

RIVER OF FIRE MARKET®

PROUDLY CANADIAN



President's Choice.
le Choix du Président.

PC® OR PC® BLUE MENU®
SALAD DRESSING
SELECTED VARIETIES
475 ML
VINAIGRETTE

20628488001_EA/20864314_EA

2²⁹



PC® VEGETABLES
SELECTED VARIETIES, FROZEN
350-750 G
LÉGUMES

20318915_EA/21184694_EA

3⁴⁹



5⁴⁹

PC® CHEESE BARS 300/400 G
OR SHREDS 250-320 G
SELECTED VARIETIES
BARRES DE FROMAGE OU FROMAGE RÂPÉ

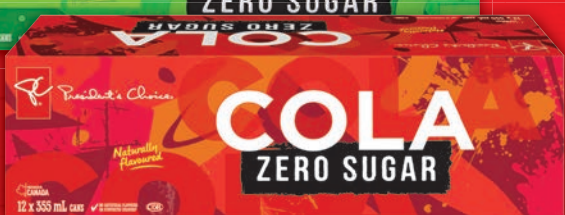
21060207_EA/21333360_EA



PC® SMOKIES™
SELECTED VARIETIES
1 KG

SAUCISSES FUMÉES
20732535_EA/20733617_EA

9⁹⁹



6⁷⁵

PC® SOFT DRINKS
SELECTED VARIETIES
12 X 355 ML
BOISSONS GAZEUSES

21747386_C12/21747413_C12



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, MAY 21ST TO
WEDNESDAY, MAY 27TH, 2026

DU JEUDI 21 MAI AU
MERCREDI 27 MAI 2026

Fresh

PROUDLY CANADIAN



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le Choix du Président.

PC® OR PC® BLUE MENU®
SALAD DRESSING
SELECTED VARIETIES
475 ML

VINAIGRETTE

20628488001_EA/20864314_EA

2²⁹



PC® VEGETABLES
SELECTED VARIETIES, FROZEN
350-750 G

LÉGUMES

20318915_EA/21184694_EA

3⁴⁹



5⁴⁹

PC® CHEESE BARS 300/400 G
OR SHREDS 250-320 G
SELECTED VARIETIES

BARRES DE FROMAGE OU FROMAGE RÂPÉ

21060207_EA/21333360_EA



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SELECTED VARIETIES
1 KG

SAUCISSES FUMÉES

20732535_EA/20733617_EA

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6⁷⁵

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DU JEUDI 21 MAI AU
MERCREDI 27 MAI 2026



7²⁹

**NO NAME® NATURALLY IMPERFECT™
POTATOES
PRODUCT OF CANADA
15 LB
POMMES DE TERRE**



**ACE BISTRO LOAVES
SELECTED VARIETIES
545-700 G
MICHES DE PAIN
21616092_EA/21707600_EA**

4⁹⁹



3⁹⁹

**CLASSICO PASTA SAUCE
SELECTED VARIETIES
410/600 ML
SAUCE POUR PÂTES
20325609003_EA/21618343_EA**



**NO NAME®
ICE CREAM SANDWICHES OR BARS
SELECTED VARIETIES, FROZEN
24/30'S
SANDWICHES OU BARRES DE CRÈME GLACÉE
21013432_EA**

10⁴⁹

Freshmart®

PROUDLY CANADIAN

freshmart

RED & WHITE
FOOD STORE

Your Neighbourhood Grocer



4.99
LB

PORK BACK RIBS
CRYOVAC PKG OF 2
CÔTES DE DOS DE PORC
11.00/KG
20289672_KG

6.49
LB

LEAN GROUND BEEF
FAMILY SIZE
BŒUF HACHÉ MAIGRE
14.31/KG
20874394_KG



2.49
LB

RED, ORANGE OR YELLOW PEPPERS
PRODUCT OF CANADA
POIVRONS
5.49/KG

4.49

STRAWBERRIES
PRODUCT OF MEXICO OR U.S.A., NO. 1 GRADE
1 LB
FRAISES



5.99

SEAQUEST® COLOSSAL SHRIMP
16-20/LB, 300 G OR BAY SCALLOPS 400 G
FROZEN
CREVETTES OU PÉTONCLES
21043887_EA/21558527_EA

7.99

PILLER'S PEPPERONI STICKS, PEPPERETTES
300-500 G OR ROMA SLICED PEPPERONI 900 G
SELECTED VARIETIES
PEPPERONI OU PEPPERONI TRANCHÉ
21099391_EA/21217461_EA



