

Valentine Deals!

Offres de la Saint-Valentin!



9.99

PC® Gluten-Free or Farmer's Market™ bar cakes selected varieties 553-770 g gâteaux rectangulaires 20794367_EA/21500612_EA



5.49

PC® hors d'oeuvres collection selected varieties, frozen 225-454 g hors-d'œuvre 20065214_EA/20503378_EA



5.99

PC® chocolate covered fruit and nut 200-400 g, Suisse milk chocolate 400 g or chocolate bars 300 g selected varieties fruits ou noix enrobés de chocolat ou chocolat au lait ou barres de chocolat 20000356_EA/20097883_EA/20298217_EA



4.99

PC® enrobed fruit 200 g or McCain Deep 'n Delicious cakes 510 g or mini cakes 340 g selected varieties, frozen fruits enrobés ou gâteaux ou mini-gâteaux 20310132003_EA/21544055_EA

Pancake Day!

Journée des pancakes!



5.99

International Delight coffee enhancer 946 mL or Cold Foam 396 g selected varieties rehausseur de café ou mousse froide 20895480003_EA/21629959_EA



5.99

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



3.99

Pearl Milling Company pancake mix 905 g or syrup 710 mL selected varieties mélange à crêpes ou sirop 21384619_EA/21391619_EA



11.99

Maxwell House ground coffee 631-900 g or Tim Hortons single serve coffee pods 10/12's selected varieties café moulu ou capsules de café 20902453_EA/21606882_EA



FEBRUARY

HIT OF THE MONTH

PRIX FOUS DU MOIS

DE FÉVRIER

Valid from FEBRUARY 1ST TO 28TH
Prix en vigueur DU 1^{ER} AU 28 FÉVRIER



2.25

Annie's macaroni & cheese selected varieties 170 g macaroni et fromage 20316187002_EA



\$2

Cavendish Farms fries selected varieties, frozen 800 g frites 21559976_EA



2.50

Vachon snack cakes selected varieties 282-336 g petits gâteaux 20005728_EA



\$4

Royale Tiger Towel paper towels 3=6 rolls essuie-tout 21484702_EA

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.

