick's
pickles 1 L or
Hellmann's
Real mayonnaise
445 mL
selected varieties
cornichons ou
mayonnaise
2008233001_EA/20158289001_EA

4.49



FMA FLAP 2

NOVEMBER

HIT OF THE MONTH

PRIX FOUS DU MOIS

DE NOVEMBRE

Valid from November 1st TO 30th

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



PC® Kettle Cooked
potato chips
selected varieties, 200 g
croustilles
21422931_EA/21549769_EA

\$1.75



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

\$3



Granarolo Quattrocento
parmesan wedge
200 g
morceau de parmesan
21599860_EA

\$4



Piller's kolbassa
selected varieties
250/375 g
kolbassa
20308469_EA/21400351_EA

\$4



D'Italiano Gusto!
bagels
selected varieties
6's
bagels
21576838_EA/21577069_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

Meat & Seafood

Viandes & Poissonnerie



7⁹⁹
lb

beef sirloin tip oven roast or steak*
club size
rôti ou bifteck de pointe de surlonge de bœuf*
17.61/kg
20795286_KG

3⁹⁹
lb

fresh pork loin center cut chops bone in
club size
côtelettes de longe de porc fraîche,
coupe du centre, avec os
8.80/kg
20823075_KG



3⁹⁹
lb

chicken drumsticks or thighs
club size
pilons ou hauts de cuisse de poulet
8.80/kg
20004494_KG/20058163_KG

5⁴⁹

Johnsonville sausage
selected varieties, 375/500 g
saucisses
20303844_EA



8⁹⁹

Lou's Kitchen entrées
or back bacon
selected varieties, fully cooked
375-400 g
plats cuisinés ou bacon de dos
20182404_EA/20507550_EA



6⁴⁹

PC® or Free From® bacon
or breakfast sausage
selected varieties
375/500 g
bacon ou saucisses à déjeuner
20152629_EA/21584308_EA



7⁹⁹

PC® Pacific large white shrimp
raw Zipperback® or PC® Pacific
large white shrimp 31-40 per lb
400 g or SeaQuest® Pacific
white shrimp cooked peeled
36-45 per lb, 300 g, frozen
crevettes
20789931_EA/21043685_EA



10⁹⁹

Schneiders chicken wings
selected varieties, frozen
615 g
ailes de poulet
21372123_EA/21372435_EA



7⁹⁹

Beyond meat Plant-Based
burger or sausages
selected varieties
226-400 g
burger ou saucisses
21193815_EA/21300113_EA



9⁹⁹

PC® cold water shrimp
340 g, PC® double smoked
Scottish Atlantic salmon
150 g or SeaQuest® pink
salmon fillets 400 g, frozen
crevettes ou saumon
de l'Atlantique ou filets
de saumon
21047088_EA/21314740_EA

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

*Venez voir notre choix de viandes
préparées en magasin***



6⁹⁹
lb

fresh store made
meatballs with or
without cheese
boulettes de viande
fraîches faites
en magasin avec
ou sans fromage
15.41/kg

4⁴⁹
lb

fresh marinated
chicken drumsticks
pilons de poulet frais
marinés
9.90/kg

\$1
off
/lb

fresh store made
sausage
saucisses fraîches
faites en magasin

4⁴⁹
lb

fresh marinated
bone in pork chops
côtelettes de porc
fraîches marinées
avec os
9.90/kg

Fruits & Vegetables

Fruits & Légumes

6 lb

ATLANTIC
GROWN
CULTIVÉ EN ATLANTIQUE

no name® sans nom®
Naturally Imperfect™
Naturellement imparfaits™

apples · pommes

Freshness and quality... in all shapes and sizes.
Fraîcheur et qualité... sous toutes les formes.

