

Hot Deals of the WEEK

Offres de la SEMAINE



5.99

SeaQuest® 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



PC® caesar or sweet kale salad kit product of U.S.A. 586/680 g trousse de salade

21334788_EA/21498289_EA

5.29



18.99

Tim Hortons roast and ground coffee 875/930 g or pods 24/30's selected varieties café ou capsules

20875767_EA/21166682_EA



Lay's potato chips selected varieties 165-235 g croustilles

21241032_EA/21365045_EA

2.99

Happy St Patrick's Day!

Bonne fête de la Saint-Patrick!



11⁹⁹

PC® Smokies™ sausage
selected varieties
1 kg
saucisses

20732539_EA/20733617_EA



PRODUCT OF
CANADA

Farmer's Market®
baking potatoes
product of Canada
4's
pommes de terre
à cuire au four

2⁹⁹



3⁴⁹

Ziggy's® sliced deli meat
selected varieties
175/300 g
charcuteries tranchées

21592461_EA/21599921_EA



Guinness 0.05%
or Sleeman 0%
non-alcoholic beer
selected varieties
4 x 440 mL/6 x 355 mL
bière sans alcool

21567137_C04/21595931_C06

8⁹⁹

FROM THURSDAY, MARCH 13TH
TO WEDNESDAY, MARCH 19TH, 2025
DU JEUDI 13 MARS AU
MERCREDI 19 MARS 2025



See our flyer online
visit freshmart.ca

Freshmart[®]

PROUDLY CANADIAN

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



5.49
lb

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



Janes Pub Style breaded chicken
selected varieties, frozen
700 g
poulet pané
21191828_EA/21191830_EA

7.99



3.99

PC[®] mushrooms
product of Canada, selected varieties
150-450 g
champignons
20738571_EA



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

3.99



Pizza Delight pepperoni
or Ziggy's[®] pepperoni
sliced 175 g or
Brandt kolbassa
selected varieties, 250 g
pepperoni ou kolbassa
20156392_EA/20353446_EA

3.99



Farmer's Market[™] donuts
selected varieties
264-600 g
beignes
21559294_EA/21559343_EA

3.99



2.99

no name[®] pizza, 350-411 g
or McCain Superfries,
breakfast or specialty
potatoes 454-800 g
selected varieties, frozen
pizza ou frites ou
pommes de terre
20799529_EA/21541441_EA



no name[®] pasta 900 g
or pasta sauce 680 mL
selected varieties
pâtes ou sauce pour pâtes
20299886002_EA/20315613004_EA

4/\$5
or \$1.25 ea.



3.99

PC[®] orange juice 1.54 L,
Coffeemate coffee enhancer
946 mL or Becel 427/454 g,
Country Crock 427 g or
Imperial 637 g margarine
selected varieties
jus d'orange ou rehausseur
de café ou margarine
20322707001_EA/21091209_EA/21430531_EA



4/\$5
or \$1.25 ea.

no name[®]
vegetables or beans
selected varieties
284-540 mL
légumes ou
légumineuses
20097492_EA/20148493001_EA
20325921005_EA



7.29

Coca-Cola, Canada Dry
or Pepsi soft drinks
selected varieties
12 x 355 mL
boissons gazeuses
20318694002_C12/20322361002_C12



4.49

Chapman's
frozen dessert or sorbet
selected varieties, frozen
2 L
dessert glacé ou sorbet
20314434001_EA/20323573013_EA/20761284_EA

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PROUDLY CANADIAN



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club size
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12.10/kg
20874394_KG



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PRODUCT OF CANADA



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Mexico or U.S.A.
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fraises

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20325921005_EA



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2 L
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20314434001_EA/20323573013_EA/20761284_EA

Meat & Seafood

Viandes & Poissonnerie



7.99

lb

beef eye of round steak or roast*
club size
bifteck ou rôti de noix de ronde de bœuf*
17.61/kg
20798494_KG

