

MARCH Valid from
MARCH 1ST TO 31ST

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

DE MARS Prix en vigueur
DU 1^{ER} AU 31 MARS



Olivieri gnocchi
selected varieties
280-350 g
gnocchi
21021520_EA/21022065_EA

\$4



Christie Oreo cookies or
Ritz Crackers
Grab & Go snacks
selected varieties
96-113 g
biscuits ou mini-craquelins
21575702_EA/21646362_EA

\$1²⁵



Mott's or
Betty Crocker
fruit snacks
selected varieties
128-226 g
collations aux fruits
20686716001_EA

\$2⁵⁰



Kraft Dinner cups
selected varieties
58 g
macaroni et fromage
20298547001_EA/21435104_EA

90¢



Smartfood popcorn
selected varieties
150-200 g
maïs soufflé
20972859_EA

\$2⁵⁰

**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.

HOTM MAR FLAP

Ramadan Mubarak



2⁷⁹

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

20583408_EA/20584097_EA/21092033_EA



dried dates, apricots or figs
product of Turkey or Iran
200-350 g
dattes, abricots
ou figes séchés

20037690_EA/20599942_EA/20029024_EA

2⁹⁹



4⁹⁹

Tamam Tahini 454 g
or garlic spread 265 g
tahini ou tartinaide à l'ail

21217262_EA/21531259_EA



Quality basmati rice
3.63 kg
riz basmati

20787290_EA

13⁹⁹



FROM THURSDAY, FEBRUARY 27TH
TO WEDNESDAY, MARCH 5TH, 2025
DU JEUDI 27 FÉVRIER AU
MERCREDI 5 MARS 2025



See our flyer online
visit freshmart.ca

Freshmart[®]

PROUDLY CANADIAN

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



6⁹⁹
lb

fresh beef inside round oven roast or steak*
club size
rôti ou bifteck d'intérieur de ronde de bœuf frais*
15.41/kg
20812494_KG



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

3⁴⁹
lb



romaine hearts
product of U.S.A.
3's
cœurs de romaine

4²⁹



black, green or red seedless grapes
product of South Africa or Chile
raisins sans pépins
6.59/kg

2⁹⁹
lb



7⁹⁹

Piller's sticks or pepperoni 300-500 g
or Roma sliced pepperoni 900 g
selected varieties
bâtonnets ou pepperoni ou pepperoni tranché
21099391_EA/21217461_EA



Furlani or
D'Italiano
garlic bread
selected varieties
325/638 g
pain à l'ail
20291572_EA/20041579_EA

3⁹⁹



2⁴⁹

Christie crackers
selected varieties
175-200 g
craquelins
21030647_EA/21532454_EA



4⁴⁹

Breyers Classic ice cream
selected varieties
1.4 L
crème glacée
21651628_EA



Danone Activia
8's or Two Good
yogurt 625 g or
Simply juice 1.54 L
selected varieties,
refrigerated
yogourt ou jus
20325384002_EA/21086068_EA

4⁴⁹



4⁹⁹

Dr. Oetker Giuseppe Thin
Crust, Rising Crust Pizza
439-785 g, Easy Pizzi
200-573 g or Good Baker
pizza 300-390 g
selected varieties, frozen
pizza
20904584_EA/21106360_EA



9/\$10
or \$1.11 ea.

no name® tuna
selected varieties
85/170 g
thon
20097482002_EA/20521647_EA



1⁷⁹

Carnation evaporated milk
354 mL or Betty Crocker
SuperMoist cake mix
375/404 g or frostings
340/450 g, selected varieties
lait évaporé ou mélange
à gâteau ou glaçages
20562641002_EA/20895887_EA/21547846_EA

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DU JEUDI 27 FÉVRIER AU
MERCREDI 5 MARS 2025



See our flyer online
visit freshmart.ca

PROUDLY CANADIAN



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



6⁹⁹
lb

fresh beef inside round oven roast or steak*
club size
rôti ou bifteck d'intérieur de ronde de bœuf frais*
15.41/kg
20812494_KG



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

3⁴⁹
lb



romaine hearts
product of U.S.A.
3's
cœurs de romaine

4²⁹



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product of South Africa or Chile
raisins sans pépins
6.59/kg

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selected varieties
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21099391_EA/21217461_EA



Furlani or
D'Italiano
garlic bread
selected varieties
325/638 g
pain à l'ail
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175-200 g
craquelins
21030647_EA/21532454_EA



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selected varieties
1.4 L
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yogurt 625 g or
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Dr. Oetker Giuseppe Thin
Crust, Rising Crust pizza
439-785 g, Easy Pizzi
200-573 g or Good Baker
pizza 300-390 g
selected varieties, frozen
pizza
20904584_EA/21106360_EA



