

SEPTEMBER Valid from
SEPTEMBER 1ST TO 30TH

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

DE SEPTEMBRE Prix en vigueur DU
1^{ER} AU 30 SEPTEMBRE



Maynards candies
share size
selected varieties
308/315 g
friandises
21545820_EA

\$3



Bagel Bites
selected varieties, frozen
198 g
bouchées de bagel
20213483003_EA

\$1⁵⁰



Président Rondelé
cheese style spread
selected varieties, 125 g
tartine au fromage
21673695_EA/21672975_EA

\$2⁵⁰



Duracell Coppertop
AA, 8's or AAA, 4's
alkaline batteries
selected varieties
piles
21696237_EA/21696078_EA

\$4



Huggies Baby Wipes
56-64's or Wet Ones
antibacterial wipes 20's
selected varieties
lingettes
20557596_EA/20946664_EA

\$2

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

As compared to other major grocery retailers within your local areas.

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.

Breakfast Special!

Pour un déjeuner spécial!



5⁹⁹

no name® bacon
regular or reduced salt
500 g
bacon
20156771_EA



Oasis
orange juice
or blends
selected varieties,
refrigerated
1.5/1.6 L
jus d'orange ou
mélanges
21376778_EA/21529910_EA

4⁹⁹



3⁹⁹

Post cereal
selected varieties
283-525 g
céréales
20299648_EA/21576434_EA



no name® pancake mix
905 g, syrup 750 mL
or peanut butter 500 g
selected varieties
mélange à crêpes ou sirop
ou beurre d'arachide
20306030_EA/20316212001_EA/20322949_EA

2⁷⁹

FROM THURSDAY, AUGUST 28TH
TO WEDNESDAY, SEPTEMBER 3RD, 2025
DU JEUDI 28 AOÛT AU
MERCREDI 3 SEPTEMBRE 2025



See our flyer online
visit freshmart.ca

Freshmart[®]

PROUDLY CANADIAN

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



7⁹⁹

Janes pub style breaded chicken
selected varieties, frozen, 700 g
poulet pané

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See our flyer online
visit freshmart.ca

PROUDLY CANADIAN



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



7⁹⁹

Janes pub style breaded chicken
selected varieties, frozen, 700 g
poulet pané

21191828_EA/21191830_EA



fresh beef T-bone or wing steak*
club size
bifteck d'ailoyau ou bifteck de côte
d'ailoyau de bœuf frais*
24.23/kg
20793567_KG

10⁹⁹
lb



1⁷⁹

celery
product of Canada
each
céleri



2⁴⁹

broccoli
product of Canada
each
brocoli



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

3⁹⁹



6⁴⁹

Balderson, Oka or Monsieur Gustav
cheddar cheese
selected varieties, 170-280 g
fromage

20920756_EA/21397243_EA/21495455_EA



Farmer's Market™ pies
selected varieties
580 g-1 kg
tartes

21297366_EA/21297367_EA

7⁹⁹



3⁴⁹

Activia 650 g, Too Good
4 x 95 g, Danone Danino
6 x 93 mL or Oikos Greek
4 x 95/100 g or 380 g yogurt
selected varieties
yogourt

20302315001_EA/21588667_EA/21520250_EA



2/\$3
or \$1.50 ea.

no name® chips
selected varieties
200 g
croustilles

21302821_EA/21302937_EA



7⁴⁹

Coca-Cola, Pepsi or
Canada Dry soft drinks
12 x 355 mL or fuze iced
tea 12 x 341 mL
selected varieties
boissons gazeuses
ou thé glacé

20318694002_C12/20322361002_C12



8⁹⁹

PC® or Blue Menu® entrées
selected varieties, frozen
907 g-1.13 kg
plats cuisinés

20326534_EA/21127549_EA



9⁹⁹

no name® ice cream
sandwiches or bars
Club Size, selected varieties,
frozen, 24/30's
sandwichs à la crème
glacée ou barres