FROM THURSDAY, FEBRUARY 13TH
TO WEDNESDAY, FEBRUARY 19TH, 2025
DU JEUDI 13 FÉVRIER AU
MERCREDI 19 FÉVRIER 2025



See our flyer online
visit freshmart.ca

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer

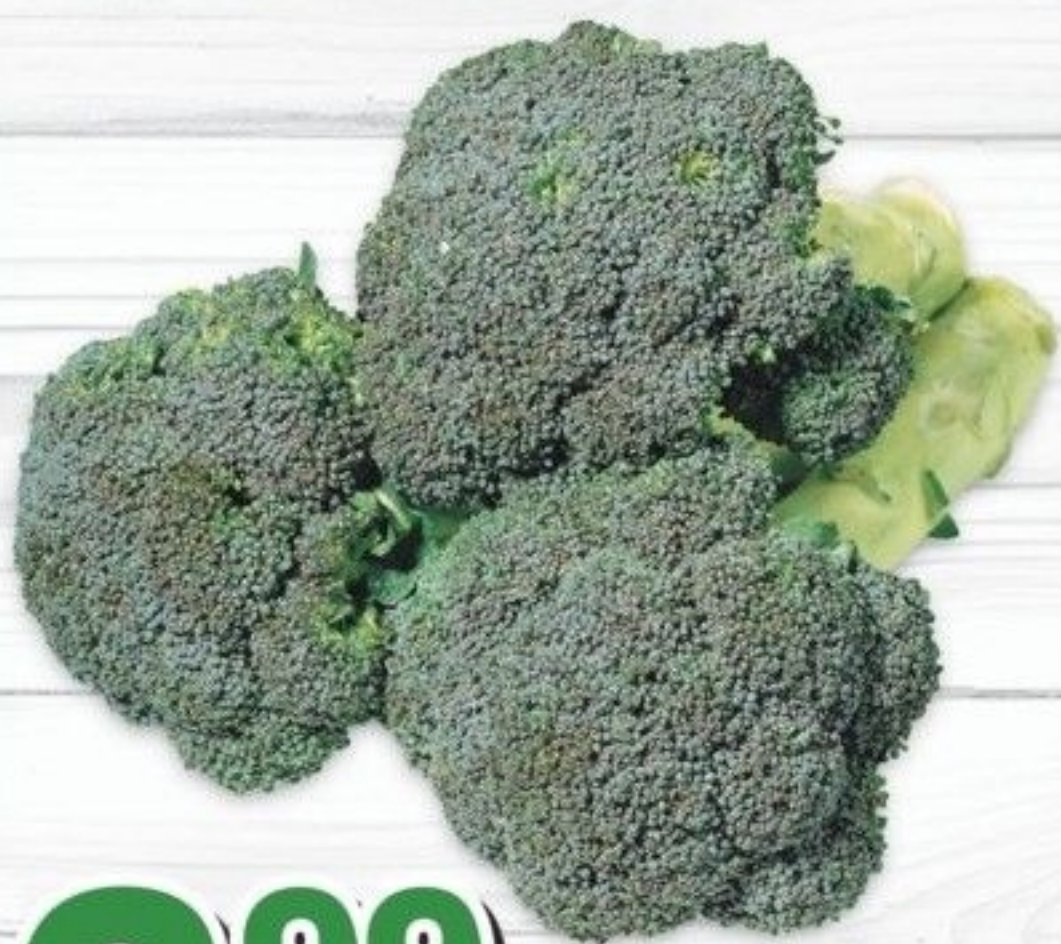


10⁹⁹
lb

boneless beef striploin roast or steak*
fresh, club size
rôti ou bifteck de contre-filet
de bœuf désossé*
24.23/kg
20794005_KG

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

5⁹⁹
lb



2⁹⁹

broccoli
product of
U.S.A. or Mexico
each
broccoli



Farmer's Market™
cucumbers
product of Canada
3's
concombres

4⁹⁹



4⁹⁹

Farmer's Market™
oranges
product of
Spain or Morocco
3 lb
oranges



\$5

PC® Brie or Camembert
165-200 g, Zerto shredded parmesan
140 g or Boursin cheese 130-220 g
selected varieties
fromage
20116794_EA/20563140_EA/20787327_EA



La Fournee dorée
Brioche sliced
bread 500 g or
Farmer's Market™
muffins
selected varieties, 6's
pain tranché ou muffins
20978205_EA/21283356_EA

4⁹⁹



3/\$10
or \$3.33 ea.

General Mills cereal
selected varieties
297-430 g
céréales
20313716_EA/21104047_EA



5⁴⁹

Nestlé or Christie
Confectionery frozen
dessert 1.5 L or bars 4-10's
or Drumstick 4's
selected varieties frozen
dessert glacé de confiserie
ou barres ou friandises glacées
20322085001_EA/20322380001_EA



3⁹⁹

Philadelphia cream cheese product
or dips 227/250 g or Tropicana
orange juice, blends or lemonade
or Pure Leaf iced tea 1.36/1.75 L
selected varieties, refrigerated
produit de fromage à la crème
ou trempettes ou jus d'orange ou
mélanges ou limonade ou thé glacé
20641267_EA/21622130_EA



4/\$5
or \$1.25 ea.

no name®
potato chips
selected varieties
200 g
croustilles
21302823_EA/21302937_EA



3²⁹

Lantic sugar
selected varieties
2 kg
sucre
20145033_EA



5⁹⁹

Hellmann's
mayonnaise,
selected varieties,
710-890 mL or
Kraft pizza mix
cheese 850 g
mayonnaise ou
tousse à pizza
20013009001_EA/20618579001_EA



2⁷⁹

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

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

Meat & Seafood

Viandes & Poissonnerie



7⁴⁹
lb

extra lean ground beef
fresh, club size
bœuf haché extra maigre
16.51/kg
20873869_KG

3⁹⁹
lb

pork tenderloin
fresh, cryovac package 2's
filet de porc
8.80/kg
20520970_KG



5⁴⁹

PC® fresh pork sausage
selected varieties
500 g
saucisses
21584342_EA

7⁴⁹

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



8⁹⁹

no name® garlic coil
or smoked sausage
selected varieties
750/900 g
saucisses
20090793_EA/20734371_EA



8⁹⁹

Lou's Kitchen entrées
selected varieties, fully cooked
375/400 g
plats cuisinés
20078077_EA/20182404_EA



8⁹⁹

PC® white cooked shrimp,
31-40 per lb or High Liner
wild Pacific pink salmon fillets
frozen, 400 g
crevettes ou filets de saumon
20791381_EA/21093881_EA



12⁹⁹

PC® Free From®
nugget ham 700 g or
PC® Vermont ham 800 g
jambon
20682690_EA/20840135_EA



6⁹⁹

no name® meatballs
selected varieties, frozen
680 g
boulettes de viande
21537713_EA/21538491_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
20108298_EA/20180352_EA

Valentine Deals!

