

RIVER OF FIRE MARKET®

PROUDLY CANADIAN



Insiders Report™
journal Trouvailles™



PRICES EFFECTIVE FOR 8 WEEKS
FROM THURSDAY, MAY 14TH
TO WEDNESDAY, JULY 8TH, 2026
PRIX EN VIGUEUR 8 SEMAINES
DU JEUDI 14 MAI AU MERCREDI 8 JUILLET 2026

*Must Try!
Coup de cœur!*



\$12

PC® JERK CHICKEN BURGERS
FROZEN
852 G
BURGERS DE POULET À LA JERK
21714192_EA

*Must Try!
Coup
de cœur!*



PC® THE DECADENT®
CHOCOLATE CHIP MUFFINS
SELECTED VARIETIES, 4'S
MUFFINS AUX BRISURES DE CHOCOLAT
21717326_EA/21717562_EA



\$6

*Must Try!
Coup
de cœur!*



\$5.75

PC® BLUE MENU® PASSION FRUIT
GUAVA FLAVOURED SPARKLING WATER
12 X 355 ML
EAU PÉTILLANTE
21703743_C12



*New!
Nouveau!*



PC® ORANGE CHICKEN, PALAK
PANEER ENTRÉE 212-350 G OR
CARIBBEAN CHICKEN 300 G
SELECTED VARIETIES
POULET À L'ORANGE, DE PALAK PANEER
OU POULET DES CARAÏBES
21716419_EA/21716438_EA/21716515_EA

\$4

Fresh

PROUDLY CANADIAN



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21716419_EA/21716438_EA/21716515_EA

\$4

Hot Deals of the WEEK

Offres de la SEMAINE



4⁹⁹

**FRANK'S REDHOT SAUCE 354 ML
OR FRENCH'S KETCHUP 750 ML-1 L
SELECTED VARIETIES**

SAUCE PIQUANTE OU KETCHUP
20187632001_EA/20835951_EA



**MCCAIN DEEP'N DELICIOUS CAKE
SELECTED VARIETIES, FROZEN
510 G
GÂTEAU**

20310132003_EA

5⁴⁹



15⁹⁹

**NANUK SMOKED COHO SALMON 300 G
OR PC® SHRIMP PLATTER WITH SAUCE
568 G, FROZEN**

SAUMON OU PLATEAU DE CREVETTES
AVEC SAUCE
20114139_EA/20147098_EA



**PC® DE-ALCOHOLIZED BEER
SELECTED VARIETIES
12 X 355 ML**

BIÈRE DÉALCOOLISÉE
20121729_C12

9⁹⁹



26⁹⁹

**TIM HORTONS ROAST AND GROUND
COFFEE 640-875 G OR PODS 30'S
SELECTED VARIETIES**

CAFÉ TORRÉFIÉ ET MOULU OU CAPSULES
21166682_EA/21688802_EA

Freshmart®

PROUDLY CANADIAN

freshmart®

RED & WHITE
FOOD STORE

Your Neighbourhood Grocer

PARTICIPATING
STORES
MAGASINS
PARTICIPANTS



2⁹⁹
LB

CHICKEN DRUMSTICKS
FAMILY SIZE
PILONS DE POULET
6.59/KG
20004494_KG

10⁹⁹
LB

**AUSTRALIAN BONELESS BEEF
RIBEYE STEAKS OR ROAST***
FAMILY SIZE
BIFTECK OU RÔTI DE CÔTE DE BŒUF
AUSTRALIEN FRAIS DÉSOSSÉ*
24.23/KG
21672303_KG



ROMAINE HEARTS
PRODUCT OF U.S.A.
3'S
CŒURS DE ROMAINE

5⁷⁹

3²⁹

BLACKBERRIES OR RASPBERRIES
PRODUCT OF MEXICO OR U.S.A.
6 OZ.
MÛRES OU FRAMBOISES



PREPARED IN
CANADA

PREPARED IN
CANADA

3⁹⁹

WONDER HAMBURGER OR HOTDOG BUNS
SELECTED VARIETIES
6-12'S
PAINS À HAMBURGER OU À HOT-DOG
20520827_EA/20520828_EA

3⁷⁹

**ZIGGY'S® CHEESE SLICES
OR SLICED DELI MEAT**
SELECTED VARIETIES
160-180 G
TRANCHES DE FROMAGE OU
CHARCUTERIES TRANCHÉES
21592461_EA/21599921_EA/21610826_EA



PREPARED IN
CANADA

3/\$10
OR
\$3.33 EA.

2/\$7
OR
\$3.50 EA.