2.99

lb

pork butt roast bone-in
club size
rôti de soc de porc avec os
6.59/kg
20056387_KG



3.99

lb

fresh whole chicken
poulet entier frais
8.80/kg
20729008_KG

5.49

PC® sausage
selected varieties
500 g
saucisses
21584342_EA

8.99

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

6.99

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

13.99

SeaQuest® shrimp ring
340 g with mild cocktail
sauce 114 g, frozen
couronne de crevettes
avec sauce cocktail
20979191_EA

12.99

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

9.99

PC® appetizers
selected varieties
300-574 g
hors-d'œuvre
20698096_EA/21439588_EA

8.99

SeaQuest® whole pompano 800 g
or tilapia 1.36 kg or Ocean Market
chub mackerel 1 kg, frozen
pompano ou tilapia ou maquereau
21591947_EA/21592084_EA

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

6.99

lb

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

4.49

lb

whole flattened
marinated chicken
poulet entier en
crapaudine mariné
9.90/kg

4.49

lb

fresh pork
stewing cubes
cubes de porc
à ragoût frais
9.90/kg

9.99

lb

fresh beef
pinwheels
rosettes de bœuf
fraîches
22.02/kg

SEE
IN-STORE FOR
VARIETIES

Fruits & Vegetables

Fruits & Légumes



3⁴⁹
lb

asparagus
product of Mexico
asperges
7.69/kg



5⁹⁹

large pineapple
product of Costa Rica
each
ananas



2⁹⁹
lb

green beans or green peppers
product of Mexico or U.S.A.
haricots verts ou poivrons verts
6.59/kg



3⁹⁹
lb

stem & leaf clementines
product of Spain
clémentines
8.80/kg



1⁹⁹

English cucumber
product of Canada
each
concombre



5⁹⁹

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



2⁹⁹

iceberg lettuce
product of U.S.A.
each
laitue Iceberg



1⁹⁹
lb

Cortland, Empire, McIntosh
or Royal Gala apples
product of Atlantic Canada
pommes
4.39/kg



5⁹⁹

blueberries
product of Mexico
pint
bleuets



2⁹⁹
lb

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



4⁹⁹

Farmer's Market red onions
product of The Netherlands
3 lb
oignons rouges



1⁴⁹

Belleisle coleslaw
product of Canada
salade de chou
20033594_EA



4⁹⁹

cherry tomatoes
product of Canada or Mexico,
selected varieties
255-680 g
tomates cerises

Deli Meat & Cheese

Charcuterie & Fromagerie



PREPARED IN CANADA

6⁹⁹

Monsieur Gustav/Saint-Paulin or OKA 190 g or Monsieur Gustav gouda 170 g or cheddar 200/250 g cheese, selected varieties fromage

20920756_EA/21397243_EA/21397420_EA



PREPARED IN CANADA

1⁹⁹

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

20299196_KG



PREPARED IN CANADA

1⁹⁹

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

20299196_KG



PREPARED IN CANADA

5⁹⁹

PC® bocconcini or ricotta cheese 200/454 g bocconcini ou ricotta

20219848_EA/20546983_EA



PREPARED IN CANADA

6⁹⁹

Ziggy's® chicken or turkey strips selected varieties 150/200 g lanières de poulet ou de dinde

21603178_EA



PREPARED IN CANADA

5⁴⁹

Bonté Donair meat original or spicy 250/300 g viande donair

20095652_EA/21308939_EA

Bakery

Boulangerie



PREPARED IN CANADA

5⁹⁹

La Fournée dorée Brioche sliced bread 500 g or Farmer's Market™ muffins, selected varieties, 6's pain tranché ou muffins