21013432_EA



Tide liquid 1 L, pods 9/16's
laundry detergent, Downy or
Gain fabric enhancer 1.31 L or
beads 141 g or Bounce sheets
40/80's, selected varieties
détergent à lessive ou
rehausseurs de parfum ou
perles ou feuilles pour sècheuse

20301481001_EA/21549771_EA/21579685_EA

5⁹⁹

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

Meat & Seafood

Viandes & Poissonnerie



4⁴⁹
lb

pork loin centre-cut chops or roast
boneless, club size

côtelettes ou rôti de longe de porc,
coupe du centre

9.90/kg

20826506_KG

13⁹⁹
lb

fresh beef porterhouse steak*

bifeck d'aloyau de bœuf frais*

30.84/kg



5⁴⁹
lb

fresh chicken breasts or wings
bone-in, skin-on, club size

poitrines de poulet ou ailes fraîches

12.10/kg

20113612_KG/20168158_KG

13⁹⁹

Marcangelo chicken or pork souvlaki
value pack
selected varieties

480/640 g

brochettes de poulet ou de porc

21041735_EA/21098855_EA



3⁴⁹

no name® original hot dogs

450 g

saucisses fumées

20002786_EA

9⁹⁹

no name® smoked sausage
or garlic coil

selected varieties

750/900 g

saucisses

20090793_EA/20734142_EA

4⁴⁹

no name® breaded and stuffed chicken

selected varieties, frozen

284 g

poulet pané ou farci

20503296_EA/20503300_EA



12⁹⁹

Marcangelo sausage,
breakfast sausage or patties

selected varieties, frozen

1.2/1.4 kg

saucisses ou saucisses
à déjeuner ou rondelles

20799697_EA/20799828_EA

5⁹⁹

SeaQuest® Pacific peeled
cooked or Zipperback®
raw shell-on white shrimp

36-55 per lb, frozen, 300 g

crevettes

21636326_EA/21636352_EA

2⁹⁹

SeaQuest® flavoured Alaska
pollock, ready-to-eat,
selected varieties 227 g or
DOM Specialty smoked
salmon 50 g, frozen

goberge ou saumon steelhead

20699832_EA/20792840_EA

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

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



\$1⁰⁰
off
/lb

fresh store made
sausage

made in-store

saucisses fraîches
faites en magasin

4⁹⁹
lb

fresh marinated
boneless pork chops

made in-store

côtelettes de porc
désossées fraîches
marinées

11.00/kg

5⁹⁹
lb

fresh marinated
chicken wings

made in-store

ailes de poulet
fraîches marinées

préparées en magasin

13.21/kg

7⁹⁹
lb

marinated
pork kebabs

fresh

brochettes de porc
marinées fraîches

17.61/kg

Fruits & Vegetables

Fruits & Légumes





PRODUCT OF CANADA





PRODUCT OF CANADA

.99

corn
product of Canada
each
maïs

5⁹⁹

seedless watermelon
product of Canada
melon d'eau sans pépins





PRODUCT OF CANADA





PRODUCT OF CANADA

3⁹⁹

Romaine hearts
product of Canada
3's
cœurs de romaine

3⁹⁹
lb

cherries
product of Canada
cerises
8.80/kg



7⁹⁹

honeydew
product of U.S.A.
each
melon miel



6⁴⁹

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



4⁴⁹
lb

PC® black grapes
product of U.S.A.
raisins noirs
9.90/kg





PRODUCT OF CANADA

4⁴⁹

PC® mushrooms
product of Canada,
selected varieties
100-454 g
champignons





ATLANTIC
GROWN
CULTIVÉ EN ATLANTIQUE

6⁹⁹

Farmer's Market™
white potatoes
product of Atlantic Canada
10 lb
pommes de terre blanches



3⁹⁹

PC® or PC® Blue Menu®
caesar salad kits
product of U.S.A., 282 g
salade césar
21333977_EA/21334801_EA





PRODUCT OF CANADA

6⁴⁹

PC® Axiary or Mixiany
cherry tomatoes 567 g
or Field tomatoes 3 L
product of Canada
tomates
20006556_EA