3⁹⁹

LAY'S POTATO CHIPS
SELECTED VARIETIES
200-235 G
CROUSTILLES
21241032_EA/21241033_EA

**GENERAL MILLS CEREAL 297-430 G OR SILK OR
EARTH'S OWN NON DAIRY BEVERAGES 1.75/1.89 L**
SELECTED VARIETIES
CÉRÉALES OU BOISSON SANS PRODUITS LAITIERS
21037796_EA/21104053_EA

**PHILADELPHIA CREAM CHEESE PRODUCT 227/250 G
OR SIMPLY ORANGE JUICE OR CRANBERRY COCKTAIL**
1.36/1.54 L, SELECTED VARIETIES
PRODUIT DE FROMAGE À LA CRÈME OU JUS D'ORANGE
OU COCKTAIL DE CANNEBERGES
20641267_EA/21735026_EA



PREPARED IN
CANADA

PREPARED IN
CANADA

PREPARED IN
CANADA

5⁴⁹

**CHAPMAN'S PREMIUM
ICE CREAM, FROZEN
YOGURT OR SORBET 2 L OR
SUPER NOVELTIES 6-20'S**
SELECTED VARIETIES, FROZEN
CRÈME GLACÉE OU YOGOURT GLACÉ
OU SORBET OU FRIANDISES GLACÉES
20111532_EA/20323573001_EA

4⁹⁹

**DR. OETKER GIUSEPPE
THIN CRUST OR
RISING CRUST PIZZA**
SELECTED VARIETIES, FROZEN
439-785 G
PIZZA
20904584_EA/21106360_EA

8²⁹

**COCA-COLA, PEPSI
OR CANADA DRY
SOFT DRINKS**
SELECTED VARIETIES
12 X 355 ML
BOISSONS GAZEUSES
20318694002_C12/20322361002_C12

SEE OUR FLYER ONLINE, VISIT FRESHMART.CA
FROM THURSDAY, MAY 14TH TO WEDNESDAY, MAY 20TH, 2026
DU JEUDI 14 MAI AU MERCREDI 20 MAI 2026





PROUDLY CANADIAN

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



**PARTICIPATING STORES
MAGASINS PARTICIPANTS**

**2⁹⁹
LB**

**CHICKEN DRUMSTICKS
FAMILY SIZE
PILONS DE POULET
6.59/KG
20004494_KG**

**10⁹⁹
LB**

**AUSTRALIAN BONELESS BEEF
RIBEYE STEAKS OR ROAST*
FAMILY SIZE
BIFTECK OU RÔTI DE CÔTE DE BŒUF
AUSTRALIEN FRAIS DÉSOSSÉ*
24.23/KG
21672303_KG**



5⁷⁹

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PRODUCT OF U.S.A.
3'S
CŒURS DE ROMAINE**

3²⁹

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PRODUCT OF MEXICO OR U.S.A.
6 OZ.
MÛRES OU FRAMBOISES**



3⁹⁹

**WONDER HAMBURGER OR HOTDOG BUNS
SELECTED VARIETIES
6-12'S
PAINS À HAMBURGER OU À HOT-DOG
20520827_EA/20520828_EA**

3⁷⁹

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OR SLICED DELI MEAT
SELECTED VARIETIES
160-180 G
TRANCHES DE FROMAGE OU
CHARCUTERIES TRANCHÉES
21592461_EA/21599921_EA/21610826_EA**



**3/\$10
OR \$3.33 EA.**

**2/\$7
OR \$3.50 EA.**

3⁹⁹

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CROUSTILLES
21241032_EA/21241033_EA**

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CÉRÉALES OU BOISSON SANS PRODUITS LAITIERS
21037796_EA/21104053_EA**

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1.36/1.54 L, SELECTED VARIETIES
PRODUIT DE FROMAGE À LA CRÈME OU JUS D'ORANGE
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20641267_EA/21735026_EA**



5⁴⁹

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ICE CREAM, FROZEN
YOGURT OR SORBET 2L OR
SUPER NOVELTIES 6-20'S
SELECTED VARIETIES, FROZEN
CRÈME GLACÉE OU YOGOURT GLACÉ
OU SORBET OU FRIANDISES GLACÉES
20111532_EA/20323573001_EA**

4⁹⁹

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439-785 G
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20904584_EA/21106360_EA**

8²⁹

**COCA-COLA, PEPSI
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SOFT DRINKS
SELECTED VARIETIES
12 X 355 ML
BOISSONS GAZEUSES
20318694002_C12/20322361002_C12**

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*CUT FROM CANADA AA GRADE BEEF OR HIGHER/**PROVENANT DE BŒUF CANADA AA OU D'UNE CATÉGORIE PLUS ÉLEVÉE

FRUITS & VEGETABLES FRUITS & LÉGUMES



2⁹⁹

BROCCOLI CROWNS
PRODUCT OF U.S.A.
EACH
COURONNES DE BROCOLI

2⁶⁹

KALE OR SPINACH
PRODUCT OF U.S.A. OR MEXICO
BUNCH
CHOU FRISÉ OU ÉPINARDS

6²⁹

NO NAME® NATURALLY IMPERFECT™ MIXED PEPPERS
PRODUCT OF CANADA
2.5 LB
POIVRONS



2/\$3
OR \$1.50 EA.