20978205_EA/21283356_EA



PREPARED IN CANADA

6⁹⁹

Farmer's Market™ 5 inch cakes selected varieties, 490 g gâteaux

21115991_EA/21116015_EA



PREPARED IN CANADA

6⁹⁹

Farmer's Market™ 5 inch cakes selected varieties, 490 g gâteaux

21115991_EA/21116015_EA



PREPARED IN CANADA

3⁹⁹

no name® garlic bread selected varieties 325-638 g pain à l'ail

21361140_EA/21594272_EA



PREPARED IN CANADA

2⁷⁹

no name® bagels selected varieties, 6's bagels

21217967_EA/21217969_EA



PREPARED IN CANADA

4⁷⁹

Sunmaid cinnamon raisin bread 450 g pain à la cannelle et raisins

20165873_EA

Dairy & Refrigerated

Produits laitiers & réfrigérés



PREPARED IN CANADA

6⁴⁹

Fairlife ultrafiltered milk 1.5 L, Liberté Greek or méditerranée yogurt 650-900 g or Yoplait YOP no sugar added 8's yogurt selected varieties lait ou yogourt

20704361001_EA/21128371_EA



PREPARED IN CANADA

7⁹⁹

Black Diamond Cheestrings or sticks, selected varieties, 12/16's or Kraft parmesan shredded cheese 200 g fromage effilochable ou bâtonnets ou parmesan râpé

20763661_EA/21529152_EA



PREPARED IN CANADA

7⁹⁹

Black Diamond Cheestrings or sticks, selected varieties, 12/16's or Kraft parmesan shredded cheese 200 g fromage effilochable ou bâtonnets ou parmesan râpé

20763661_EA/21529152_EA



PREPARED IN CANADA

4⁹⁹

no name® stirred yogurt selected varieties 12 x 100 g yogourt

2068574001_EA



PREPARED IN CANADA

4⁹⁹

Enjoy! dairy-free beverages selected varieties, refrigerated 1.75 L boissons sans produits laitiers

21625951_EA



PREPARED IN CANADA

3⁴⁹

PC® lemonade or tea selected varieties, refrigerated 1.54 L limonade ou thé

21430542_EA/21430684_EA

Grocery

Épicerie



no name® frozen fruit
selected varieties
300/400 g
fruits surgelés
21545095_EA/21545106_EA



7⁹⁹
Tast!EZ bites or triangles 400 g
or McCain pockets 540 g
selected varieties, frozen
bouchées ou triangles ou pochettes
21564489_EA/21615137_EA



PC® or Blue Menu®
cocktail or juice
selected varieties
1.89 L
cocktail ou jus
20307025001_EA/20506849003_EA



3⁹⁹
PC® or Blue Menu® entrées
selected varieties, frozen
212-365 g
plats cuisinés
20309869_EA/21547250_EA



3⁹⁹
Old Dutch Restaurante
or Arriba tortilla chips
selected varieties, 235-290 g
croustilles de tortilla
20987677_EA/21367507_EA



2⁴⁹
Fruité beverages,
selected varieties,
2 L or Gatorade
water 700 mL
boissons ou boisson
désaltérante
20109062_EA/21651498_EA



4⁴⁹
no name® drink boxes 10 x 200 mL
or instant coffee 150 g
selected varieties
boisson en boîte ou café
instantané
20038043_EA/21180125_EA



2⁷⁹
PC® pita or scalloped crackers
142-225 g or twists 100 g
or Grissol Melba toast 200 g
baguettes 120/130 g
selected varieties
pita ou craquelins ou pailles
feuilletées ou toast baguettes
20313040001_EA/20538543002_EA



3⁹⁹
Quaker cereal
selected varieties
350-500 g
céréales
20150259001_EA/21082500_EA



3²⁹
PC® or Blue Menu®
instant oatmeal
selected varieties
8-12's
gruau instantané
20943950_EA/21505058_EA



5⁴⁹
Dare Real Juicee
or Jus' Better gummies
selected varieties, 500-750 g
friandises
21573994_EA/21596689_EA



2⁴⁹
Unico olives
selected varieties
375 mL
olives
20324873001_EA



1⁹⁹
Clover Leaf
tuna snacks kit
selected varieties
90 g
collations au thon
20304782001_EA