6⁹⁹

no name® Naturally Imperfect™ apples
product of Atlantic Canada
6 lb
pommes

1⁹⁹

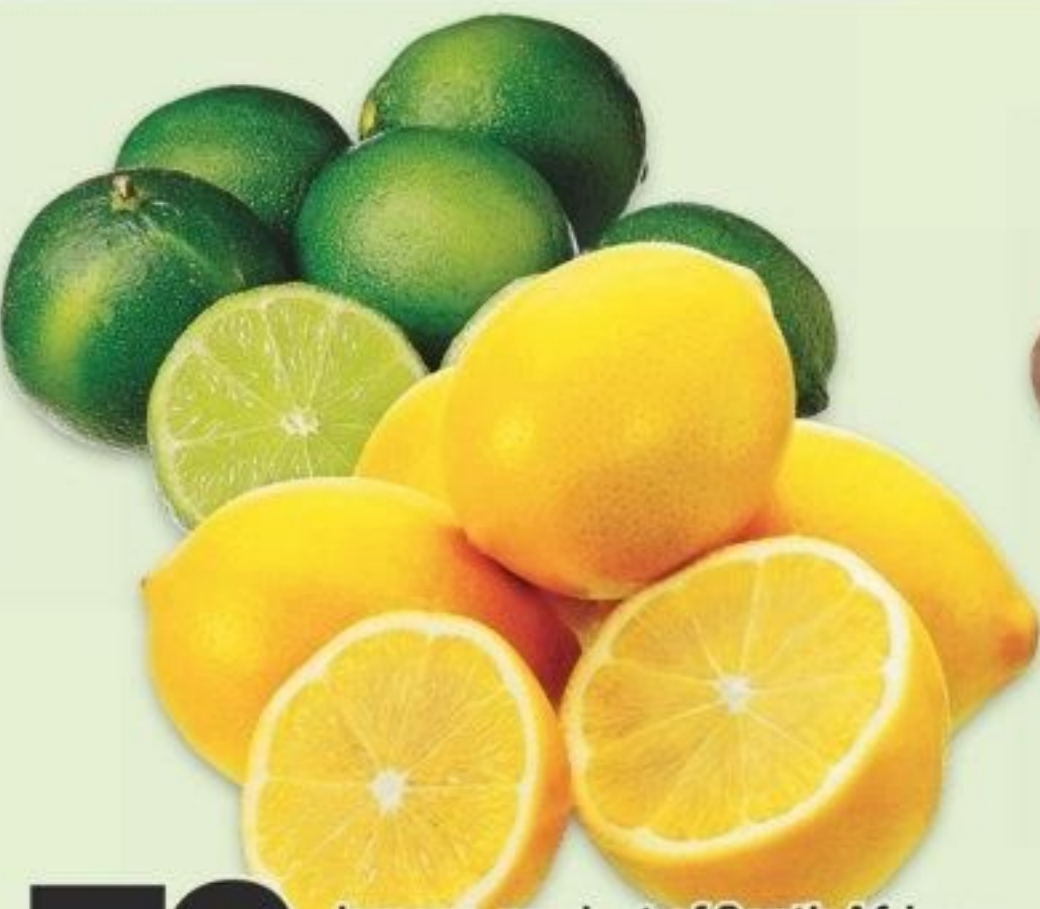
broccoli crowns
product of Mexico or U.S.A.
each
couronnes de brocoli

6⁹⁹

Farmer's Market™ grape tomatoes
product of Canada or Mexico
907 g
tomates

3⁴⁹

blueberries
product of Peru
6 oz
bleuets



.79

lemons, product of South Africa or Spain or limes, product of Mexico
each
citrons ou limes