ATAULFO OR RED MANGO
PRODUCT OF MEXICO
MANGUE

2⁹⁹
LB

HONEYCRISP APPLES
PRODUCT OF U.S.A. OR ATLANTIC CANADA
POMMES
6.59/KG

3⁴⁹
LB

RED OR BLACK GRAPES
PRODUCT OF CHILE
RAISINS
7.69/KG



5²⁹

FARMER'S MARKET™ MANDARINS
PRODUCT OF MOROCCO OR SPAIN
2 LB
MANDARINES

.99
LB

GREEN OR RED CABBAGE
PRODUCT OF CANADA
CHOU
2.18/KG

5⁴⁹

PC® RED, RUSSET, WHITE OR YELLOW POTATOES
PRODUCT OF CANADA,
SELECTED VARIETIES, 5 LB
POMMES DE TERRE

1²⁹

BELLEISLE COLESLAW
PRODUCT OF CANADA
227 G
SALADE DE CHOU

BAKERY BOULANGERIE



3⁴⁹

COUNTRY HARVEST BREAD OR BAGELS
SELECTED VARIETIES AND SIZES
PAIN OU BAGELS
21178531_EA/21178642_EA

4²⁹

PC® OR LITTLE BITES MINI MUFFINS OR SCHOOL SAFE SNACK CAKES
SELECTED VARIETIES
96-336 G
MINI-MUFFINS OU PETITS GÂTEAUX
21488821_EA/21488839_EA/21488913_EA/21722813_EA

5⁹⁹

8 INCH PIES
SELECTED VARIETIES
680-750 G
TARTES
21297470_EA/21297475_EA

6⁹⁹

FARMER'S MARKET™ COFFEE CAKES
SELECTED VARIETIES
750 G
GÂTEAUX PAUSE-CAFÉ
21707451_EA

DAIRY & REFRIGERATED PRODUITS LAITIERS & RÉFRIGÉRÉS



2⁹⁹

FUZE OR FRUITOPIA OR PEACE TEA BEVERAGES
SELECTED VARIETIES
1.75 L
BOISSONS
2034744001_EA/21170670_EA

4⁴⁹

NO NAME® OR PC® CHEESE SLICES
SELECTED VARIETIES
210-230 G
TRANCHES DE FROMAGE
21406184_EA/21614277_EA

3⁹⁹

LIBERTÉ MÉDITERRANÉE 500 G OR GREEK 4 X 100 G, CRUNCH 2 X 130 G OR YOPLAIT SOURCE PROTÉINES 650 G TUBS, SELECTED VARIETIES
YOGOURT
20801752003_EA/21587047_EA

5⁴⁹

ACTIVIA YOGURT
SELECTED VARIETIES
8 X 93 ML/100 G
YOGOURT
20325384002_EA/21430512_EA

MEAT & SEAFOOD VIANDES & POISSONNERIE



3⁹⁹
LB

CHICKEN THIGHS, BONE-IN, WET-CHILLED FRESH
HAUTS DE CUISSE DE POULET
8.80/KG
20058163_KG

3⁹⁹
LB

PORK SIDE RIBS FRESH, FAMILY SIZE
CÔTES DE FLANC DE PORC
8.80/KG
20862906_KG

8⁹⁹
LB

EXTRA LEAN GROUND BEEF FAMILY SIZE
BŒUF HACHÉ EXTRA MAIGRE
19.82/KG
20873869_KG



2⁴⁹

ZABIHA HALAL CHICKEN WIENERS OR NO NAME CHICKEN WIENERS
SELECTED VARIETIES
375-450 G
SAUCISSES FUMÉES DE POULET
20058192_EA/20103516_EA

5⁹⁹

NO NAME® PEPPERONI OR SALAMI CHUB 500 G OR NO NAME® BACON 375 G
PEPPERONI OU SALAMI OU BACON
20015818_EA/21659056_EA

21⁹⁹

BUTCHER'S CHOICE® BEEF BURGERS
SELECTED VARIETIES, FROZEN
1.13 KG
BURGERS DE BŒUF
20767514_EA/20874333_EA



\$10

SELECTION OF MEAT OR SEAFOOD MEALS OR ITEMS
200 G - 1.8 KG
SELECTED VARIETIES, FROZEN
SÉLECTION DE PLATS OU D'ARTICLES À BASE DE VIANDE OU DE FRUITS DE MER
21473698_EA/21667936_EA