2²⁹
Millionnaires sardines
selected varieties
106/125 g
sardines
21308670_EA



2²⁹
PC®
specialty mustards
selected varieties
250/325 mL
moutardes
de spécialité
20050452005_EA/20554765_EA



1⁴⁹
no name®
pizza sauce
213 mL
sauce à pizza
20018020_EA



1⁴⁹
no name®
tomato paste
369 mL
pâte de tomate
20056697_EA

Grocery Épicerie



3⁹⁹

Danone Activia yogurt
selected varieties
625/650 g
yogourt
20325132005_EA



5⁹⁹

Black Diamond
shredded cheese
300/320 g or
cheese bars 400 g
selected varieties
fromage râpé ou
barres de fromage
21278842_EA/21279221_EA



2⁷⁹

Quaker Crispy
minis or rice cakes
selected varieties
90-199 g
galettes de riz
20163708002_EA/21517017_EA



6⁹⁹

High Liner
breaded or battered fish
selected varieties, frozen
350-700 g
poisson ou crevettes
20298836001_EA/2057229004_EA



3/\$10
or \$3.33 ea.

Kellogg's Eggo waffles
or French toast sticks
selected varieties, frozen
270/280 g
gaufres ou bâtonnets
de pain doré
20302779_EA



Red Bull
energy drinks
selected varieties
4 x 250 mL
boissons
énergisantes
20166737001_C04/20952938_C04

8⁹⁹



5⁴⁹

Christie cookies
selected varieties
374-520 g
biscuits
21014087_EA/21520747_EA



3²⁹

Fibre 1 bars 125 g or
Nature Valley granola
bars 148-210 g
selected varieties
barres ou barres
granola
20587504001_EA/21213584_EA



6²⁹

Montellier 10 x 355 mL
or Bubly 12 x 355 mL
sparkling water
selected varieties
eau pétillante
21096704_C10/21651534_C12



3²⁹

Allen's apple juice
or cranberry cocktail
or Del Monte On Ice
beverages 1.89 L,
Allen's juice boxes
8 x 200 mL or Rougemont
apple juice 2 L
selected varieties
jus de pomme ou
cocktail de
canneberge
ou boisson
ou jus en boîte
20185265001_EA/21518094_EA
21574890_EA



5⁹⁹

General Mills
family size cereal
selected varieties
475-778 g
céréales
21103495_EA/21103505_EA



2⁹⁹

no name® table syrup
750 mL or old-fashioned
pancake mix 905 g
sirop de table ou
mélange à crêpes
20306030_EA/20322949_EA



3²⁹

no name® flour 2.5 kg or
Betty Crocker premium
cake mix 263-550 g
selected varieties
farine ou mélange à
gâteau
20013256_EA/20325452001_EA



2⁹⁹

PC® sweetened
condensed milk 300 mL
or Lantic sugar,
selected varieties, 1 kg
lait condensé sucré
ou sucre
20112979_EA/20169394_EA



Bick's pickles
selected varieties
1 L
cornichons
20158289001_EA

4⁴⁹



2⁴⁹

Stagg chili 425 g or
Puritan stews 410 g
selected varieties
chili ou ragouts
20063287001_EA/20091906_EA



Minute Rice
selected varieties
500-700 g
riz
20895766_EA

4²⁹



3/\$5
or \$1.67 ea.

no name®
chocolate bars
selected varieties
100 g
barres de chocolat
20580727_EA/21337562_EA
21337890_EA



8⁴⁹

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



6⁹⁹

Purex 1.47-2.03 L or
Sunlight 1.84 L liquid
laundry detergent
selected varieties
détergent à lessive
20865516002_EA/21427029_EA



Beneful
dry dog food
chicken or beef
1.8 kg
nourriture
sèche pour
chiens
20312784002_EA

7⁹⁹



7⁹⁹

Meow Mix cat food
1.36 kg or Pedigree
Vitality dog food 2 kg
selected varieties
nourriture pour
chats ou chiens
21383314_EA/21589011_EA



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