



President's Choice.
Le Choix du Président.



1⁹⁹

PC® Loads Of™, World of Flavours or Kettle Cooked potato chips selected varieties 200 g croustilles
20840911001_EA/21387549_EA/21422931_EA



PC® BBQ pork back ribs 500/680 g or chicken wings 800/907 g selected varieties, cotes de dos de porc ou ailes de poulet
20071715_EA/20708932_EA

11⁹⁹



5⁹⁹

PC® Pacific large white shrimp raw peeled or raw Zipperback® 31-40 per lb, frozen, 400 g crevettes
20788888_EA/20789931_EA



PC® or Blue Menu® entrées selected varieties frozen 212-365 g plats cuisinés
20309869_EA/21364244_EA

2⁹⁹

Summer Favourites

Favoris de l'été



5⁹⁹

PC® assorted dip tray or guacamole 425-500 g or Yucatan authentic guacamole 340 g plateau de trempette variée ou guacamole
20213083_EA/21093701_EA/21448102_EA



Pringles Crisps 102-156 g or Special K Crispy bars 125 g selected varieties croustilles ou barres
21003833_EA/21008286_EA

2⁹⁹



6²⁹

Bubly or Montellier drinks selected varieties 10/12 x 355 mL boissons
21096722_C10/21097177_C12



PC® salads product of U.S.A., selected varieties 285-369 g salades
21378085_EA

4⁹⁹



FROM THURSDAY, AUGUST 14TH
TO WEDNESDAY, AUGUST 20TH, 2025
DU JEUDI 14 AOÛT AU
MERCREDI 20 AOÛT 2025



See our flyer online
visit freshmart.ca

Freshmart[®]

PROUDLY CANADIAN

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

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

3.99
lb

beef inside round oven roast or steak*
club size
rôti ou bifteck d'intérieur de ronde de bœuf*
15.41/kg
20794583_KG

6.99
lb

1.49
broccoli crown
product of Canada
each
couronne de brocoli

2.99
PC[®] mini potatoes
product of Canada,
selected varieties
680 g
mini pommes de terre

2.49
lb
red or green
seedless grapes
product of U.S.A.
raisins sans pépins
5.49/kg

The Laughing Cow
cheese 120/133 g
or dippers 140 g,
Mini Babybel cheese
102/120 g or Kiri cream
cheese portion 144 g
selected varieties
fromage ou trempette
de fromage ou de fromage
à la crème
20319107_EA/20574332_EA

3.99

4.99
x6
Original

4.99
8 inch pies
selected varieties, 635-750 g
tartes
21297470_EA/21297475_EA

Green Giant
veggies 341/398 mL
or Le Sieur peas
284/398 mL
selected varieties
légumes ou pois
21021175_EA/2021021222_EA

1.49

Silk, So Nice
or Earth's Own
non-dairy beverages
selected varieties,
refrigerated
1.74-1.89 L
boissons non lactières
20299698001_EA/20315090001_EA

3.99

5.49

Lactantia butter
selected varieties
454 g
beurre
20639926_EA

Heinz ketchup
750 mL/1 L or
Kraft Miracle Whip
890 mL
selected varieties
ketchup ou tartinaide
20069080_EA/20298681001_EA

4.99

5.49

Nestlé confectionary
frozen dessert 1.5 L
or novelties 4-10's
selected varieties, frozen
dessert glacés ou
friandises glacées
20322085001_EA/20322380001_EA

2.79

Christie cookies
selected varieties
224-303 g
biscuits
21358407_EA/21361508_EA

AUGUST Valid from
AUGUST 1st TO 31st

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

D'AOÛT Prix en vigueur
DU 1^{er} AU 31 AOÛT

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

As compared to other major grocery retailers within your local context.
While quantities last. See in-store for details.
Par rapport à d'autres grands magasins d'alimentation dans vos zones commerciales
locales. Jusqu'à épuisement des stocks. Voir les détails en magasin.