6⁹⁹

BASA STEAKS OR WHOLE WILD CHUB MACKEREL
FROZEN
1 KG
DARNES DE PANGASIU OU MAQUEAU
20910469_EA/21079543_EA



10⁹⁹

PC® COOKED COLD WATER SHRIMP
FROZEN
150-200/LB, 340 G
CREVETTES
20021832_EA



8⁹⁹

RED CHILI SPLIT CHICKEN WINGS
PREVIOUSLY FROZEN
500 G
AILES DE POULET SÉPARÉES
21607093_EA



6⁹⁹

BRAZILIAN SPICE CHICKEN LEG
PREVIOUSLY FROZEN
500 G
CUISSÉ DE POULET
21606979_EA



12⁹⁹

MARCANGELO BACON WRAPPED BEEF MEDALLIONS
340 G
MÉDAILLONS DE BŒUF
21025464_EA



11⁹⁹

MARCANGELO BACON WRAPPED CHICKEN MEDALLIONS
452 G
MÉDAILLONS DE POULET
21378258_EA

DELI MEAT & CHEESE

CHARCUTERIE & FROMAGERIE



5⁹⁹

CHRIS BROTHERS DELI MEAT
SELECTED VARIETIES
150-250 G
CHARCUTERIES
20347646_EA/21237503_EA



8⁹⁹

OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
PÂTES
20311594_EA



6⁴⁹

TRE STELLE RICOTTA OR BOCCONCINI OR HALLOUMI CHEESE
SELECTED VARIETIES, 200-475 G
FROMAGE
20093652_EA/21350800_EA



7⁴⁹

BALDERSON CHEDDAR CHEESE, NON-AGED
SELECTED VARIETIES, 250/280 G
FROMAGE
20415944_EA/21511748_EA

GROCERY ÉPICERIE



2⁹⁹

YOPLAIT TUBES 8'S OR MINIGO 6'S OR SOURCE 630 G YOGURT SELECTED VARIETIES
YOGOURT
21391318001_EA/21619318_EA



6⁴⁹

PARKAY MARGARINE SELECTED VARIETIES
1.28/1.36 KG
MARGARINE
20056004_EA/20279976_EA



3⁹⁹

OCEAN SPRAY CRANBERRY COCKTAIL SELECTED VARIETIES
1.89 L
COCKTAIL DE CANNEBERGES
20300066008_EA



6⁴⁹

BUBLY 12 X 355 ML OR MONTELLIER 10 X 355 ML SPARKLING WATER SELECTED VARIETIES
EAU PÉTILLANTE
21096704_C10/21097174_C12



6⁹⁹

HIGH LINER BREADED OR BATTERED FISH SELECTED VARIETIES, FROZEN, 350-700 G
POISSON PANÉ OU EN PÂTE
20572299004_EA



3⁴⁹

KELLOGG'S EGGO WAFFLES SELECTED VARIETIES, FROZEN
270-280 G
GAUFRES
20302779_EA



5⁴⁹

NATURE'S PATH OR JORDANS ORGANIC CEREAL OR GRANOLA SELECTED VARIETIES, 300-400 G
CÉRÉALES OU GRANOLA
20787526_EA/21522295_EA



12⁷⁹

STARBUCKS GROUND COFFEE 340 G OR PODS 10'S SELECTED VARIETIES
CAFÉ MOULU OU CAPSULES
205473043001_EA/20548682004_EA



3⁷⁹

HERSHEY'S TWIZZLERS LICORICE 75-454 G, JOLLY RANCHER ROPES 283 G OR DARE REAL FOODS 350 G CANDIES OR GUMMIES SELECTED VARIETIES
FRIANDISES
20022328008_EA/21232292_EA



3⁴⁹

ROBIN HOOD OATS 1 KG OR LECLERC GO PURE SNACK BARS 140-223 G SELECTED VARIETIES
GRUAU OU BARRES
20893370_EA/21221451_EA



5⁴⁹

HERSHEY'S CHIPITS 225-270 G OR NO NAME® INSTANT COFFEE 150 G SELECTED VARIETIES
BRISURES DE CHOCOLAT OU CAFÉ INSTANTANÉ
21180125_EA/21452924_EA