PRODUCT OF CANADA

4⁹⁹

PC® Paradise Crunch peppers
product of Canada
454 g
poivrons



3⁴⁹

Marzetti dip
product of U.S.A.,
selected varieties, 340 g
trempepette
20322970_EA/21601823_EA

Deli Meat & Cheese

Charcuterie & Fromagerie

PC®
Natural Choice®
chicken
deli service,
selected varieties
poulet au comptoir
de service

20302980_KG



279
/100 g

PREPARED IN CANADA



449

PC® cheese slices 140-170 g, selected varieties
or Saputo Poutine cheese curds 200 g
tranches de fromage ou fromage en grains

20250947_EA/20864070_EA

PREPARED IN CANADA



799

PC® halloum cheese
selected varieties, 250 g
fromage halloum

20011400_EA/20563213_EA

PREPARED IN CANADA



899

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

20311594_EA/20915834_EA

PREPARED IN CANADA



1199

PC® Natural Choice® strips
or deli meat 250-400 g or
PC® Splendido® prosciutto
or antipasto 200 g
lanières ou charcuteries
ou prosciutto ou antipasto

21105597_EA/21296778_EA

Bakery

Boulangerie

PREPARED IN CANADA



399

Farmer's Market™ cupcakes
selected varieties, 284/318 g
petits gâteaux

21634742_EA/21635700_EA

PREPARED IN CANADA



1199

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

20794367_EA/21500612_EA

PREPARED IN CANADA



449

ACE Bakery bread
selected varieties
455-700 g
pain

21616092_EA/21616156_EA

PREPARED IN CANADA



249

PC®, Blue Menu®
or Wonder English muffins
selected varieties, 6's
muffins anglais

20810796_EA/20946466_EA

PREPARED IN CANADA



299

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

21001431_EA

Dairy & Refrigerated

Produits laitiers & réfrigérés

Yoplait YOP drinkable yogurt
selected varieties
200 mL
yogourt à boire

21478178_EA/21478300_EA



4/5
or 1.25 ea.

PREPARED IN CANADA



449

Becel margarine or
Becel plant based bricks 427/454 g
selected varieties
margarine ou briques à base de plantes

20322707001_EA/21297365_EA



299

Kozy Shack pudding 624 g
or 4 x 113 g or Pillsbury dough
318-468 g
selected varieties, refrigerated
pouding ou pâte

20318034001_EA/20323829001_EA

International Delight
coffee whitener
946 mL or
Tim Hortons coffee
creamer 750 mL
selected varieties
colorant à café

20895480002_EA



649



399

Jell-O or Hershey's
snacks or pudding 4's
or Rise Kombucha 414 mL
selected varieties, refrigerated
collations ou pouding
ou kombucha

21019795_EA/21443484_EA

FMA 4

Grocery Épicerie



2/\$6
or \$3 ea.

no name® Naturally Imperfect™ frozen fruit selected varieties 300/400 g fruits surgelés 21545095_EA



3.99

no name® pizza selected varieties, frozen, 350-411 g pizza 21541441_EA



no name® drink crystals selected varieties 2.1/2.3 kg cristaux pour boisson 21607855_EA

11.49



6.99

Schneiders breakfast sandwich or egg bites selected varieties, frozen 204-288 g sandwich à déjeuner ou bouchées aux œufs 21623288_EA/21623323_EA



3.29

Cheemo Perogies selected varieties, frozen 815/907 g perogies 20527369_EA



Red Bull energy drink selected varieties 4 x 250 mL boisson énergisante 20166737001_C04

8.99



3.49

Quaker Crispy Minis rice cakes, chips 90-199 g or bars 120-156 g selected varieties galettes de riz ou croustilles ou barres 20163708002_EA/20303002006_EA/20847582_EA



PC® popcorn 220/250 g or popping popcorn 850 g selected varieties maïs soufflé ou maïs à éclater 20555781_EA/21291250_EA