Offres de la Saint-Valentin!



12⁹⁹
lb

fresh peppercorn
crusted boneless
beef striploin
medallions
médaillons de
contre-filet de bœuf
frais désossés avec
croûte de poivre
28.64/kg



5⁹⁹
lb

fresh stuffed
pork tenderloin
selected varieties
filet de porc
frais farci
13.21/kg



8⁹⁹
lb

fresh stuffed boneless
skinless chicken breasts
selected varieties
poitrines de poulet
sans peau désossées
fraîches farcies
19.82/kg



7⁴⁹

SeaQuest®
shrimp ring
frozen, 227 g
couronne de
crevettes
20080289_EA

Fruits & Vegetables

Fruits & Légumes



4⁹⁹
lb

asparagus
product of U.S.A. or Mexico
asperges
11.00/kg



4²⁹

cantaloupe
product of Guatemala
cantaloup



2⁹⁹
lb

beefsteak tomatoes
product of Canada or Mexico
tomates
6.59/kg



pineapple
product of Costa Rica
each
ananas

3⁹⁹



2⁴⁹

green leaf lettuce, product of
U.S.A. or PC® live Boston lettuce,
product of Canada
each
laitue



3⁴⁹
lb

green beans
product of Mexico or U.S.A.
haricots verts
7.69/kg



.99
lb

green, red or savoy cabbage
product of Canada
chou
2.18/kg



6⁹⁹

PC® greenhouse strawberries
product of Canada
340 g
fraises



SweetTango apples
product of
Atlantic Canada
pommes
5.49/kg

2⁴⁹
lb



5⁹⁹
lb

cotton candy grapes
product of Chile
raisins
13.21/kg



PC® Organics
salads
product of U.S.A.,
selected varieties
142 g
salades
20305277_EA

3⁹⁹



4⁹⁹

PC® Organics carrots
product of Canada
2 lb
carottes
20053421_EA



1²⁹
lb

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

Deli Meat & Cheese Charcuterie & Fromagerie



5⁹⁹

PC® bocconcini
or ricotta cheese
200/454 g
fromage

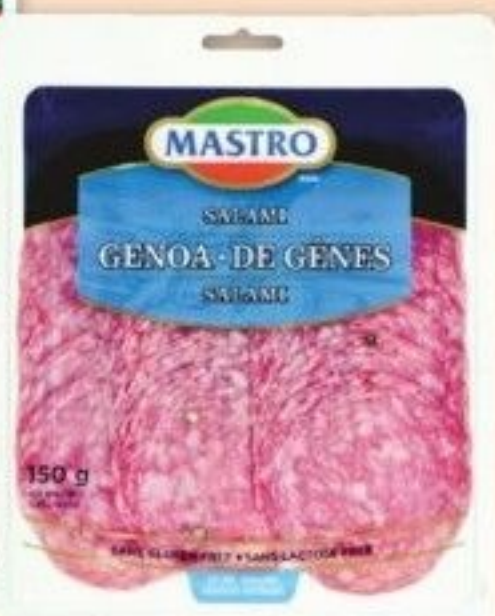
20219848_EA/20546983_EA



1⁹⁹
/100 g

Ziggy's® chicken or turkey breasts
deli service, selected varieties
poitrines de poulet ou de dinde

20299196_KG



7⁹⁹

PC® or PC® Black Label
cheddar cheese
selected varieties, 200/250 g
cheddar

20009748_EA/20817395_EA

4⁹⁹

Mastro or San Daniele
sliced deli meat
selected varieties, 125-175 g
charcuteries

20576743_EA/21061099_EA

8⁹⁹

Olivieri fresh filled pasta
or skillet gnocchi
selected varieties, 500-700 g
pâtes ou gnocchi

20311594_EA/20915834_EA

Bakery Boulangerie



3⁴⁹

ACE Bakery baguette
or sliced cinnamon bread
selected varieties, 325-550 g
baguette ou pain à la cannelle