6⁴⁹

SMUCKER'S JAM SELECTED VARIETIES 300-500 ML
CONFITURE
20308043001_EA/20308043003_EA



2⁷⁹

PRINGLES POTATO CRISPS SELECTED VARIETIES
102-156 G
CROUSTILLES
21003833_EA/21584545_EA



2⁹⁹

NATURE VALLEY, MOTT'S FRUIT ROLL-UPS, PILLSBURY, GENERAL MILLS OR BETTY CROCKER GRANOLA OR FRUIT SNACK BARS SELECTED VARIETIES, 120-230 G
GRANOLA OU BARRES DE COLLATION AUX FRUITS
20315520005_EA/21184633_EA



1⁴⁹

NO NAME® CONDENSED SOUP CUPS OR BOXES 58/200 G SELECTED VARIETIES
SOUPE CONDENSÉE OU MACARONI ET FROMAGE
20298547001_EA/20301663_EA/21549526_EA



2²⁹

ITALPASTA 900 G OR HUNT'S TOMATO OR PASTA SAUCE 680 ML SELECTED VARIETIES
PÂTES OU SAUCE TOMATE OU POUR PÂTES
20081342001_EA/21429044_EA



3⁷⁹

NO NAME® GARBAGE BAGS 30-48'S OR VINYL GLOVES 100'S OR BLEACH JAVEL 2.4 L SELECTED VARIETIES
SACS À ORDURES OU GANTS EN VINYLE OU EAU DE JAVEL
20052479_EA/20361493_EA



8⁴⁹

ROYALE BATHROOM TISSUE 12 DOUBLE ROLLS, TIGER TOWEL PAPER TOWELS 2/3=6 ROLLS OR FACIAL TISSUE 6'S SELECTED VARIETIES
PAPIER HYGIÉNIQUE OU ESSUIE-TOUT OU MOUCHOIRS
21187195_EA/21484741_EA



11⁴⁹

NO NAME® CLUMPING CAT LITTER SELECTED VARIETIES
18 KG
LITIÈRE AGGLOMÉRANTE POUR CHATS
20177169002_EA



19⁹⁹

ALPO COOKOUT CLASSICS 7.2 KG
NOURRITURE POUR CHIENS
20097667_EA

Drink in the FIFA World Cup 26™ with Collectible Country Cans
Collect Them All
Savourez la Coupe du Monde de la FIFA 26™ avec les canettes de pays
Collectionne-les toutes



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© Coca-Cola Ltée, utilisée sous licence.

1⁹⁹* 710 mL POWERADE® beverages selected varieties
Les boissons POWERADE® en bouteille de 710 mL certaines variétés
21520551_EA

4⁷⁹* 6 x 222 mL Coca-Cola® beverages selected varieties
Les boissons Coca-Cola® en canette de 6 x 222 mL certaines variétés
20354227001_C06

2⁷⁹* 500 mL Coca-Cola® beverages selected varieties
Les boissons Coca-Cola® en bouteille de 500 mL certaines variétés
20827293_EA

4⁹⁹* 414 mL CORE POWER® high protein milk shake selected varieties
Les laits frappés riches en protéines CORE POWER® en bouteille de 414 mL certaines variétés
21731564_EA

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Not valid in conjunction with any other offer. Retailer may sell for less. All products must be purchased at the same time, single units at regular price. The trademarks that appear are the property of their respective trademark owners.

* Taxes, redevances, consignes et frais applicables en sus. Valable dans les établissements participants pour une durée limitée. Selon la disponibilité, jusqu'à épuisement des stocks. Cette offre ne peut être jumelée à aucune autre offre. Le détaillant peut vendre à un prix inférieur. Tous les produits doivent être achetés lors d'un même achat. Le prix courant s'applique à l'achat d'un seul produit. Les marques de commerce indiquées appartiennent à leur propriétaire respectif.



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. © 2026 Loblaw's Inc.





Summer Bon été



Must Try!
Coup de cœur!

\$ 3

PC® MANGO CRIMSON PEACH
PRODUCT OF MEXICO
EACH
MANGUE



Must Try!
Coup de cœur!

\$ 7

PC® TOMATOES
SELECTED VARIETIES, PRODUCT OF U.S.A.
340 G
TOMATES



Must Try!
Coup de cœur!

\$ 8

PC® DATES
SELECTED VARIETIES,
PRODUCT OF SAUDI ARABIA
400 G
DATTES

PC® SQUEEZE & DRIZZLE
SPREADS
SELECTED VARIETIES
255 ML
TARTINADES
21732656_EA/21732656_EA

\$ 5



Must Try!
Coup de cœur!



Must Try!
Coup de cœur!

\$ 6.50

PC® SMOKED CHICKEN SAUSAGE
SELECTED VARIETIES, 375 G
SAUCISSES DE POULET FUMÉES
21732121_EA



Must Try!
Coup de cœur!