4.49



4.49

Jolly rancher or Haribo gummies selected varieties 250-355 g friandises gélifiées 21387490_EA/21522767_EA



5.49

Nutella Hazelnut spread 375 g, or Nutella B-ready crispy wafer with hazelnut spread 132 g tartine de noisettes ou gaufrettes avec tartine 20435988_EA/21457401_EA



no name® jam or marmalade selected varieties 500 mL confiture ou marmelade 20032552001_EA/20298902_EA

3.99



4.99

Tetley, Red Rose or Salada tea 60/72's or Kool-Aid jammers 10 x 180 mL selected varieties thé ou boissons 20079976002_EA/21611907_EA

Kiju organic fruit juice selected varieties 1 L jus de fruit 20312710001_EA/20312710002_EA

2.79



Campbell's chunky soup selected varieties 515 mL soupe 21480447_EA/21480519_EA

3.99



no name® flour 2.5 kg or Kraft Shake 'n Bake coating mix 142-160 g selected varieties farine ou chapelure 20013256_EA/21548016_EA

3.79



Unico tomatoes 796 mL or Campbell's broth 900 mL selected varieties tomates ou bouillon 20314629001_EA/20322348003_EA

2.49



Hunt's tomato sauce 680 mL or Italpasta 900 g selected varieties sauce tomate ou pâtes 20023601001_EA/20081342001_EA

2.79



no name® pickles or ketchup selected varieties 1 L cornichons ou ketchup 20046189_EA/20102426_EA

3.49



6.99

Always pads or Tampax Pearl selected varieties 10-18's serviettes ou tampons 20610420_EA/21449992_EA

TRESemmé shampoo or conditioner selected varieties 828 mL shampoing ou revitalisant 21169667_EA/21169996_EA

8.49



1.19

Friskies 156 g or Fancy Feast 85 g cat food selected varieties nourriture pour chats 20302296001_EA/20319657004_EA

Meow Mix cat food selected varieties 1.42 kg nourriture pour chats 21586074_EA

7.99



Weekend Favourites Favoris du Week-end



349

Fruitopia beverages or Fuze or Peace Tea iced tea selected varieties
1.75 L
boissons ou thé glacé

20347440001_EA/21170681_EA/21652207_EA



599

Black Diamond block or shredded cheese selected varieties
300-400 g
fromage

21278842_EA/21279221_EA



499

Fudgsicle, Creamsicle or Revello novelties selected varieties, frozen
12's
friandises glacées

20684180_EA/20763159_EA



249

Cavendish Farms fries selected varieties, frozen, 800 g
frites

21559976_EA



399

Mott's Clamato or Ocean Spray cranberry cocktail selected varieties
1.89 L
cocktail de jus de palourdes ou canneberge

2030006008_EA
20318955002_EA



779

Gatorade sport drinks selected varieties
6 x 591/8 x 355 mL
boissons désaltérantes

20303218003_C06/21164181_C08



299

Pepperidge Farm Goldfish snack crackers 156-227 g or Dare Bear Paws cookies 168-240 g selected varieties
craquelins ou biscuits

20300320_EA/21080791_EA



399

Hershey's Twizzler licorice party pack 375-454 g or Planters cashews 145 g selected varieties
régisse ou noix de cajou

20022328008_EA/21619981_EA



229

Mr. Maple maple flavoured creme cookies 325 g or Snackpack pudding, desserts or juicy gels 4 x 99 g, selected varieties
biscuits ou pouding ou desserts ou gelée

20132352_EA/20310707006_EA



299

Dole fruit cups selected varieties
4 x 107/123 g
fruits

20318455003_EA/20318455004_EA



449

Angie's Boom Chicka Pop popcorn or puffs selected varieties
102-198 g
maïs éclaté ou grignotines soufflées

20770751_EA/21219848_EA



549

Quaker Harvest Crunch cereal 400-510 g or super grains oats 512 g selected varieties
céréales ou gruau

21037238_EA/21219824_EA



849

Flourish pancake & waffle mix 430 g or Billybee pure natural honey 500 g selected varieties
mélange à crêpes ou à gaufres ou miel

20724504_EA/21577879_EA



749

Nescafé or Taster's Choice instant coffee selected varieties, 90-351 g
café instantané

20873036_EA/21363371_EA



229

no name® evaporated milk selected varieties
354 mL
lait évaporé

21040510_EA



SUP. SNACK. SIZZLE!