1.49

2.99

4.49

OASIS, DEL MONTE OR ARIZONA JUICE
SELECTED VARIETIES
960 ML/1 L
JUS
20336722001_EA/21719401_EA

CHRISTIE COOKIES
SELECTED VARIETIES
224-303 G
BISCUITS
21358407_EA/21361508_EA

INTERNATIONAL DELIGHT 946 ML OR TROPICANA
JUICE OR PURE LIFE ICED TEA 1.36-1.75 L
SELECTED VARIETIES
COLORANT À CAFÉ OU JUS OU THÉ GLACÉ
20895480002_EA/21622130_EA



3.99

9.49

2.49

SWANSON OR HUNGRY-MAN DINNER ENTRÉES
OR HEALTHY CHOICE SIMPLY STEAMERS
SELECTED VARIETIES, FROZEN, 280-455 G
PLATS CUISINÉS
20296014003_EA/20318616004_EA

TERRA DELYSSA OLIVE OIL
1 L
HUILE D'OLIVE
20729461_EA

PALMOLIVE 591/828 ML OR DAWN 431/473 ML
DISHWASHING LIQUID
SELECTED VARIETIES
DÉTERGENT LIQUIDE À VAISSELLE
21004368_EA/21430576_EA



PROUDLY CANADIAN

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



4⁹⁹
LB

PORK BACK RIBS
CRYOVAC PKG OF 2
CÔTES DE DOS DE PORC
20289672_KG



6⁴⁹
LB

LEAN GROUND BEEF
FAMILY SIZE
BŒUF HACHÉ MAIGRE
20874394_KG



2⁴⁹
LB

RED, ORANGE OR YELLOW PEPPERS
PRODUCT OF CANADA
POIVRONS
5.49/KG



4⁴⁹

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PRODUCT OF MEXICO OR U.S.A., NO. 1 GRADE
1 LB
FRAISES



5⁹⁹

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16-20/LB, 300 G OR BAY SCALLOPS 400 G
FROZEN
CREVETTES OU PÉTONCLES
21043887_EA/21558527_EA



7⁹⁹

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300-500 G OR ROMA SLICED PEPPERONI 900 G
SELECTED VARIETIES
PEPPERONI OU PEPPERONI TRANCHÉ
21099391_EA/21217461_EA



1⁴⁹

OASIS, DEL MONTE OR ARIZONA JUICE
SELECTED VARIETIES
960 ML/1 L
JUS
20336722001_EA/21719401_EA



2⁹⁹

CHRISTIE COOKIES
SELECTED VARIETIES
224-303 G
BISCUITS
21358407_EA/21361508_EA



4⁴⁹

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JUICE OR PURE LIFE ICED TEA 1.36-1.75 L
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COLORANT À CAFÉ OU JUS OU THÉ GLACÉ
20895480002_EA/21622130_EA



3⁹⁹

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20296014003_EA/20318616004_EA



9⁴⁹

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1 L
HUILE D'OLIVE
20729461_EA



2⁴⁹

PALMOLIVE 591/828 ML OR DAWN 431/473 ML
DISHWASHING LIQUID
SELECTED VARIETIES
DÉTERGENT LIQUIDE À VAISSELLE
21004368_EA/21430576_EA