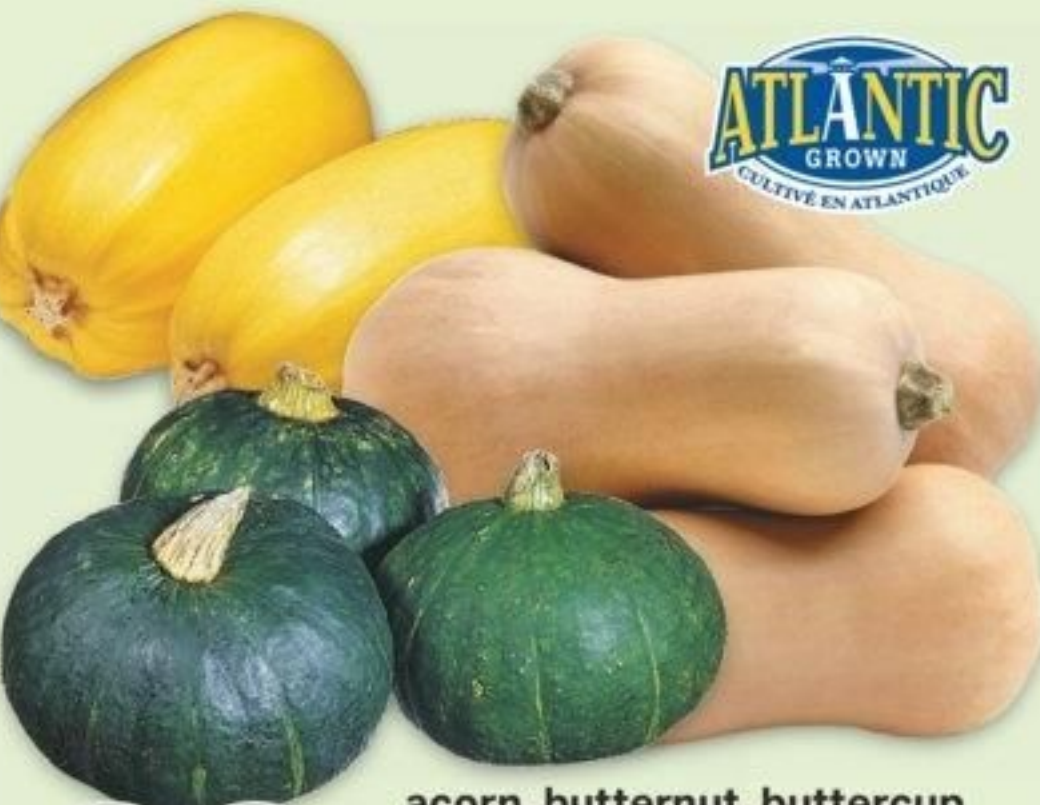
1²⁹
lb

sweet potatoes
product of Canada
patates douces
2.84/kg



4⁹⁹
lb

PC® Sweet Carnival grapes
product of U.S.A.
raisins
11.00/kg



.99
lb

acorn, butternut, buttercup
or spaghetti squash
product of Atlantic Canada
courge
2.18/kg



1²⁹
lb

PC® Organics bananas
product of Costa Rica
bananes
2.84/kg



.69
lb

green cabbage
product of Atlantic Canada
chou vert
1.52/kg



4⁹⁹

PC® salads 312 g or
Renée's dressings
350/355 mL
product of Canada,
selected varieties
salades ou
vinaigrettes
21204386_EA/20314592_EA



7⁹⁹
lb

chestnuts
product of Italy
châtaignes
17.62/kg



4⁴⁹

gooseberries
product of Colombia
200 g
cerises de terre
20845869_EA



1²⁹

green onion or parsley
product of Mexico
oignon vert ou persil

Deli Meat & Cheese Charcuterie & Fromagerie

Ziggy's®
fresh pasta 350/360 g
or salads 454 g
selected varieties
pâtes ou salades fraîches
20326055_EA/21521089_EA

2.99



PC® Natural Choice®
chicken breast deli service
selected varieties
poitrine de poulet au
comptoir de service
20302980_KG

2.79
/100 g



4.99 Lightlife plant-based meats
142/340 g
simili-viande à base de plantes
21189638_EA/21403060_EA



4.99 Vicky's Artisan flatbread
selected varieties
130/150 g
pain plat
20773910_EA/21427412_EA



5.99 Boursin cheese 130/150 g
or Castello blue cheese 125 g
selected varieties
fromage
20116794_EA/20428574_EA

Bakery Boulangerie



6.49

Farmer's Market™
macaroons 350 g or squares 400/450 g
selected varieties
macarons ou carrés
20323572_EA/21216501_EA



4.99

Farmer's Market™ donuts
selected varieties, 264-600 g
beignes
21559343_EA/21592613_EA



\$10 PC® cheesecake 600 g
or Tiramisu 460 g
selected varieties, frozen
gâteau au fromage ou tiramisu
20318102_EA/21104504_EA