9/\$10
or \$1.11 ea.

no name® tuna
selected varieties
85/170 g
thon
20097482002_EA/20521647_EA



1⁷⁹

Carnation evaporated milk
354 mL or Betty Crocker
SuperMoist cake mix
375/404 g or frostings
340/450 g, selected varieties
lait évaporé ou mélange
à gâteau ou glaçages
20562641002_EA/20895887_EA/21547846_EA

Meat & Seafood

Viandes & Poissonnerie



7⁴⁹
lb

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



3⁹⁹
lb

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



5⁹⁹
lb

fresh bone-in skin-on chicken breasts
or chicken wings
club size
poitrines de poulet fraîches avec os
et peau ou ailes de poulet
13.21/kg
20113612_KG/20168158_KG



10⁹⁹

Atlantic Choice® sausage
selected varieties, club size
1 kg
saucisses
21332589_EA



4⁴⁹

Carver's Choice bacon
refrigerated
375 g
bacon
20772675_EA



2⁴⁹

no name® chicken bologna 375 g
or no name® or Zabiha Halal
chicken wieners 450 g
bologna de poulet ou saucisses
fumées de poulet
20058192_EA/20103516_EA



7⁹⁹

PC® Pacific large white shrimp
raw Zipperback® or raw peeled
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



6⁹⁹

no name® breaded chicken
burger, nuggets or strips 908 g
or beef or Italian meatballs 680 g
frozen
burger de poulet pané, pépites
ou lanieres ou boulettes de boeuf
21178744_EA/21537713_EA



17⁹⁹

Pinty's chicken wings
selected varieties, frozen
780 g
ailes de poulet
21507226_EA/21507493_EA



6⁹⁹

SeaQuest® frozen fish fillets
or calamari rings 340-400 g or
SeaQuest® Pacific white shrimp
raw or cooked 56/65 per lb 300 g
selected varieties
filets de poisson ou rondelles
de calmar ou crevettes
20048346_EA/20153570_EA

Come see our selection of in-store prepared meats*

Venez voir notre choix de viandes préparées en magasin*



7⁹⁹
lb

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



5⁹⁹
lb

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



5⁹⁹
lb

fresh marinated
chicken wings
ailes de poulet
fraîches marinées
13.21/kg



9⁹⁹
lb

fresh beef
pinwheels
rosettes de bœuf
fraîches
22.02/kg

FMA 2

*Available at participating stores/*Disponible dans les magasins participants

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

Fruits & Vegetables

Fruits & Légumes



2⁹⁹

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



5⁴⁹

Farmer's Market™ oranges
product of South Africa
3 lb
oranges



7⁹⁹

no name® Naturally Imperfect™
mixed peppers
product of Mexico
2.5 lb
poivrons



6⁹⁹

Farmer's Market™ kiwis
product of Greece
2 lb
kiwis



2⁹⁹
lb

eggplant or green zucchini
product of Mexico
aubergines ou courgette verte
6.59/kg



5⁹⁹

Farmer's Market™ corn
product of U.S.A.
4's
maïs



2⁹⁹

Farmer's Market™
grape tomatoes 283 g or
PC® cocktail tomatoes 340 g
product of Canada or Mexico
tomates



3/\$5
or \$1.67 ea.

Ataulfo mangoes
product of Mexico
mangues



Farmer's Market™
lemons
product of
South Africa
2 lb
citrons

4⁴⁹



6⁹⁹

nectarines or peaches
product of Chile
2 lb
nectarines ou pêches



2⁹⁹

Nantes carrots
product of Canada
1 lb
carottes



1⁷⁹

parsley or mint
product of Mexico or U.S.A.
or radish, product of Canada
bunch
persil, menthe ou radis



Rooster® garlic
product of China
3's
ail

1²⁹



Deli Meat & Cheese

Charcuterie & Fromagerie



8⁹⁹

PC® Splendido™ parmigiano reggiano, grana padano or pecorino romano, 250 g fromage
21053434_EA/21188276_EA



1⁹⁹

/100 g

Larsen salami or Maple Leaf bologna salami ou bologne
20068801_KG



6⁹⁹

PC® feta in brine 400 g or cheese blocks 250 g selected varieties feta en saumure ou barres de fromage
20219690_EA/20770652_EA



3⁷⁹

Ziggy's® Sliced deli meat selected varieties 175/300 g charcuteries tranchées
21592461_EA/21599921_EA



8⁴⁹

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

Bakery

Boulangerie



5⁹⁹

Farmer's Market™ tarts selected varieties, 300-760 g tartelettes
20071631_EA/21629191_EA



5⁴⁹

Quinn's Swiss rolls 6's or Farmer's Market™ coffee cake 500 g selected varieties roulés suisses ou gâteau pause-café
21392536_EA/21582945_EA



4⁴⁹

PC® or Sara Lee Little Bites mini muffins selected varieties, 194-336 g mini-muffins
21556098_EA/21488839_EA



2/\$5

or \$2.50 ea.

