

The Amazing OWNER SALE

l'incroyable VENTE DES MARCHANDS



2⁹⁹

Romaine hearts
product of Canada
3's
cœurs de Romaine



PC® burgers
selected varieties,
frozen
1.02-1.36 kg
burgers
20941230_EA/20941343_EA

13⁹⁹



Lantic sugar
2 kg
sucre
20145033_EA



3²⁹



Real Canadian water
24 x 500 mL
eau
20154975_C24

2⁷⁹

**PROUDLY
CANADIAN**

The Amazing
OWNER SALE
l'incroyable
VENTE
DES MARCHANDS

Cap-Pelé Freshmart
Cap-Pele, NB
Francois Richard

Chipman Freshmart
Chipman, NB
Sara Saulnier

Hartland Freshmart
Hartland, NB
Brad Paul

Neguac Freshmart
Neguac, NB
Leonard and Edouina Breault

River of Fire Market
Elsipogtog, NB
Chief Aaron Sock

Burton's Freshmart
Robert's Arm, NL
Randy and Melanie Miller

Dildo Freshmart
Dildo, NL
Paul and Craig Warren

Dominie & Sons
Harbour Breton, NL
Corey Dominie

Eastport Freshmart
East Port, NL
Port Rexton Freshmart
Port Rexton, NL
Glenn and Judy Mackey

Stuckless Freshmart
Durrell, NL
Colin Stuckless

Warren's Freshmart
Grand Bank, NL
Roy Warren

Cabot Trail Food Market
Dingwall Cape Breton, NS
Alisha and James McEvoy

Comeauville Freshmart
Little Brook, NS
Bhavna and Kaushik Patel

Graves Freshmart
Bridgetown, NS
Gordon and Cathy Graves

Ingonish Freshmart
Ingonish, NS
Jim Milne JR

Keizer's Freshmart
Eastern Passage, NS
Jody and John Keizer

Mabou Freshmart
Mabou, NS
Wayne and Karen Beaton

New Germany Freshmart
New Germany, NS
Ryan Cook

Robichaud's Red & White
Meteghan, NS
Rick Robichaud

Yarmouth South Freshmart
Yarmouth, NS
Ralph and Marilyn Winchester

Cooper's Red & White
Belfast, PE
Vanessa and Kyle Panton

PROUDLY
CANADIAN

FROM THURSDAY, AUGUST 7TH
TO WEDNESDAY, AUGUST 13TH, 2025
DU JEUDI 7 AOÛT AU
MERCREDI 13 AOÛT 2025



See our flyer online
visit freshmart.ca

Freshmart[®]

PROUDLY CANADIAN

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



6.49
lb

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



boneless beef striploin roast or steak*
fresh, club size
rôti ou bifteck de contre-filet
de bœuf désossé*
33.05/kg
20794004_KG

14.99
lb



3.79

Farmer's Market[™] peppers
product of Canada or Mexico
3's
poivrons



strawberries
product of Atlantic Canada
quart/1lb**
**size varies by region
fraises

5.49



2.79

PC[®] dips or hummus 227-280 g or
Naan dippers 200 g or Ziggy's[®] pasta 350/360 g
selected varieties
trempettes ou hummus ou pains Naan ou pâtes
20583408_EA/20584097_EA/21521089_EA



La Fournee dorée
sliced brioche 500 g
or Farmer's Market[™]
muffins,
selected varieties, 6's
brioche en tranches
ou muffins
20978205_EA/21283356_EA

4.99



3.99

PC[®] orange juice 1.54 L or
Philadelphia cream cheese
or dips 227/250 g
selected varieties
jus d'orange ou fromage
à la crème ou trempettes
20641267_EA/21430531_EA



6.29

no name[®]
canola or vegetable oil
selected varieties, 3 L
huile de canola ou végétale
20028656_EA/20103390_EA



2/\$7
or \$3.50 ea.