Aero
Scoops
KitKat
Nestlé chocolate
tablet bars
selected varieties
95-105 g
barres de chocolat
21648279_EA
21648335_EA

\$1.75

Colgate
Total
toothpaste
selected varieties
120 mL
dentifrice
21166613_EA
21166685_EA

\$2.50

Viva Puffs
original
WAGONWHEELS
Dare
Wagon Wheels
or Viva Puffs
cookies
selected varieties
300/315 g
biscuits
200258950001_EA
20419986001_EA

\$2.50

Molinaro
SUPREMO
Piller's sliced
pepperoni 250 g
or Molinaro's
pizza kit 890 g
selected varieties
pepperoni tranché
ou trousse à pizza
20042333_EA/21493437_EA
20340727_EA

\$3.50

Elmer's
school
glue sticks
washable,
disappearing
purple
3 x 20 g
batons de colle
20073616_EA

\$3

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

MN 1

Meat & Seafood

Viandes & Poissonnerie



3⁴⁹
lb

pork butt roast or chops bone-in
club size
rôti de soc de porc ou côtelettes avec os
7.69/kg
20056387_KG

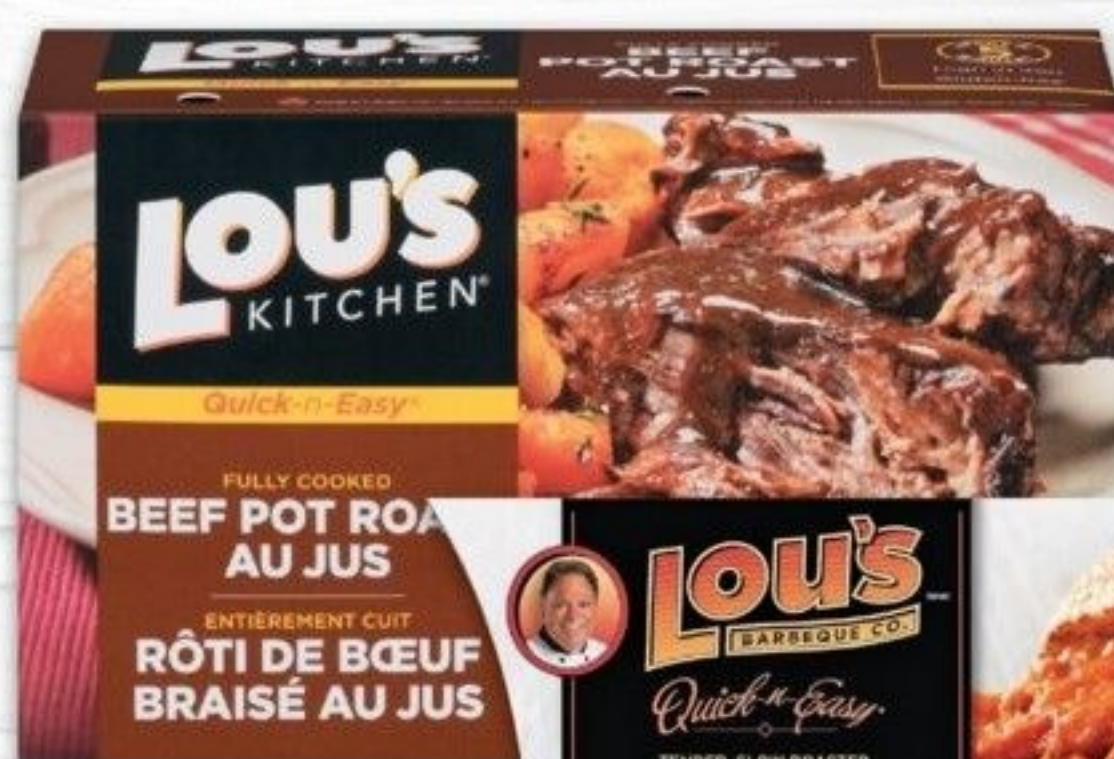
7⁹⁹
lb

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



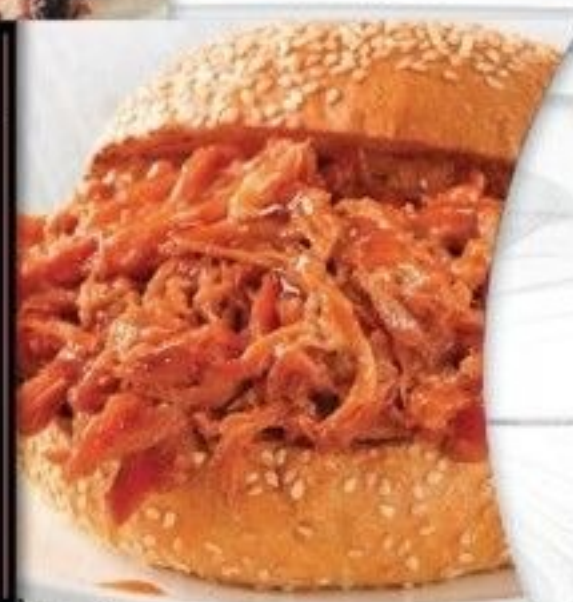
3⁹⁹
lb

fresh whole chicken
poulet entier frais
8.80/kg
20729008_KG



8⁹⁹

Lou's entrées
selected varieties
375/400 g
plats cuisinés
20078077_EA/20182404_EA