PC®, Blue Menu® or Wonder English muffins selected varieties, 6's muffins anglais
20810796_EA/20946466_EA



3⁴⁹

Country Harvest bread 600/650 g or bagels 6's selected varieties pain ou bagels
21178597_EA/21178642_EA

Dairy & Refrigerated

Produits laitiers & réfrigérés



3⁷⁹

Astro yogurt 625-750 g or PC® lactose free sour cream 500 mL or cottage cheese 500 g selected varieties yogourt ou crème sure ou fromage cottage
20165226001_EA/20984624_EA
20987150_EA



4⁹⁹

PC® or no name® natural cheese slices selected varieties 210/230 g tranches de fromage naturel
21611215_EA/21614277_EA



3⁴⁹

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



2⁴⁹

no name® whipped topping 225 g, Silk coffee whitener 450/473 mL or Pillsbury dough 200-227 g selected varieties, refrigerated garniture fouettée ou colorant de café ou pâte
20017493_EA/20861935_EA
21505340_EA



5⁹⁹

PC® organic Kefir 1 L or Greek yogurt 650/750 g selected varieties kéfir ou yogourt
21518484_EA

Grocery Épicerie

no name®
Naturally Imperfect™
fruit
selected varieties,
frozen, 2 kg
fruit
21033168_EA

12⁹⁹



Crave dinner entrées
200-340 or Kraft Deluxe
Mac & Cheese 340 g
selected varieties,
frozen
plats cuisinés ou
macaroni et fromage
21085515_EA/21552618_EA

5⁴⁹



PC® juice boxes
10 x 200 mL or
Kool-Aid jammers
10 x 180 mL
selected varieties
jus ou boissons
20079976002_EA/21061913_EA

4²⁹



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

1⁹⁹



High Liner Pan-Sear Selects
or Signature Cuts bites or fish
selected varieties, frozen
425-540 g
poisson
20296596003_EA/21186254_EA

12⁴⁹



PC® tortilla chips,
PC® World Of Flavours or
Loads of™ flavour potato chips
selected varieties, 200-350 g
croustilles
20148817_EA/20840911001_EA

2⁹⁹



no name® marshmallows
selected varieties
400 g
guimauves
20304672002_EA

2⁷⁹



no name® rice crackers 100 g
or cheese snacks 3's
selected varieties
craquelins de riz ou
collations au fromage
20297188003_EA/20889882_EA

1²⁹



Hershey's chipits
selected varieties
200-270 g
brisures de chocolat
21452844_EA/21452924_EA

4⁴⁹



PC® pancake mix 340-905 g
or syrup 750 mL
selected varieties
mélange à crêpes ou sirop
20175129_EA/20374908_EA

3²⁹



no name® jam 500 mL or
PC® Blue Menu® peanut butter
750 g, selected varieties
confiture ou beurre d'arachide
20032552001_EA/20057669001_EA

3⁹⁹



Werther's Original, Maynards
or Haribo bagged candy
selected varieties, 60-175 g
friandises en sac
20898717_EA/21519572_EA/21545735_EA

2⁷⁹



Campbell's broth
selected varieties
900 mL
bouillon
20322348002_EA/20981583_EA

2⁴⁹



Mr. Noodles soup bowls
selected varieties
110 g
bols de soupe
20346960001_EA/21097937_EA

1⁷⁹



PC® mayonnaise
selected varieties
750/890 mL
mayonnaise
20301438_EA/20770952_EA

5⁴⁹

PC®
salad dressing
selected varieties
375 mL
vinaigrette
20629480007_EA
20629480009_EA

2⁹⁹



PC® Blue Menu® beans, peas,
lentils or soup mix
selected varieties
900 g
légumineuses ou mélange de soupe
20629492_EA/20629631_EA

2⁹⁹



Bravo pasta sauce
680 mL
sauce pour pâtes
20056278_EA

2⁷⁹

Grocery Épicerie



Atlantic
SALTED
BUTTER

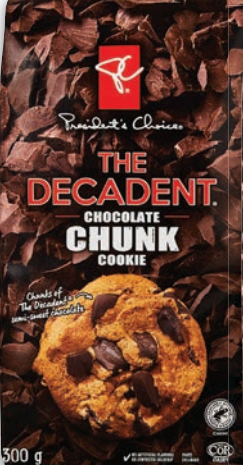
1 lb 454 g

Yoplait YOP
drinkable yogurt
selected varieties
200 mL
yogourt

21478178_EA/21478300_EA



Yoplait



THE DECADENT
CHOCOLATE
CHUNK
COOKIE



THE DECADENT
CHOCOLATE CHIP
COOKIE

6⁹⁹

Atlantic butter
selected varieties
454 g
beurre

20066904_EA

4/\$5
or \$1.25 ea.