General Mills cereal
selected varieties
297-430 g
céréales
21104053_EA/21104173_EA



no name[®] pasta 900 g
or pasta sauce 680 mL
selected varieties
pâtes ou sauce pour pâtes
2029886002_EA/20315613003_EA

1.49



4.99

Activia yogurt
selected varieties, 8's
yogourt
20325384002_EA/21430512_EA



4.49

Scotsburn premium ice cream
selected varieties, frozen
1.5 L
crème glacée
21014321_EA

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



Chief Aaren Sock
River of Fire Market
Elsipogtog, NB

PROUDLY CANADIAN
**RIVER OF FIRE MARKET®**
35 BIG COVE ROAD, ELSIPOGTOG (506) 523-7186
FROM THURSDAY, AUGUST 7TH TO WEDNESDAY, AUGUST 13TH, 2025
DU JEUDI 7 AOÛT AU MERCREDI 13 AOÛT 2025



6⁴⁹
lb
fresh chicken breasts or thighs
boneless, skinless, club size
poitrines ou hauts de cuisses de poulet fraîches
14.31/kg
20162170_KG/21189206_KG

**BBQ**



14⁹⁹
lb
boneless beef striploin roast or steak*
fresh, club size
rôti ou bifteck de contre-filet
de bœuf désossé*
33.05/kg
20794004_KG



3⁷⁹
Farmer's Market™ peppers
product of Canada or Mexico
3's
poivrons



**ATLANTIC GROWN**
CULTIVÉ EN ATLANTIQUE
strawberries
product of Atlantic Canada
quart/1lb**
**size varies by region
fraises

5⁴⁹



2⁷⁹
PC® dips or hummus 227-280 g or
Naan dippers 200 g or Ziggy's® pasta 350/360 g
selected varieties
trempettes ou hummus ou pains Naan ou pâtes
20583408_EA/20584097_EA/21521089_EA

**PREPARED IN CANADA**



4⁹⁹
La Fournee dorée
sliced brioche 500 g
or Farmer's Market™
muffins,
selected varieties, 6's
brioche en tranches
ou muffins
20978205_EA/21283356_EA



3⁹⁹
PC® orange juice 1.54 L or
Philadelphia cream cheese
or dips 227/250 g
selected varieties
jus d'orange ou fromage
à la crème ou trempettes
20641267_EA/21430531_EA



6²⁹
no name®
canola or vegetable oil
selected varieties, 3 L
huile de canola ou végétale
20028656_EA/20103390_EA



2/\$7
or \$3.50 ea.
General Mills cereal
selected varieties
297-430 g
céréales
21104053_EA/21104173_EA



1⁴⁹
no name® pasta 900 g
or pasta sauce 680 mL
selected varieties
pâtes ou sauce pour pâtes
2029886002_EA/20315613003_EA

**PREPARED IN CANADA**



4⁹⁹
Activia yogurt
selected varieties, 8's
yogourt
20325384002_EA/21430512_EA

**PREPARED IN CANADA**



4⁴⁹
Scotsburn premium ice cream
selected varieties, frozen
1.5 L
crème glacée
21014321_EA

Meat & Seafood

Viandes & Poissonnerie



Gordon & Cathy
Graves
Groves Freshmart
Bridgetown, NS

PROUDLY
CANADIAN



12⁹⁹
lb

fresh beef braising short ribs*
club size
bouts de côtes de bœuf à braiser frais*
28.64/kg
20812708_KG

3⁴⁹
lb

pork loin combination chops
or sirloin and rib portion, club size, bone-in
côtelettes de longe de porc
7.69/kg
20822343_KG





7⁹⁹

PC® Blue Menu® ground chicken
or minced turkey
454 g
poulet haché ou hachis de dinde
21100091_EA/211100092_EA



5⁹⁹

PC® pork sausage
selected varieties
500 g
saucisses de porc
21584342_EA



Ralph & Marilyn
Winchester
Yarmouth South Freshmart
Yarmouth, NS

PROUDLY
CANADIAN





3⁹⁹

Smokehouse
traditional bacon
500 g
bacon
20138827_EA



2⁴⁹

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



6⁹⁹

SeaQuest® pink salmon fillets
400 g
filet de saumon
21314740_EA



\$10

meat or seafood selection
selected varieties, frozen
200 g-1.81 kg
viande ou produits de la mer
21473698_EA/21667936_EA