FRUITS & VEGETABLES FRUITS & LÉGUMES



2⁶⁹
LB

GREEN ZUCCHINI
PRODUCT OF MEXICO,
NO. 1 GRADE
COURGETTE VERTE
5.93/KG

3¹⁹

**SWEET NANTES
CARROTS**
PRODUCT OF
U.S.A. OR MEXICO
1 LB
CAROTTES

4⁹⁹

CELERY STALKS
PRODUCT OF U.S.A.
EACH
CÉLÉRI



1⁴⁹

ATAULFO OR RED MANGO
PRODUCT OF
BRAZIL OR MEXICO
EACH
MANGUE

3²⁹

**BLUEBERRIES
OR BLACKBERRIES**
PRODUCT OF
MEXICO OR U.S.A.
HALF PINT
BLEUETS OU MÛRES

8⁹⁹

**SEEDLESS
WATERMELONS**
PRODUCT OF
U.S.A. OR MEXICO
EACH
MELONS D'EAU SANS PÉPINS



5⁴⁹

PC® CARA CARA ORANGES 2 LB,
PRODUCT OF SPAIN OR
FARMER'S MARKET™ LEMONS 2 LB,
PRODUCT OF SOUTH AFRICA
ORANGES OU CITRONS

5⁴⁹

FARMER'S MARKET™ CORN
PRODUCT OF U.S.A.
4'S
MAÏS

2⁹⁹

PC® SALADS
PRODUCT OF U.S.A.,
SELECTED VARIETIES
142 G
SALADES

4⁴⁹

RENÉE'S SALAD DRESSINGS
PRODUCT OF U.S.A.,
SELECTED VARIETIES,
355 ML
VINAIGRETTES

BAKERY BOULANGERIE



3⁴⁹

DEMPSTER'S BREAD
SELECTED VARIETIES
570/675 G
PAIN
21592061_EA/21591967_EA

3⁴⁹

**FARMER'S MARKET™
TWO-BITE BROWNIES®**
265 G
BROWNIES
21450055_EA

4⁹⁹

FARMER'S MARKET™ DONUTS
SELECTED VARIETIES
288-600 G
BEIGNES
21559294_EA/21559343_EA

12⁹⁹

FARMER'S MARKET™ CAKE
SELECTED VARIETIES
750-875 G
GÂTEAU
21392537_EA/21392550_EA

DAIRY & REFRIGERATED PRODUITS LAITIERS & RÉFRIGÉRÉS



2²⁹

PILLSBURY REFRIGERATED WRAPS
SELECTED VARIETIES
200-391 G
PÂTE RÉFRIGÉRÉE
20317832003_EA/21505340_EA

3⁴⁹

PC® LEMONADE OR TEA
SELECTED VARIETIES, REFRIGERATED
1.36 L
LIMONADE OU THÉ
21717221_EA/21717124_EA

3⁹⁹

DANONE DANINO YOGURT 6 X 93 G
OR **ACTIVIA YOGURT** 650 G
SELECTED VARIETIES
YOGOURT
20325132003_EA/21520250_EA

6⁹⁹

KRAFT VELVEETA 450 G OR
MACLAREN'S IMPERIAL 230 G
SELECTED VARIETIES
FROMAGE
20076573_EA/20769381_EA

MEAT & SEAFOOD VIANDES & POISSONNERIE



3⁹⁹
LB

**CHICKEN LEGS
BACK ATTACHED
FAMILY SIZE**
CUISSONS DE POULET
8.80/KG
20129696_KG

4⁴⁹
LB

**PORK TENDERLOIN
FRESH,
CRYOVAC PACKAGE
2'S**
FILET DE PORC
9.90/KG
20520970_KG

11⁹⁹

**PC®
WORLD OF FLAVOURS
MAPLE APPLE
PORK LOIN ROAST**
730 G
RÔTI DE PORC
21603234_EA



6⁴⁹

**PC® BACON OR
BREAKFAST SAUSAGES
SELECTED VARIETIES**
375 G
BACON OU SAUCISSES
À DÉJEUNER
21584308_EA/21738792_EA

10⁹⁹

**ATLANTIC CHOICE®
SAUSAGE
SELECTED VARIETIES,
CLUB SIZE, 1 KG**
SAUCISSES
21332589_EA

6⁴⁹

**WONG WING ENTRÉES
SELECTED VARIETIES,
FROZEN**
400-908 G
PLATS CUISINÉS
20162067_EA/20503472_EA



6⁹⁹

**SEAQUEST®
PINK SALMON FILLETS**
400 G
FILET DE SAUMON
21314740_EA

9⁹⁹

**SEAQUEST®
COOKED SALAD SHRIMP
FROZEN**
454 G
CREVETTES À SALADE
20180352_EA

13⁹⁹

**SWISS CHALET
BBQ PORK BACK RIBS
600 G OR MONTANA'S
BBQ PORK BACK RIBS
650 G OR NO NAME®
CHICKEN WINGS 908 G**
SELECTED VARIETIES
CÔTES DE DOS DE PORC
OU AILES DE POULET
21022221_EA