6⁴⁹
no name® pepperoni
or salami chub or
regular or reduced salt bacon
500 g
pepperoni ou salami ou bacon
20015818_EA/20156771_EA



12⁹⁹
PC® Smokies™
selected varieties
1 kg
saucisses fumées
20732535_EA/20733617_EA



SeaQuest® fish fillets
400 g or calamari rings
340 g, frozen
filets de poisson ou
rondelles de calmar
20027170_EA/20036614_EA



6⁴⁹
Wong Wing entrées
selected varieties, frozen
400-680 g
plats cuisinés
20162067_EA/20503472_EA



17⁹⁹
Butcher's Choice® beef burgers
selected varieties, frozen
1.13 kg
burgers de bœuf
20767514_EA/20874333_EA



15⁹⁹
PC® The Ultimate Atlantic
salmon burgers
frozen, 500 g
burgers de saumon
21638144_EA

Come see our selection of in-store prepared meats*

Venez voir notre choix de viandes préparées en magasin*



4⁴⁹
lb

fresh marinated
boneless pork
tenderloin
made in-store
filet de porc
dossé frais
mariné
9.90/kg

4⁹⁹
lb

whole flattened
marinated chicken
made in-store
poulet entier en
crapaudine mariné
11.00/kg

7⁹⁹
lb

fresh plain
or marinated
pork kebabs
made in-store
brochettes de porc
frais nature ou marinées
17.61/kg

9⁹⁹
lb

fresh plain or
marinated beef
kebabs
brochettes de
bœuf frais nature
ou marinées
22.02/kg

Fruits & Vegetables

Fruits & Légumes



5⁴⁹

Farmer's Market™ corn
product of Canada
5's
maïs



7⁹⁹

Farmer's Market™ nectarines or peaches
product of Canada
2/3 L
nectarines ou pêches



1⁴⁹

green or red leaf lettuce
product of Canada
each
laitue en feuilles



6⁹⁹

PC® Orri mandarins
product of South Africa
2 lb
mandarins



5⁹⁹

large pineapple
product of Costa Rica
size 6
ananas



4²⁹

blackberries
product of Mexico or U.S.A.
6 oz
mûres



7⁹⁹

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



7⁴⁹

green zucchini
product of Canada
3 L
courgette



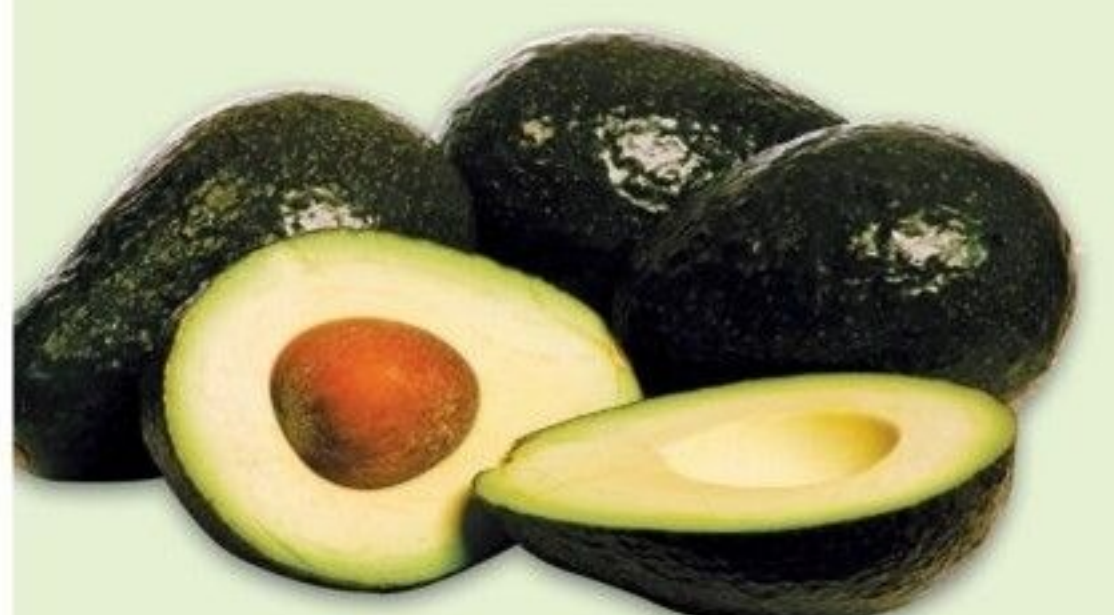
5⁹⁹
lb

asparagus
product of Mexico
asperges
13.21/kg



4/\$5
or \$1.25 ea.