9⁹⁹

no name® appetizers
selected varieties, frozen
456 g-1.25 kg
hors-d'œuvre
21607107_EA/21613653_EA



13⁹⁹

SeaQuest® shrimp ring
frozen, 454 g
couronne de crevettes
20979191_EA



15⁹⁹
lb

fresh marinated
boneless beef
striploin steak*
made in-store
bifteck de
contre-filet
désossé mariné*
35.25/kg

7⁹⁹
lb

fresh marinated
boneless skinless
chicken breasts
made in-store
poitrines de poulet
désossées frais
marinées
17.61/kg

10⁹⁹
lb

fresh plain
or marinated
chicken kebabs
made in-store
brochettes de
poulet fraîches
nature ou marinées
24.23/kg

3⁹⁹
lb

fresh marinated
bone in pork chops
made in-store
côtelettes de porc
fraîches marinées
avec os
8.80/kg

Fruits & Vegetables

Fruits & Légumes



2⁹⁹

broccoli
product of Canada
each
brocoli



Roy Warren
Warren's Freshmart
Grand Bank, NL

**PROUDLY
CANADIAN**

4⁴⁹

raspberries
product of Canada or U.S.A.
6 oz
framboises



Karen & Wayne
Beaton
Mabou Freshmart
Mabou, NS

**PROUDLY
CANADIAN**



6⁹⁹

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



2⁴⁹
lb

yellow peaches
product of Canada
pêches
5.49/kg



Farmer's Market™
avocados
product of Mexico
5's
avocats

3⁹⁹



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

4⁹⁹



3/\$5
or \$1.67 ea.

red mangoes
product of Mexico
mangues



1⁹⁹
lb

green beans
product of Canada
haricots verts
4.39/kg



PC® salads
product of U.S.A.,
selected varieties
142 g
salades
21203746 EA

2⁹⁹



1⁹⁹
lb

tomatoes
on the vine
product of Canada
4.39/kg
tomates sur vigne



Brad Paul
Store Manager
Hartland Freshmart
Hartland, NB

**PROUDLY
CANADIAN**



1⁹⁹

celery
product of Canada
each
céleri



2⁹⁹

Farmer's Market™
yellow onions
product of Canada
3 lb
oignons



2⁹⁹
lb

black plums or plums
product of U.S.A.
prunes ou plucots
6.59/kg

Deli Meat & Cheese Charcuterie & Fromagerie



Sara Saulnier
Chipman Freshmart
Chipman, NB

PROUDLY CANADIAN



PC® or
PC® Black Label
aged cheese
selected varieties
200/250 g
fromage
20009748_EA/20982044_EA



PREPARED IN CANADA

CANADIAN WHITE
CHEDDAR
CHEESE - FROMAGE
BLANC CANADIEN



PREPARED IN CANADA

CENDRE DES ANGES



PREPARED IN CANADA

Larsen salami
or Maple Leaf bologna
salami ou bologne
20068801_KG

7⁹⁹

1⁹⁹
/100 g



4⁹⁹

Boursin cheese
selected varieties
130-220 g
fromage
20116794_EA/20591214_EA



3⁹⁹

Chris Brothers deli meat
selected varieties
150-250 g
charcuteries
20347646_EA/21237503_EA



4⁹⁹

no name® sliced deli meat
selected varieties
375/500 g
charcuteries tranchées
21051028_EA/21064875_EA

Bakery Boulangerie



PREPARED IN CANADA

4⁴⁹

Farmer's Market™ croissants
selected varieties
260-336 g
croissants
20975943_EA/21577824_EA



PREPARED IN CANADA

11⁹⁹

Farmer's Market™ round cakes
selected varieties, 750-875 g
gâteaux
21392537_EA



PREPARED IN CANADA

5⁴⁹

Quinn's Swiss rolls
chocolate or raspberry
402 g
roulés suisses
21392547_EA/21392536_EA



PREPARED IN CANADA

2/\$3
or \$1.50 ea.