\$ 7

PC® TRADITIONAL SPANISH OMELETTE
TORTILLA ESPANOLA
600 G
OMELETTE ESPAGNOLE
21714876_EA

PC® CHOP BIG SMASH KIT
PRODUCT OF CANADA
303 G
KIT DE SALADE HACHÉE
21731567_EA

\$ 6



New!
Nouveau!

\$ 7



New!
Nouveau!

PC® BLACK LABEL LEMON & BUFFALO RICOTTA
PREMIUM FILLED EGG PASTA
250 G
PÂTES
21706981_EA



\$ 9

PC® OAXACA FIRM UNRIPENED CHEESE
OR PC® COTIJA HARD UNRIPENED CHEESE
190/290 G
FROMAGE
21706793_EA/21707616_EA



New!
Nouveau!

\$ 12

PC® CHICKEN BREAST BITES
OR HALAL STRIPS AND SKEWERS
300 G
BOUCHÉES DE POULET OU LANIÈRES HALAL ET
BROCHETTES
21711098_EA/21711263_EA



New!
Nouveau!

PC® SMOKIN' STAMPEDE
SWEET & BOLD BARBECUE SAUCE
500 ML
SAUCE BARBECUE
21021456_EA

\$ 4



New!
Nouveau!

PC® COLA
OR GINGER ALE
ZERO SUGAR
SELECTED VARIETIES
2 L
BOISSON GAZEUSE
21708702_EA/21703885_EA

2/\$3



New!
Nouveau!

PRICES EFFECTIVE FOR 8 WEEKS - FROM THURSDAY, MAY 14TH TO WEDNESDAY, JULY 8TH, 2026
PRIX EN VIGUEUR 8 SEMAINES - DU JEUDI 14 MAI AU MERCREDI 8 JUIN 2026



Insiders Report™
journal Trouvailles™

Summer Bon été



Must Try!
Coup de cœur!

\$**5**

PC® LAYERED TORTILLA BOWL
SELECTED VARIETIES
300 G
BOL DE TORTILLA
21716545_EA



Must Try!
Coup de cœur!

\$**13**

PC® THE SIZZLE WHEEL CHILI CRISP OR GARLIC & HERB SHRIMP, 300 G
CREVETTES
21704047_EA/21704114_EA

PC® GUAVA LEMONADE
SELECTED VARIETIES
1.89 L
LIMONADE À LA GOYAVE
21706967_EA



Must Try!
Coup de cœur!

\$**3**



Must Try!
Coup de cœur!

\$**3.50**

PC® ORGANICS PLANT BASED SOUR CREAM & ONION FLAVOUR BAKED CORN RING PUFFS OR CHEDDAR BAKED CORN CRUNCHIES
SELECTED VARIETIES, 142 G
GRIGNOTINES
21716046_EA/21716109_EA



Must Try!
Coup de cœur!

\$**12**

PC® TRIPLELICIOUS VERY STRAWBERRY CHEESECAKE LAYERED PIE
730 G
GÂTEAU AU FROMAGE
21716096_EA



Must Try!
Coup de cœur!

\$**5**

PC® SCOOP SHOP RAINBOW TRAIL OR PINA COLADA ICE CREAM
SELECTED VARIETIES, FROZEN, 946 ML
CRÈME GLACÉE
21706459_EA/21706621_EA/21706641_EA

PC® LOADS OF NANAIMO BAR ICE CREAM BARS
SELECTED VARIETIES,
FROZEN
4 X 72 ML
BARRES À LA CRÈME GLACÉE
21707047_EA



New!
Nouveau!

\$**5**

\$**11**

PC® BRAZIL SINGLE ORIGIN LIGHT ROAST COFFEE
340 G
CAFÉ
21668472_EA



New!
Nouveau!

PC® KETTLE COOKED, LOADS OF™ FLAVOUR OR WORLD OF FLAVOURS POTATO CHIPS
SELECTED VARIETIES
200 G
CROUSTILLES
21711973_EA/21712080_EA/
21712032_EA/21712058_EA



New!
Nouveau!

\$**2.50**

PC® NUTRITION FIRST® GRAIN-FREE SALMON RECIPE DRY CAT FOOD
2 KG
NOURRITURE SÈCHE POUR CHATS
21305872_EA



Must Try!
Coup de cœur!

\$**14**

PC® NUTRITION FIRST® GRAIN-FREE SALMON RECIPE DRY DOG FOOD
2 KG
NOURRITURE SÈCHE POUR CHIENS
21307661_EA



Must Try!
Coup de cœur!