4⁴⁹

ZABIHA HALAL CHICKEN BREAST
200 G
RÔTI DE POITRINE DE POULET
20911558_EA/20911611_EA

5⁹⁹

**MARCANGELO SHAWARMA
CHICKEN BREAST STRIPS**
200 G
LANIÈRES DE POITRINE
DE POULET SHAWARMA
21613514_EA

7⁹⁹

**ZABIHA HALAL JUICY SUPREME
CHICKEN HOT DOGS**
SELECTED VARIETIES
900 G
SAUCISSES FUMÉES AU POULET
20911445_EA

9⁹⁹

**SUFRA® HALAL LEAN
GROUND BEEF**
454 G
BŒUF HACHÉ MAIGRE HALAL
21397283_EA

DELI MEAT & CHEESE

CHARCUTERIE & FROMAGERIE



2⁷⁹
/100 G

**PC® NATURAL CHOICE® CHICKEN
DELI SERVICE, SELECTED VARIETIES**
POULET
20302980_KG

3⁴⁹

**PC® GOAT CHEESE
SELECTED VARIETIES**
140 G
FROMAGE DE CHÈVRE
21722565_EA/21722618_EA

6⁴⁹

**PC® FETA CHEESE 400 G
OR PC® DELI CHEESE BLOCK 250 G**
SELECTED VARIETIES
FROMAGE
20219690_EA/20770652_EA

9⁹⁹

**SUMMER FRESH SALADS
SELECTED VARIETIES**
750/800 G
SALADES FRAÎCHES
20094285_EA/20250919_EA

GROCERY ÉPICERIE



.99

YOPLAIT YOGURT DRINKS
SELECTED VARIETIES
200 ML
BOISSONS DE YOGOURT
21478178_EA/21478195_EA



549

IMPERIAL OR MIRAGE MARGARINE
SELECTED VARIETIES
800/850 G
MARGARINE
21747711_EA/20074944_EA



279

PEPSI SOFT DRINKS 591 ML OR ROCKSTAR ENERGY DRINKS 473 ML
SELECTED VARIETIES
BOISSONS GAZEUSES OU ÉNERGISANTES
20321598002_EA/20368415003_EA



349

PC® WATER 24 X 500 ML OR KOOL-AID, MIO, CRYSTAL LIGHT, TANG OR COUNTRY TIME LIQUID DRINK MIX 48 ML, SELECTED VARIETIES
EAU OU MÉLANGE LIQUIDE POUR BOISSON
20137898_C24/20565119002_EA



249

CAVENDISH FARMS FRIES
SELECTED VARIETIES, FROZEN
800 G
FRITES
21559976_EA



1149

EL MONTEREY TAQUITOS
SELECTED VARIETIES, FROZEN
595 G
TAQUITOS
21022952_EA



449

BREYERS CLASSIC FROZEN DESSERT
SELECTED VARIETIES
1.41 L
DESSERT GLACÉ
21651628_EA



249

ANNIE'S GLUTEN-FREE OR VEGAN MACARONI AND CHEESE
SELECTED VARIETIES, 149-170 G
MACARONI AU FROMAGE
20420057_EA/20811201_EA



1049

NO NAME® FLOUR
CLUB SIZE, SELECTED VARIETIES
10 KG
FARINE
20022248_EA



549

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



599

KELLOGG'S CEREAL 306-460 G OR QUAKER INSTANT OATS FAMILY SIZE 360-774 G, SELECTED VARIETIES
CÉRÉALES OU GRUAU
20015041_EA/21520660_EA



2599

PC® ROAST AND GROUND COFFEE
800-930 G OR PODS 30'S
SELECTED VARIETIES
CAFÉ MOULU OU CAPSULES
21038762_EA/21393573_EA



279

DARE CRACKERS, TOAST, BAGUETTE OR VEGGIE CRISPS
SELECTED VARIETIES, 100-225 G
CRAQUELINS OU PAINS SECS OU CROUSTILLES DE LÉGUMES
20313040001_EA/20973368_EA/21520682_EA



2/\$5
OR \$2.50 EA.

SNACK PACK PUDDING OR JUICY GELS OR PUDDINGS
SELECTED VARIETIES, 4 X 99 G
POUDING OU GELÉE
20310707006_EA/21194844_EA



2/\$7
OR \$3.50 EA.

OLD DUTCH POTATO CHIPS OR SNACKS 200-290 G, ARRIBA 235/245 G OR RESTAURANTE TORTILLA CHIPS 275/290 G, SELECTED VARIETIES
CROUSTILLES OU GRIGNOTINES OU CROUSTILLES DE TORTILLAS
21445100_EA/21646697_EA



4/\$9
OR \$2.25 EA.

NESTLÉ, MARS OR CADBURY KING SIZE CHOCOLATE BARS
SELECTED VARIETIES
50-86 G
BARRES DE CHOCOLAT
20574273_EA/20686572005_EA/21671941_EA



5/\$2
OR 40¢ EA.