no name® pita bread or
baked in-store baguette
white or whole wheat
250/255 g
pain pita ou baguette
21529211_EA/21315734_EA



PREPARED IN CANADA

3⁴⁹

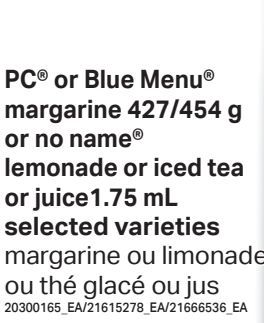
Country Harvest bread
600/650 g or bagels 6's
selected varieties and sizes
pain ou bagels
21178597_EA/21178642_EA

Dairy & Refrigerated Produits laitiers & réfrigérés



Francois Richard
Cap-Pelé Freshmart
Cap-Pelé, NB

PROUDLY CANADIAN



PC® or Blue Menu®
margarine 427/454 g
or no name®
lemonade or iced tea
or juice 1.75 mL
selected varieties
margarine ou limonade
ou thé glacé ou jus
20300165_EA/21615278_EA/21666536_EA



no name®
lemonade



3⁹⁹

Pillsbury ready to bake
dough 454/496 g or
Kozy Shack pudding 6's
selected varieties
pâte ou pouding
20301101001_EA/21619255_EA
20325154001_EA



3⁹⁹

Pillsbury ready to bake
dough 454/496 g or
Kozy Shack pudding 6's
selected varieties
pâte ou pouding
20301101001_EA/21619255_EA
20325154001_EA



PREPARED IN CANADA

6⁹⁹

no name®
stringable cheese
selected varieties
16's
fromage
effilochable
20765349_EA



PREPARED IN CANADA

8⁹⁹

Armstrong shredded
cheese 320 g or
cheese blocks 400 g
selected varieties
fromage râpé ou
barres de fromage
21347040_EA/21347244_EA



PREPARED IN CANADA

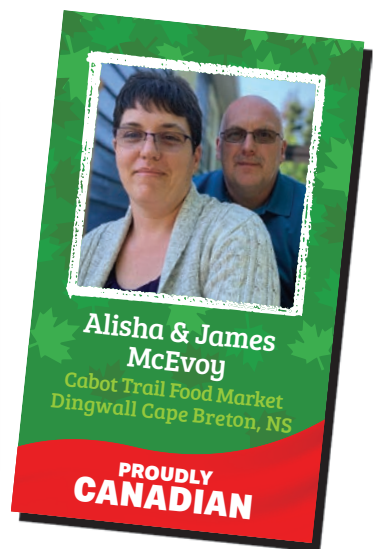
4⁴⁹

Black Diamond Slices
processed cheese product
selected varieties
410 g
produit de fromage fondu
21252564_EA/21278776_EA



Something for everyone

Pour tous



15⁹⁹

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

9⁹⁹

PC® cheesecake
selected varieties
600 g
gâteau au fromage
20147627_EA/20318102_EA



7⁹⁹

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

PC® Loads of
ice cream bars
selected varieties,
frozen, 4 x 72 mL
barres de crème
glacée
21575239_EA

6⁹⁹



4⁴⁹

PC® vegetables
selected varieties, frozen
400-750 g
légumes
20896667_EA/21096445_EA



6⁹⁹

PC® soft drinks
or iced tea
selected varieties
12 x 355 mL
boissons gazeuses
ou thé glacé
20218887027_C12

3⁹⁹

PC® Blue Menu®
granola cereal
or cereal booster
selected varieties
325-475 g
céréales
20631288002_EA



2⁹⁹



PC® Dipped, Chewy
or Cereal granola bars
selected varieties
120-300 g
barres granola
20914014_EA/21540695_EA



PC® cranberry or
tomato cocktail juice
selected varieties
1.89 L
jus de canneberge
ou cocktail de tomate
20307025001_EA

3⁹⁹



9⁹⁹

PC® de-alcoholized beer
selected varieties
12 x 355 mL
bière désalcoolisée
20121729_C12