\$**13**

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PRIX EN VIGUEUR 8 SEMAINES - DU JEUDI 14 MAI AU MERCREDI 8 JUILLET 2026

Long Weekend Deals!

Offres prolongées du long week-end!



4.99

MCCAIN FRIES OR HASHBROWNS
SELECTED VARIETIES,
FROZEN, 1.5 KG
FRITES OU GALETTES
DE POMMES DE TERRE
20799761_EA



2/\$8
OR
\$4 EA.

DR. OETKER GIUSEPPE
GARLIC FINGERS
FROZEN, 317 G
BÂTONNETS À L'AIL
21164021_EA



4.79

PEPSI MINI CANS
SELECTED VARIETIES
6 X 222 ML
BOISSON GAZEUSE
20857560004_C06



3.49

NO NAME®
NATURALLY IMPERFECT™
FROZEN FRUIT
SELECTED VARIETIES
300/400 G
FRUITS SURGELÉS
21545095_EA



5.49

MAGNUM BARS
SELECTED VARIETIES,
FROZEN, 3/4'S
BARRES
20342005003_EA/21575849_EA



7.99

MAISON PERRIER
SPARKLING WATER
8 X 330 ML OR
CHIC 4 X 250 ML
NON-ALCOHOLIC DRINKS
SELECTED VARIETIES
EAU PÉTILLANTE OU
BOISSONS NON ALCOOLISÉES
21575556_C08/21723324_C04



2.49

PC® APPLETREE™
6 X 100 ML OR SQUEEZE
4 X 90 G **FRUIT SNACKS**
SELECTED VARIETIES
PURÉE DE POMMES OU
COLLATIONS AUX FRUITS
20309701002_EA/20939686_EA



4.99

PC® THE DECADENT®
COOKIES
SELECTED VARIETIES
280/300 G
BISCUITS
20612257_EA/20612260_EA



3/\$8
OR
\$2.67 EA.

NERDS GUMMY
CLUSTERS OR HARIBO
GUMMIES OR CANDIES
SELECTED VARIETIES
142-175 G
FRIANDISES
21564627_EA/21716304_EA



3.99

PC® BLUE MENU GRANOLA
CEREAL OR CEREAL BOOSTER
SELECTED VARIETIES
325-475 G
CÉRÉALES
20631288002_EA/21315327_EA



4.79

EAGLE BRAND CONDENSED
MILK 300 ML OR NESTLÉ
COFFEEMATE 450 G
SELECTED VARIETIES
LAIT CONDENSÉ SUCRÉ OU
COLORANT À CAFÉ
20309221002_EA/21012618_EA



5.29

NO NAME®
PEANUT BUTTER
SELECTED VARIETIES
1 KG
BEURRE D'ARACHIDE
20296985001_EA/20296985002_EA



3.29

SENSIBLE PORTIONS
VEGGIE CHIPS OR
KETTLE CHIPS
120-198 G
CROUSTILLES
20971574_EA/21520654_EA



2.49

STOVE TOP STUFFING
SELECTED VARIETIES
120 G
FARCE
2000958001_EA/20310507001_EA



3.49

PC® HERBS AND SPICES
SELECTED VARIETIES
7-82 G
HERBES OU ÉPICES
21116905_EA/21117318_EA



2.49

DOLE PINEAPPLE
SELECTED VARIETIES
398 ML
ANANAS
20136767003_EA/20136767004_EA



3.99

CLOVER LEAF WHITE TUNA
SELECTED VARIETIES
170 G
THON
20326358001_EA/20326358003_EA



7.49

KRAFT PARMESAN
CHEESE 250 G OR
PIZZA MIX 850 G
SELECTED VARIETIES
PARMESAN OU MÉLANGE
À PIZZA
20013009001_EA/21528135_EA



NESTEA PRESENTS / PRÉSENTE

THE BESTEA SUMMER EVER
LE MEILLEUR É-THÉ DE TA VIE

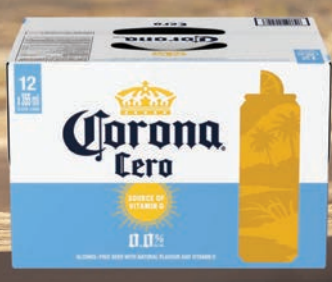


Nestea®
selected varieties
certaines variétés
12 X 341 mL
21687040_C12

6⁹⁹

Used under license by Canada Dry Mott's Inc. NESTEA® Registered Trademark of Société des Produits Nestlé S.A., Vevey, Switzerland.
Utilisée sous licence par Canada Dry Mott's Inc. NESTEA® est une marque déposée de la Société des Produits Nestlé S.A., Vevey, Suisse.