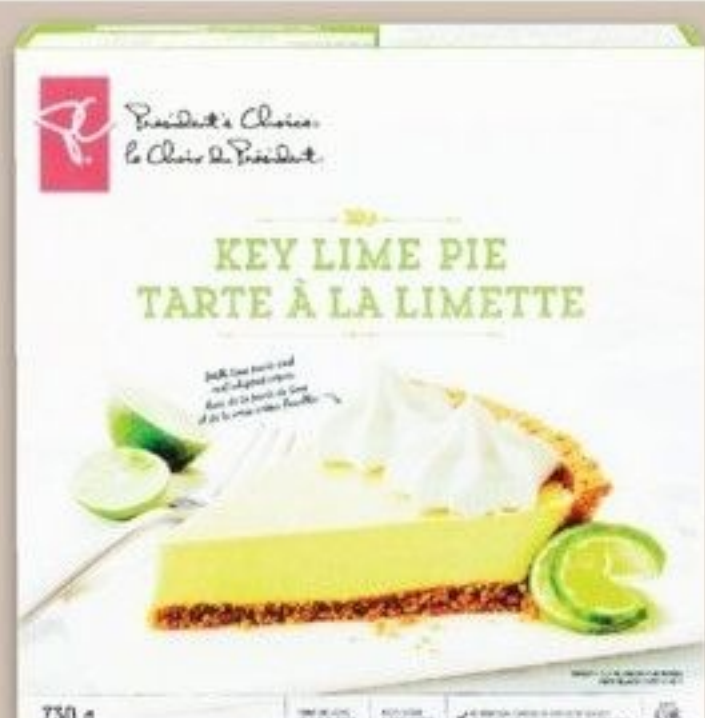
20171171_EA



4⁴⁹

Farmer's Market™ loaf cake
whole or sliced, selected varieties
344-390 g
gâteau quatre-quarts

20565382_EA/21542157_EA



12⁹⁹

PC® cream pies
selected varieties, frozen
730 g
tartes à la crème

21586299_EA

4⁹⁹

Farmer's Market™
angel food cake
selected varieties, 270/283 g
gâteau des anges

21313112_EA/21313115_EA

3⁴⁹

D'Italiano bread or buns
selected varieties
420-675 g
pain ou petits pains

21450788_EA/21450797_EA

Dairy & Refrigerated Produits laitiers & réfrigérés

no name® margarine
907 g
margarine

20073675_EA

4⁴⁹



Danone Activia
625/650 g,
Danino drinkable
6 x 93 mL or Oïkos
or Two Good Greek
4's yogurt
selected varieties
yogourt

20325132005_EA/20419715001_EA
21520250_EA

3⁹⁹



Kraft Cheez Whiz
selected varieties
450 g
produit
de fromage fondu

20659606001_EA

6⁴⁹



no name®
whipped topping
225 g or Silk
coffee whitener
473 mL
refrigerated
garniture fouettée
ou colorant
à café

20017493_EA
20861935_EA

2⁴⁹



2⁹⁹

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

20318034001_EA/20323829001_EA

Grocery Épicerie



4.99

no name® tart shells
570 g or Chapman's
premium plus ice cream
500 mL
selected varieties,
frozen
croûtes à tarte
ou crème glacée
20296118001_EA/21511195_EA



7.99

BlueWater
fish or shrimp
selected varieties,
frozen, 210-600 g
poisson ou crevettes
20310745004_EA



3.29

MiO liquid water
enhancer, Country Time,
Tang, Crystal Light or
Kool Aid liquid drink mix
48 mL or SunnyD juice
1.89 L, selected varieties
aromatisant liquide
pour eau ou jus
20749494001_EA/21102505_EA



3.79

Pillsbury Toaster Strudel
selected varieties
326 g
pâtisserie
20172664001_EA



3.49

no name® vegetables
selected varieties, frozen
750 g
légumes
20302205_EA/20304191_EA



PC® cookies
100-350 g or
Dare Real Fruit
candy 350 g
selected varieties
biscuits ou friandises
20973036_EA/21232292_EA
21524543_EA

3.79



Monster, Reign or
NOS energy drinks
selected varieties
355-473 mL
boissons
énergisantes
20938249_EA/21595360_EA

2.99



2.79

no name® turnovers or Viva Puffs
cookies 300 g or Dare Wagon
Wheels 315/360 g
selected varieties
chaussons ou biscuits
20025850001_EA/20419986001_EA/21301584_EA



Tim Hortons
hot chocolate
mix 500 g or
packets 8's or
Quaker oat flour
700 g or muffin or
cookie mix 900 g
selected varieties
chocolat chaud
ou farine d'avoine
ou mélange à
muffins ou biscuits
20055988_EA/21611938_EA