2.99 Hostess snack cakes
selected varieties
202-232 g
petits gâteaux
21283752_EA/21593325_EA



2.79 no name® bagels
selected varieties, 6's
bagels
21217967_EA/21297778_EA

Dairy Produits laitiers



3.99

Danone Oikos or Two Good yogurt
selected varieties
4 x 95/100 g
yogourt
20419715003_EA/21475943_EA



3.99

no name® processed cheese product slices
selected varieties
400 g
tranches de produit de fromage fondu
21220995_EA



6.99 Kraft velveeta processed cheese
450 g
fromage
20076573_EA



3.99 Jell-O or Hershey's snacks or pudding
selected varieties, refrigerated
4's
collations ou pouding
21019804_EA/21019805_EA

no name® whipped topping
225 g, Pillsbury refrigerated
dough 200-227 g
or Silk creamers
473 mL
refrigerated
garniture
fouettée ou pâte
réfrigérée ou
colorants à café
20017493_EA/20861935_EA
21505340_EA

2.49



Grocery Épicerie



2/\$6
or \$3 ea.

no name® frozen fruit
selected varieties
300/400 g
fruits surgelés
21545099_EA

PC® Wood-Fired pizza
selected varieties, frozen
351-413 g
pizza
21540352_EA

5.99



3/\$10
or \$3.33 ea.

Cheemo perogies
selected varieties,
frozen, 815/907 g
perogies
20527641_EA



4/\$5
or \$1.25 ea.

PC® Blue Menu®
or Free & Clear® sparkling
water 1 L or natural spring
water 4 L, selected varieties
eau pétillante ou eau de source
naturelle
20162061004_EA/20320832002_EA/21185641_EA



6.99

Sanpellegrino
Italian sparkling drinks
selected varieties
6 x 330 mL
boissons pétillantes
21241013_C06/21433193_C06

no name®
instant coffee
150 g or coffee
whitener 450 g
selected varieties
café instantané
ou colorant à café
20310718_EA/21180125_EA

4.49



no name® white
vinegar 1 L or
Franco American
gravy 284 mL
selected varieties
vinaigre blanc
ou sauce
20060473_EA/20063534_EA

4/\$5
or \$1.25 ea.



2.49

PC® granola bars 120-175 g or
Blue Menu® fruit and nut bars 165 g
selected varieties
barres granola ou barres
de fruits et noix
20913520_EA/21540695_EA



5.29

PC® or Blue Menu® fruit spreads
500 mL or Kraft smooth peanut
butter 500 g, selected varieties
tartinades de fruit ou beurre
d'arachide
20132369001_EA/20300537_EA



8.49

Samyang buldak ramen
selected varieties
145-725 g
ramen
21371842_EA/21592759_EA

Doritos, Cheetos
or Sunchips Minis
chips or snacks
102-145 g or
Planters cashews
or trail mix 170 g
selected varieties
croustilles
ou grignotines
ou noix de cajou
ou mélange
du randonneur
21613317_EA/21619951_EA

3.79



4.79

Quaker muffin mix
900 g or oat flour 700 g
selected varieties
mélange à muffins
ou farine d'avoine
20301064003_EA/21361904_EA



3.99

Betty Crocker Oreo cake
or brownie mix 263/385 g
or crème frosting 340 g
mélange à gâteau ou
brownie ou glaçage
21613954_EA/21614173_EA/21614203_EA



4.29

Barilla pasta 800 g or
Authentica World Cuisine
pasta sauce 530 mL
selected varieties
pâtes ou sauce
pour pâtes
20976126_EA/21067214_EA



2.49

Hunt's tomato sauce
selected varieties
680 mL
sauce tomate
20023601001_EA/20296852002_EA



6.49

Mule 20 Team Borax
laundry booster 1.84 kg
or Arm & Hammer
laundry detergent 1.63 L
selected varieties
activant de détergent
ou détergent à lessive
20166350_EA/21517289_EA



13.49

no name® garbage
bags 60-100's or
Finish Quantum dish
washing pods 21/26's
selected varieties
sacs à ordures ou
capsules de détergent
à lave-vaisselle
21217935_EA/21389639_EA