Corona
Cero



Corona® 0.0%
12 X 355 mL
21650617_C12

18⁹⁹

ENJOY RESPONSIBLY. Must be legal drinking age. Alcohol-free beer with natural flavour and vitamin D.
APPRECIÉZ DE MANIÈRE RESPONSABLE. Vous devez avoir l'âge légal de consommer de l'alcool. Bière sans alcool avec arôme naturel et vitamine D.
MD/© TRADEMARKS GRUPO MODELO, S. DE R.L. DE C.V., SOUS LIC. / LIC. USE.

MOTT'S

CLAMATO®



Mott's® Clamato®
selected varieties
certaines variétés
1.89 L
20318955002_EA

3⁹⁹

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Budweiser
ZERO*



Budweiser Zero*
12 X 355 mL
21295370_C12

13⁹⁹

ENJOY RESPONSIBLY. Must be legal drinking age.
CONSOMMEZ AVEC MODÉRATION. Vous devez avoir l'âge légal de consommer de l'alcool.
*MD/©/TM ANHEUSER-BUSCH, LLC. ST. LOUIS, MO., SOUS LIC. / LIC. USE.

I ♥
Reese's
DAY
MAY 18TH

SO MANY
REESE'S,
SO LITTLE TIME.

LE JOUR
J'♥
Reese's
18 MAI

TELEMENT DE
REESE'S,
SI PEU DE TEMPS.



HERSHEY King Bars
selected varieties
Barres grand format
de **HERSHEY,**
certaines variétés
62 - 85 g
2058714_EA

4/\$9
OR \$2.25 EA.



HERSHEY Packaged Candy
selected varieties
Friandises emballées
de **HERSHEY,**
certaines variétés
160 - 270 g
20303970004_EA

5⁹⁹



HERSHEY Large Bars
selected varieties
Barres de **HERSHEY**
grand format,
certaines variétés
90 - 120 g
20582012_EA

2⁹⁹

HERSHEY Single Bars
selected varieties
Barres standard de
HERSHEY
certaines variétés
39 - 58 g
20683745_EA

3/\$5
OR 1.67 EA.



**AVOS BOISSONS
ET COLLATIONS,
PARTEZ LE GRILL!**

**SUP.
SNACK.
SIZZLE!**



Tostitos® tortilla chips 205 - 295 g,
Tostitos® salsa or **dip** 394 - 418 mL/ 432 g or **Ruffles® dip** 425 g
selected varieties

Chips tortilla Tostitos® 205 - 295 g,
Salsa ou **tremettes Tostitos®** 394 - 418 mL/432 g
ou **Tremette Ruffles®** 425 g
certaines variétés
20673717_EA/21050575_EA

4⁴⁹



Ruffles® potato chips 180 - 200 g or **Cheetos® cheese flavoured snacks** 170 - 285 g; EXCLUDES Simply Cheetos® [227 - 241 g]
selected varieties

Croustilles Ruffles® 180 - 200 g ou **Grignotines à saveur de fromage Cheetos®** 170 - 285 g; EXCLUT les grignotines Simply Cheetos® [227 - 241 g]
certaines variétés
21241146_EA/21370195_EA

4⁴⁹



Doritos® tortilla chips, selected varieties
Chips tortilla Doritos®, certaines variétés
210 - 235 g
21369118_EA

4⁴⁹



SunChips® multigrain snacks, selected varieties
Collations multigrains SunChips®, certaines variétés
205 g
21370317_EA/21271854_EA

3⁷⁹

Freshmart[®]

PROUDLY CANADIAN



Insiders Report[™]
journal Trouvailles^{MC}



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*Must Try!
Coup de cœur!*



\$**12**

**PC[®] JERK CHICKEN BURGERS
FROZEN
852 G**
BURGERS DE POULET À LA JERK
21714192_EA

*Must Try!
Coup
de cœur!*



**PC[®] THE DECADENT[®]
CHOCOLATE CHIP MUFFINS
SELECTED VARIETIES, 4'S**
MUFFINS AUX BRISURES DE CHOCOLAT
21717326_EA/21717562_EA

\$**6**

*Must Try!
Coup
de cœur!*



\$**5.75**

**PC[®] BLUE MENU[®] PASSION FRUIT
GUAVA FLAVOURED SPARKLING WATER**
12 X 355 ML
EAU PÉTILLANTE
21703743_C12



*New!
Nouveau!*

**PC[®] ORANGE CHICKEN, PALAK
PANEER ENTRÉE 212-350 G OR
CARIBBEAN CHICKEN 300 G**
SELECTED VARIETIES
POULET À L'ORANGE, DE PALAK PANEER
OU POULET DES CARAÏBES
21716419_EA/21716438_EA/21716515_EA

\$**4**