fresh herbs or radishes
product of Canada,
selected varieties, bunch
herbes fraîches ou radis



4/\$5
or \$1.25 ea.

avocados
product of Mexico or Peru
avocats



2⁹⁹

PC® Organics mushrooms
product of Canada,
selected varieties, 227 g
champignons
21021499_EA



2⁴⁹

Farmer's Market™ grape tomatoes
product of Canada
283 g
tomates raisins

Deli Meat & Cheese Charcuterie & Fromagerie

Ziggy's® ham
deli service,
selected varieties
jambon du comptoir
de service
20298289_KG

1.29
/100 g



PC® goat cheese
selected varieties
140 g
fromage de chèvre
20000584_EA/20296631_EA

4.99



5.99 PC® Splendido® sliced deli meat
selected varieties
100 g
charcuteries tranchées
21049398_EA/21050405_EA



12.99 Ziggy's® Brie
450 g
brie
21561839_EA

Bakery Boulangerie



4.49

Farmer's Market™ cookies
selected varieties, 456 g
biscuits
20566774_EA/20566295_EA



5.99

Farmer's Market™ 5" cakes
selected varieties, 490 g
gâteaux
21115991_EA



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



6.99 Farmer's Market™ brownies
608 g
brownies
21450067_EA

Dairy & Refrigerated Produits laitiers & réfrigérés

PC® iced tea or lemonade
selected varieties, refrigerated
1.54 L
thé glacé ou limonade
21430542_EA/21430684_EA

3.99



PC® lactose-free cottage cheese 500 g
or sour cream 500 mL, iöGO yogurt 650 g
or Astro yogurt 650-750 g, selected varieties
fromage cottage ou crème sure ou yogourt
20165226001_EA/20987150_EA/21659463_EA



PC® shredded cheese
250-320 g or
cheese bars 400 g
selected varieties
fromage râpé ou barres
de fromage
21060183_EA/21333360_EA

6.99

Liberté Greek
650/750 g or
méditerranée
900 g yogurt
selected varieties
yogourt
20704361002_EA/21353463_EA
21619601_EA

6.49



Grocery Épicerie



7.99

Tast!EZ
bites or triangles 400 g
or McCain pockets 540 g
selected varieties, frozen
bouchées ou triangles
ou pochettes
21615136_EA/21615187_EA



5.99

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



7.99

Maison Perrier
sparkling water
8 x 330 mL or Chic
non-alcoholic drinks
4 x 250 mL
selected varieties
eau pétillante
ou boissons
non alcoolisées
21575556_C08/21604035_C04



9.99

PC® breaded or battered fish
selected varieties, frozen
500-680 g
poisson pané ou en pâte
21637039_EA



2.79

Minute Maid orange juice 295 mL
or **no name® spinach** 300 g
selected varieties, frozen
jus d'orange ou épinards
2041853002_EA/20611796_EA



3/\$5
or \$1.67 ea.

PC® spring water
4 L or Sparkling Ice
503 mL or
Fruit2O 502 mL
sparkling water
selected varieties
eau de source ou eau
aromatisée pétillante
ou eau pétillante
20883975_EA/20885450003_EA
21185641_EA



Cheetos snacks
or popcorners
chips 142-285 g
or Smartfood
popcorn
175-200 g
selected varieties
grignotines ou
croustilles de maïs
soufflé ou maïs
soufflé
20972859_EA/21370195_EA
21524163_EA

4.29



3.99

PC® cookies
selected varieties
100-350 g
biscuits
20973036_EA/21524543_EA



3.99

Carnaby Sweet 500 g
or **Hi-Chew** 90/100 g candy
selected varieties
friandises
21363900_EA/21380659_EA



5.29

Nature's Path cereal
selected varieties, 300/375 g
céréales
20043938002_EA/20300563001_EA



6.49

PC® or Blue Menu® cereal 525-775 g
or **walnuts or almonds** 200/275 g
selected varieties
céréales ou noix de Grenoble
ou amandes
20512658_EA/20775732_EA



3.49

Twinnings tea 20's
or **SunnyD juice**
1.89 L
selected varieties
thé ou jus
20303755001_EA/21102505_EA



2.29

Mid-Day Squares functional
chocolate bars
selected varieties, 33 g
barres au chocolat fonctionnelles
21522137_EA/21619483_EA