14.49

Boost 6 x 235/237 mL
or Ensure 4 x 325 mL
meal replacement
selected varieties
substitut de repas
20304429002_C06/20304767002_C06



9.49

Whiskas dry cat food
1.5/2 kg or Milk-Bone
Soft & Chewy dog
treats 708 g
selected varieties
nourriture sèche
pour chats ou gâteries
pour chiens
20018670_EA/21592624_EA

Dollar Sale

Vente du dollar

\$4



Minute Maid[®] zero sugar or Fruité beverage selected varieties, refrigerated 1.54 L boisson
21434119_EA/21595841_EA

4 for \$5
or \$1.25 ea.



Yoplait YOP drinkable yogurt selected varieties 200 mL yogurt à boire
21478178_EA/21478300_EA

2 for \$5
or \$2.50 ea.



PC® tortilla chips 320-350 g, Loads of™ Flavour or World of Flavours chips 200 g selected varieties croustilles
20305180_EA/20840911006_EA



2 for \$9
or \$4.50 ea.

Hungry-Man entrées 360-455 g, Healthy Choice Gourmet Steamers 283-306 g Swanson entrées 280-345 g selected varieties, frozen plats cuisinés
20077563001_EA/20296014003_EA/20318616004_EA



\$5

Ben & Jerry's ice cream selected varieties, frozen 473 mL crème glacée
21428403_EA/21428517_EA



\$3

Christie Crispers or Bits & Bites baked snacks 145 g, Rockstar 473 mL or Celsius 355 mL energy drinks craquelins ou grignotines ou boissons énergisantes
20368415003_EA/21396350_EA/21576458_EA



2 for \$5
or \$2.50 ea.

Dare Grissol or PC® crackers selected varieties 120-500 g craquelins
20185144001_EA/20313040001_EA



\$4

Cheetos snacks 180-285 g or Popcorners chips 142 g or Pringles mingles 155 g selected varieties grignotines ou croustilles
21370169_EA/21370205_EA/21626258_EA



2 for \$13
or \$6.50 ea.

Kellogg's cereal selected varieties 480-650 g céréales
21430738_EA



3 for \$10
or \$3.33 ea.

Dare Ultimate or Whippet cookies selected varieties 230-300 g biscuits
20974349_EA/21358211_EA



2 for \$5
or \$2.50 ea.

Old El Paso taco shells, tortillas 297-334 g, refried beans 398 mL or jalapeños 250 mL selected varieties coquilles à tacos ou tortillas ou haricots fris ou jalapeños
20063108001_EA/20314171001_EA



2 for \$5
or \$2.50 ea.

PC® Blue Menu® beans 900 g or Tilda rice 250 g selected varieties haricots ou riz
20629492_EA/20695681_EA



3 for \$10
or \$3.33 ea.

Heinz ketchup 375 mL or tartar sauce 354 mL or Kraft BBQ sauce 455 mL selected varieties ketchup ou sauce tartare ou sauce barbecue
20128881_EA/20627619007_EA/21082580_EA



2 for \$4
or \$2 ea.

Campbell's soup selected varieties 284 mL soupe
20003627001_EA/20984016_EA



3 for \$10
or \$3.33 ea.

Fleischmann's cornstarch 454 g or Windsor salt and pepper 42/113 g féculle de maïs ou sel et poivre
20006692_EA/20038299_EA



2 for \$5
or \$2.50 ea.

no name® marshmallows selected varieties 400 g guimauves
20304672001_EA/20304672002_EA

Sweet Treats

Petites douceurs



4 for \$5
or \$1.25 ea.

Nestlé, Cadbury, Hershey's, Butterfinger single chocolate bars 34-60 g or Tic Tac 29 g selected varieties barre de chocolat individuelle ou menthes
20066954_EA/20582012_EA
20688851002_EA/21024398_EA



\$2

Carnaby Sweet candy bags selected varieties 300/400 g sacs de friandises
20853169_EA/20853297_EA
20853300_EA/20853309_EA



3 for \$8
or \$2.67 ea.