4⁹⁹

PC® ice cream waffle bowls or
cones 135/205 g or chocolate
or peanut butter syrup 428 mL
selected varieties
bols gaufrés pour crème glacée
ou cornets ou sirop
20339669_EA/21203795_EA/21203798_EA



PC® ketchup
selected varieties
750 mL/1 L
ketchup
20090124_EA/20131845_EA

3⁹⁹



2⁷⁹

PC® ready to serve soup
selected varieties
540 mL
soupe
21360118_EA/21360271_EA



3⁷⁹

PC® salsa 300-650 mL
or soft taco kit 437 mL
selected varieties
salsa ou repas
de tacos souples
20295845001_EA/20309646005_EA



6⁹⁹

PC® bathroom tissue
12=24 rolls or paper
towels 3=6 rolls
selected varieties
papier hygiénique
ou essuie-tout
21450718_EA/21540603_EA

PC® dishwashing
liquid
selected varieties
1 L
détergent
à vaisselle
liquide
21012729_EA/21012740_EA

2⁷⁹



2⁷⁹

PC® Nutrition First®
dog food
selected varieties
374 g
nourriture pour chiens
21359223_EA/21359235_EA



7⁹⁹

PC® Extra Meaty
dry cat food
selected varieties
2 kg
nourriture
sèche pour chats
21361590_EA/21361595_EA

Favourites Favoris



2⁹⁹

Hostess snack cakes
selected varieties
202-232 g
petits gâteaux
21283752_EA/21593325_EA



6⁴⁹

MacLaren's Imperial cheese
spread 230 g, Brar's Malai paneer
375 g, International Delight
coffee enhancer 946 mL
or Siggis yogurt 650/750 g
selected varieties
tartinade de fromage ou paneer
ou rehausseur de café ou yogourt
20769381_EA/20895480001_EA/21353874_EA



Cavendish
premium fries
selected varieties,
frozen, 400-750 g
frites
20318419001_EA

3/\$10
or \$3.33 ea.



7⁴⁹

Dr. Oetker Giuseppe stuffed
crust or Suprema pizza
selected varieties, frozen
487-724 g
pizza
21555844_EA/21649696_EA



Graves 1.36 L,
Rougemont 2 L,
Allen's
8 x 200 mL/1.89 L
or Del Monte
on Ice 1.89 L juice
selected varieties
jus
20315996002_EA/20322764001_EA
21564993_EA

3²⁹



Sweet Baby Ray's
BBQ sauce
selected varieties
425 mL
sauce barbecue
20316609001_EA

3²⁹



Maille gherkins
selected varieties
375 mL
cornichons
20065033_EA/21404672_EA

6⁴⁹



2⁴⁹

Betty Crocker frostings
340/450 g or Carnation
evaporated milk 354 mL
selected varieties
glacages ou lait évaporé
20562641006_EA/20896887_EA

Kraft smooth
peanut butter 500 g
or Bonne Maman
jam or hazelnut
spread 250-280 mL
selected varieties
beurre d'arachide ou
confiture ou tartinade
de noisettes
20132369001_EA/20307313001_EA

4⁷⁹



4⁴⁹

Leclerc Célébration cookies
selected varieties
240/350 g
biscuits
20965368_EA/20965372_EA

Betty Crocker
SuperMoist
cake mix
selected varieties
375/404 g
mélange à gâteau
21547834_EA

1⁹⁹



2/\$1
or 50¢ ea.

Mr. Noodles instant noodles
selected varieties
85 g
nouilles instantanées
20322658001_EA/20322658004_EA



4⁹⁹

Hereford corned beef
selected varieties
340 mL
bœuf salé
20050622_EA/21416495_EA



2⁴⁹

Werther's original candies,
Mamba sticks, Fruit Chews
or Maynards sour patch
kids gummies
selected varieties, 60-154 g
friandises ou friandises
gélifiées
20898717_EA/21508885_EA/21545554_EA



6⁴⁹

iöGO frozen yogurt
946 mL or bars 4/8's
selected varieties,
frozen
yogourt surgelé
ou barres
21650572_EA/21654419_EA



2⁴⁹

Bravo
pasta sauce
680 mL
sauce
pour pâtes
20056278_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.