4.99



3.99

Jif peanut butter,
selected varieties, 500 g
or nutella B-ready 132 g
beurre d'arachide ou collation
21024061_EA/21457401_EA



2.99

Robin Hood oats
selected varieties, 1 kg
gruau
20893370_EA/20894131_EA



Nestlé Coffee-mate
coffee enhancer
selected varieties
425/450 g
rehausseur de café
20309221002_EA

4.49



4.79

Del Monte fruit
selected varieties
796 mL
fruit
20306160001_EA/20306160002_EA



no name®
broth
selected varieties
900 mL
bouillon
21189607_EA/21189609_EA

1.49



no name®
white vinegar
1 L
vinaigre blanc
20060473_EA

1.29



no name®
sweet green relish
375 mL
relish
20174360002_EA

1.99



PC® Basmati or Jasmine
rice or quinoa
250 g
riz ou quinoa
21391387_EA/21391400_EA

2.99



Unico beans
selected varieties
540 mL
légumineuses
20313447001_EA/20313447006_EA

1.79

Grocery Épicerie



4.49

Kraft Singles or Velveeta processed cheese product slices selected varieties, 410 g tranches de produit de fromage fondu



no name® shredded cheese 320 g or cheese bars 400 g selected varieties yogurt

5.99



For your sweetie
Pour votre tendre moitié

Ferrero Rocher chocolate 156/200 g or Lindt Lindor or Ghirardelli chocolate bag 142-153 g selected varieties chocolat

8.49



PC® or Blue Menu® fruit spreads selected varieties 500 mL tartinades aux fruits

4.99



4.29

Tenderflake pastry 255-397 g or Cool Whip dessert topping 1 L selected varieties, frozen pâte ou garniture à dessert

2.99

Dole fruit bowls 4 x 107 mL or fruit 'N gel snacks 4 x 123 g or Dare Bear Paws cookies 168-240 g selected varieties bols de fruits ou collations ou biscuits



4.99

PC® flatbread, thin crust, bacon and onion focaccia or PC® Loads Of™ pizza selected varieties, frozen, 330-455 g pain plat ou focaccia ou pizza



3.29

Nature Valley, biscuit, protein bars and Sweet & Salty 6's 148-210 g or Fibre 1 bars 125 g selected varieties biscuits ou barres



6.99

Coca-Cola or Pepsi soft drinks selected varieties 6 x 710 mL boissons gazeuses

no name® fruit beverages 2 L or Sanpellegrino or Maison Perrier sparkling water 1 L selected varieties boissons aux fruits ou eau pétillante

2.29



5.49

Christie cookies 374-500 g or Nature Valley crunchy dipped granola squares 132 g selected varieties biscuits ou carrés au granola



no name® evaporated milk selected varieties 354 mL lait évaporé

1.79



Bella del sol High Oleic sunflower oil selected varieties 750 mL huile de tournesol

6.99



3.49

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



2.79

Aylmer/Accents tomatoes selected varieties 540 mL tomates



no name® all purpose tomato sauce 680 mL or tomatoes, selected varieties, 796 mL sauce tomate ou tomates

1.99



1.79

no name® pasta 900 g or pasta sauce 680 mL selected varieties pâtes ou sauce pour pâtes



4.99

PC® The Decadent® chocolate chips selected varieties 226-300 g brisures de chocolat



5.99

PC® bathroom tissue 12=24 rolls or paper towels 2=5 rolls selected varieties papier hygiénique ou essuie-tout



Tide pods laundry detergent selected varieties 18-31's détergent à lessive

10.49



Whiskas cat food selected varieties 1.5/2 kg nourriture pour chats

9.49



Pedigree Marro Bites grilled steak & vegetable adult dog food 6.35 kg nourriture pour chiens adultes

25.99

share THE love
partagez l'amour



Starburst or Skittles Candy Peg Size selected varieties Friandises sucrées en emballage à accrocher Skittles ou Starburst certaines variétés

2.99



Mars, Maltesers or M&M's Chocolate Peg Size selected varieties Chocolats en emballage à accrocher Mars, Maltesers ou M&M's certaines variétés

4.79

3.49

Excel or Juicy Fruit Gum Bottles selected varieties Gommages en bouteille Excel ou Juicy fruit certaines variétés



Mars Chocolate Singles selected varieties Chocolat en format individuel Mars certaines variétés

4/\$5

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