3⁹⁹

PC® The Decadent®
chocolate chip cookie
selected varieties
280/300 g
biscuits aux brisures
de chocolat

20612257_EA/20612260_EA



McCain
POCKETS POCHETTES



BEN & JERRY'S



PC



Blue Menu
SPARKLING WATER

3⁴⁹

McCain pizza pockets
selected varieties,
frozen
3's
pochettes de pizza

21026061_EA

4⁹⁹

Ben & Jerry's ice cream
selected varieties,
frozen, 473 mL
crème glacée

21428265_EA/21428517_EA

3/\$5
or \$1.67 ea.

5⁴⁹

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

20668034002_C01/21305940_C01



Reese's Puffs
NATURE VALLEY CRUNCHY



Old Dutch



Post
Honeycomb
nutella



QUAKER
HARVEST CRUNCH
no name® honey

2⁹⁹

General Mills,
Nature Valley, Pillsbury
granola, cereal or treat
bars, selected varieties
120-230 g
barres

20315520002_EA/21184633_EA

3⁹⁹

Old Dutch potato chips
selected varieties
235 g
croustilles

21367541_EA/21367546_EA

3⁹⁹

Post cereal,
selected varieties,
310-525 g or Nutella
hazelnut spread 375 g
céréales ou tartinade
de noisettes

20295848_EA/20435988_EA

4⁹⁹

no name® honey 500 g or
Quaker Harvest Crunch
cereal 400-510 g
selected varieties
miel ou céréales

20129324_EA/21219824_EA



PC
THE GREAT CANADIAN



Unico
Vegetable Oil



PC
TACO
HOT SALSA PIQUANTE



Kraft
Parmesan

16⁹⁹

PC® whole bean or
roast and ground coffee
330-930 g
or pods 30's
selected varieties
café en grains ou
torréfié et moulu
ou capsules

21038677_EA/21393573_EA

9⁹⁹

Unico
vegetable oil
3 L
huile végétale

20098102_EA

3⁷⁹

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

20295845001_EA/20309646005_EA

7²⁹

Kraft parmesan cheese
selected varieties
250 g
fromage parmesan

21528135_EA/21528156_EA



Unico
Red Kidney Beans
Black Beans



no name®
real bacon bits



CLUB HOUSE
CHILI
BROWN | BRUNE



Lindt
CELEBRATION

1⁷⁹

Unico beans
selected varieties
540 mL
légumineuses

20313447001_EA/20313447006_EA

2⁷⁹

no name®
bacon bits
85 g
miettes de bacon

20159354_EA

4/\$5
or \$1.25 ea.

3⁹⁹

Club House gravy
or seasoning mix
selected varieties
20-47 g
mélange à sauce
ou à assaisonnement

20302816001_EA/20323721001_EA

3⁹⁹

Lindt chocolate bars
50/100 g or Leclerc
Célébration cookies
240/350 g
selected varieties
barres de chocolat
ou biscuits

20296856001_EA/20965368_EA

Ramadan Mubārāk



TAMAM
Knorr



Aseel
VEGETABLE FAT



Jaffa
PITTED DATES
DATTES



no name®
plastic party cups
paper plates

4/\$5
or \$1.25 ea.

13⁹⁹

Knorr beef or chicken
bouillon 80 g or Tamam
beans 400 g/540 mL
selected varieties
bouillon ou
légumineuses

20378063001_EA/21214570_EA/21237987_EA

3²⁹

Aseel vegetable
ghee 2 kg or
Tamam green or
black olives 3 L
ghee végétal
ou olives

20607119_EA/21237983_EA

3²⁹

Jaffa pitted dates
500 g
dattes

20126861_EA

3²⁹

no name® luncheon
paper plates 40's
or red plastic party
cups 50's
assiettes en papier ou
verres en plastique

21206261_EA/21384145_EA



Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to any savings claims (ie. "Save", "Was", "1/2 Price", etc.) is in comparison to our lowest regular retail prices at Freshmart locations. **Savings on items shown may vary in each store location.** Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. Prices not applicable At-The-Pumps gas bar locations. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2025 Loblaws Inc.