3.29

Prego pasta sauce
selected varieties
645 mL
sauce pour pâtes
20325820001_EA



.99

Club House gravy
and seasoning mix
selected varieties
20-47 g
mélange à sauce
et à assaisonnement
20302816001_EA



2.49

Dole pineapple
selected varieties
398 mL
ananas
20136767001_EA/20136767003_EA



2.29

Cordon Bleu
or **Esta sauce**
selected varieties
398 mL
sauce
21359524_EA/21360537_EA



3.79

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

Grocery Épicerie



3.99

no name® cheese bars
200 g or slices 400 g
selected varieties
barres ou tranches de
fromage



7.99

Starbucks coffee enhancer,
828 mL or Starbucks or Stok
coffee beverage 1.18/1.42 L
or PC® orange juice 2.5 L
selected varieties
rehausseur de café ou
boissons au café ou jus
d'orange



6.49

Kellogg's Eggo waffles
selected varieties, frozen
16's
gaufres



4.79

McCain fries
selected varieties,
frozen, 1.5 kg
frites



6.29

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

Coca-Cola, Pepsi
or Canada Dry
soft drinks or
fuzé iced tea
selected varieties
500/591 mL
boissons gazeuses
ou thé glacé

3/\$8
or \$2.67 ea.



3.79

Sunchips or Lay's
Poppable chips
selected varieties
170-205 g
croustilles



3.79

Hubba Bubba 20's,
excel or Juicy fruit gum
3 x 18's or Tic Tac fresh
mint 3 x 29 g
selected varieties
gomme ou menthes



2.79

Dare Whippet or Ultimate
cookies 250-300 g or Spitz
sunflower seeds 210 g
selected varieties
biscuits ou graines
de tournesol



2.79

Dare Grissol crackers
120-200 g or Mott's
Fruitsations fruit sauce
111/113 g or 104 mL
selected varieties
craquelins ou purée
de fruit



3.79

PC® Organics
broth
selected varieties
900 mL
bouillon



6.99

Kellogg's
family size cereal
selected varieties
450-650 g
céréales



3.49

Quaker instant oatmeal
selected varieties
168-344 g
gruau instantané



13.99

McCafé ground
coffee 340 g
or pods 10/12's
selected varieties
café moulu
ou capsules



2.99

PC® condensed milk
300 mL or Lantic
sugar 1 kg
selected varieties
lait condensé sucré
ou sucre



8.99

Saporita cooking oil
selected varieties
3 L
huile à cuisson



2.79

PC®
salad dressing
selected varieties
475 mL
vinaigrette



2.49

Aylmer Accents tomatoes
selected varieties
540 mL
tomates



2.29

Campbell's
broth
selected varieties
900 mL
bouillon



7.49

Charmin bathroom tissue
8=24 rolls or Bounty
paper towel 3/4=6 rolls
selected varieties
papier hygiénique
ou essuie-tout



3.99

no name®
free & clear
nature detergent
2.03 L or bleach,
regular or lemon,
Club Size, 2.4 L
détergent ou
eau de Javel



8.29

Dentalife dog treats
408-595 g or Beneful
dog food 1.8 kg
selected varieties
gâteries ou nourriture
pour chiens



3.29

Friskies cat
treats 170 g
or Whiskas
Temptations
40-180 g
selected varieties
gâteries
pour chats

NEW!
NOUVEAUTÉ!

Breyers

A NEW LOOK and creamy NEW FLAVOURS

Une NOUVELLE APPARENCE et de NOUVELLES SAVEURS crémeuses



4.99

Breyers Creamery Style or CoBrand, Selected Varieties
Crème glacée Style Crémier, Certaines Variétés, 1.41 L
21651382_EA

BEN & JERRY'S

New ways to
indulge with Ben
& Jerry's

De nouvelles façons
de se régaler avec
Ben & Jerry's



4.99

Ben & Jerry's ice cream, Selected Varieties
Ben & Jerry's crème glacée, Certaines Variétés, 473 mL
21428285_EA/21428517_EA

NEW!
NOUVEAUTÉ!

Popsicle

A Refreshing NEW Look!
Une NOUVELLE
APPARENCE rafraîchissante!



7.99

Popsicle, Selected Varieties
Popsicle, Certaines Variétés, 18's/un.
21652295_EA/21652362_EA

Freshmart
freshmart

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 Loblaw's Inc. and others. All rights reserved. © 2025 Loblaw's Inc.

proudly
Canadian

PEFC
PEFC Certified
www.pefc.org