Cadbury or Feastables chocolate bar 60-100 g or Mentos mints 4 x 37 g selected varieties barre de chocolat ou menthes
20322193001_EA/20691626_EA/20974766_EA
20706055_EA/21589274_EA



2 for \$7
or \$3.50 ea.

Twizzlers candy pack 311-454 g, Dare Real Fruit candy 350 g, Kinder chocolate bar 126 g selected varieties friandises ou barres de chocolat
20022328002_EA/20022328008_EA
20141739_EA/205050837001_EA

Insiders Report™

Holiday Fêtes

Joyeuses Fêtes



\$15 PC® Festive Pie frozen 800 g pâté des Fêtes 21613959_EA



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



\$10 PC® Northern Spanish-Style Basque Cheesecake frozen, 600 g gâteau au fromage 21609491_EA



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

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

Insiders Report™



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



10.99 PC® double cream Brie 450 g brie 20787166_EA



11.99 PC® Natural Choice® beef or chicken breast strips selected varieties 300/375 g 20786418_EA/20787394_EA



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



3.99 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



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

3.79 PC® shortbread cookies selected varieties 150/200 g sablés 20089644_EA

Insiders Report™

Holiday Fêtes

Joyeuses Fêtes



\$9 PC® French Onion Soup Straws frozen 240 g pailles à la soupe 21612011_EA



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



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



\$11 PC® wild smoked Atlantic or sockeye salmon selected varieties, frozen, 150 g saumon sockeye 20055009_EA/20108286_EA



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



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



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

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

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

2⁹⁹

21605321_EA

new
nouveau



new
nouveau



5⁹⁹

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

21613448_EA

4/\$7
or \$1.75 ea.

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

21576276_EA



9⁹⁹

PC® appetizers
selected varieties,
frozen, 288-500 g
hors-d'oeuvres

21116020_EA/21439588_EA

13⁹⁹

**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

\$11



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

20080117_EA/20950440_EA

27⁹⁹



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

20979150_EA



\$16

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

20115704_EA/21220644_EA

5⁹⁹

**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

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

2²⁹

20050452003_EA



1⁷⁹



PC® seafood sauce
selected varieties
250 mL
sauce pour
fruits de mer

20023348001_EA/20023348002_EA

**PC®
shredded cheese
selected varieties**
620 g
fromage râpé

10⁹⁹



6⁴⁹



**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

**PC® roasted peanuts,
almonds or cashews
or Blue Menu® natural
walnuts or trail mix**
selected varieties
200 g

5⁴⁹

21054930_EA/21054980_EA



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

3⁷⁹



7⁴⁹

**PC® FRIZZAN-TÉ
Sparkling Tea
Beverage**
Pomegranate
Hibiscus White Tea
or Peach Ginger
Green Tea Flavour
beverage, 750 mL
boisson au thé

21597914_EA/21597948_EA



6²⁹

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

20218887001_C12

**PC®
de-alcoholized wine
selected varieties**
750 mL
vin désalcoolisé

6⁹⁹

21403385_EA/21403389_EA



3²⁹

PC® mini cans
selected varieties
6 x 222 mL
boissons gazeuses

21094861_C06/21399519_C06



10⁴⁹

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

20121729_C12



5⁹⁹

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

20668034002_C01



5⁹⁹

**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

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



**Insiders
Report™**

Holiday Fêtes

Joyeuses

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

17.99



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

15.99



PC® holiday feast
turkey stuffing
burgers 568 g or
tourtière 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
21198872_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



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

4/\$9
or \$2.25 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



**Must Try
Coup
de cœur**

\$8

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



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



5.99 **PC® Homestyle Butter Pie Crusts**, 350 g
croûtes à tarte
21610882_EA



6.99 **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



4.49 **PC® butter puff or phyllo pastry frozen**
450/454 g
pâte feuilletée au
beurre ou pâte phyllo
21288650_EA/21288653_EA



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



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



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

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



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



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



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



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



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



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



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

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



6.79 **PC® Blue Menu® fruit spread**
selected varieties
370 mL
tartinade
aux fruits
20415053003_EA



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



\$5 **PC® All-Butter Chocolate Chip Brioche Loaf**
400 g
pain brioché aux
brisures de chocolat
21607172_EA



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