A vos BOISSONS ET COLLATIONS, PARTEZ LE GRILL!



429

RUFFLES® POTATO CHIPS SELECTED VARIETIES
CROUSTILLES RUFFLES®
CERTAINES VARIÉTÉS
180 - 200 g
21241053_EA/21637717_EA

429

MISS VICKIE'S® KETTLE COOKED POTATO CHIPS SELECTED VARIETIES
CROUSTILLES CUITES À LA MARMITE MISS VICKIE'S®
CERTAINES VARIÉTÉS
190 - 200 g
21240628_EA/21588683_EA



999

FRITO-LAY® VARIETY PACKS SELECTED VARIETIES
EMBALLAGES DE PRODUITS ASSORTIS FRITO-LAY®
CERTAINES VARIÉTÉS
428 - 448 g
21584937_EA

429

DORITOS® TORTILLA CHIPS 210 - 235 g OR HAVOC™ SNACKS 190 - 280 g SELECTED VARIETIES
CHIPS TORTILLA DORITOS®
210 - 235 g OU COLLATIONS HAVOC™
190 - 280 g
CERTAINES VARIÉTÉS
21369086_EA/21369118_EA/21588837_EA

PACK IN EASY SNACKS!
VOS COLLATIONS À PORTÉE DE MAIN !



299

Pringles® Super Stack® Potato Chips Selected varieties
Croustilles Pringles® Super Stack® Format Fête variétés sélectionnées
148 - 156 g
21003833_EA

549

Pringles® Snack Stacks® Potato Chips Selected varieties
Croustilles Snack Stacks® de Pringles® variétés sélectionnées
228 g
21069445_EA

349

Nutri-Grain® Bars 295 g or Rice Krispies Squares® Bars 176 g, Selected varieties
Barres de céréales Nutri-Grain® 295 g ou Barres Carrés aux Rice Krispies® 176 g, variétés sélectionnées
20313984001_EA, 20126567001_EA

279

Cheez-It® Crackers Selected varieties
Craquelins Cheez-It® variétés sélectionnées
191 - 200 g
21244560_EA



849

Royale® Tiger Towel®
3=6 & 2=6 half sheet paper towels
Essuie-tout Royale® Tiger Towel®
3=6 & 2=6 rouleaux en demi-feuilles
21484702_EA/21484741_EA

849

Royale® Original & Velour®
6 pack facial tissue
Mouchoirs Royale® Original & Velour®
emb. de 6 boîtes
21618478_EA

949

Royale® Original or Velour®
15=30 bath tissue
Papier hygiénique Royale® Original ou Velour®
15=30 rouleaux
20906153_EA

*Royale® tissue products are manufactured by Irving Consumer Products Limited, an affiliate of J.D. Irving, Limited. J.D. Irving, Limited and affiliated corporations have planted a billion trees since 1957. Each year, forests managed by J.D. Irving, Limited and affiliated corporations remove more carbon than is emitted in the lifecycle of Royale® tissue products. For more information, visit royale.ca/carbon-neutral. / Les produits de papier Royale® sont fabriqués par Les Produits de consommation Irving Limitée, une société affiliée à J.D. Irving, Limited. J.D. Irving, Limited et ses sociétés affiliées ont planté plus de 1 milliard d'arbres depuis 1957. Chaque année, les forêts sous la gestion de J.D. Irving, Limited retirent de l'atmosphère une quantité plus grande de carbone que celle émise durant le cycle de vie des produits de papier Royale®. Pour plus d'information, visitez royale.ca/carbonneutral.