MR. NOODLES INSTANT NOODLES
SELECTED VARIETIES
85 G
NOUILLES INSTANTANÉES
20183528_EA/20322658001_EA



279

AYLMER ACCENTS TOMATOES
SELECTED VARIETIES
540 ML
TOMATES
21207591_EA/21207613_EA



399

BICK'S PICKLES OR SANDWICH SAVERS
SELECTED VARIETIES, 500 ML
CORNICHONS
21668742_EA/21713804_EA



449

MINUTE RICE
SELECTED VARIETIES
500-700 G
RIZ
20310858_EA/20695766_EA



499

PINE-SOL CLEANER 1.41 L OR WINDEX CLEANER 765/950 ML
SELECTED VARIETIES
NETTOYANT
20125323001_EA/20298679002_EA



549

NO NAME® BATHROOM TISSUE 12=24 ROLLS OR PAPER TOWELS 6=12 ROLLS, SELECTED VARIETIES
PAPIER HYGIÉNIQUE OU ESSUIE-TOUT
21624748_EA/21636318_EA



179

BLUE BUFFALO DELIGHTS OR CESAR DOG FOOD
SELECTED VARIETIES, 100 G
NOURRITURE POUR CHIENS
20323206002_EA/21360295_EA



699

FRISKIES DRY CAT FOOD
SELECTED VARIETIES
1.4-1.5 KG
NOURRITURE SÈCHE POUR CHATS
20912515_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 Loblaw's Inc. and others. All rights reserved. © 2026 Loblaw's Inc.



Grocery Essentials

Produits d'épicerie Essentiels



3²⁹

PILLSBURY TOASTER STRUDEL
SELECTED VARIETIES
326 G
PÂTISSERIE
20172664002_EA

4⁷⁹

PC® FLATBREAD PIZZAS
SELECTED VARIETIES,
FROZEN
330-405 G
PIZZAS PAINS PLATS
21013867_EA/21669349_EA

5⁴⁹

NO NAME® FISH
SELECTED VARIETIES,
FROZEN
454 G
POISSON GEFILTE
21672264_EA



3⁷⁹

PC® CRANBERRY OR TOMATO COCKTAIL 1.89 L OR ARIZONA, DEL MONTE OR OASIS TETRA JUICE
8 X 200 ML
SELECTED VARIETIES
COCKTAIL DE CANNEBERGE OU DE TOMATE OU JUS EN EMBALLAGE TETRA
20307025001_EA/20315764002_EA

4⁴⁹

KOOL-AID JAMMERS
10 X 180 ML OR NESTEA TETRA JUICE 10 X 200 ML
SELECTED VARIETIES
BOISSONS OU JUS
20079976002_C10/21687007_EA

6⁴⁹

iÖGO FROZEN YOGURT
946 ML OR BARS 4/8'S
SELECTED VARIETIES,
FROZEN
YOGOURT SURGELÉ OU BARRES
21650572_EA/21654419_EA



1⁹⁹

NO NAME® POTATO CRISPS, CORN CHIPS OR CHEESE SNACKS
SELECTED VARIETIES
142-200 G
CROUSTILLES OU CROUSTILLES DE MAÏS OU GRIGNOTINES AU FROMAGE
20322677_EA/20946414_EA

2⁹⁹

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/20847582_EA

4⁹⁹

CARNABY SWEET GUMMIES 500 G OR LINDT EXCELLENCE OR SWISS CLASSIC CHOCOLATE BARS 50-100 G
SELECTED VARIETIES
FRIANDISES OU BARRES DE CHOCOLAT
20296856001_EA/21363890_EA



2⁹⁹

KIJU ORGANIC FRUIT JUICE 1 L OR PC® ORGANICS, ORGANIC UNSWEETENED APPLE SAUCE 113 G OR 6 X 100 ML
SELECTED VARIETIES
JUS DE FRUITS OU PURÉE DE POMME
20312710001_EA/20320493002_EA

5⁴⁹

NO NAME® LIQUID OR CREAMED HONEY 500 G OR CHOCOLATE HAZELNUT SPREAD 725 G
SELECTED VARIETIES
MIEL OU TARTINADE CHOCOLAT ET NOISETTES
20129324_EA/20683943_EA

6⁹⁹

PC® OR BLUE MENU CEREAL 525-775 G OR KODIAK POWER PANCAKE MIX 510-621 G
SELECTED VARIETIES
CÉRÉALES OU MÉLANGE À CRÊPES
21209747_EA/21424770_EA



2⁷⁹

NO NAME® WHITE VINEGAR
4 L
VINAIGRE BLANC
20102756_EA

2⁹⁹

CELESTIAL SEASONINGS OR PC® HERBAL TEA
SELECTED VARIETIES
20'S
TISANE
20296925001_EA/20308417_EA

3⁷⁹

NO NAME® FLOUR 2.5 KG OR KRAFT SHAKE 'N BAKE COATING MIX 142-160 G
SELECTED VARIETIES
FARINE OU MÉLANGE À PANURE
20013256_EA/21548016_EA



1⁹⁹

UNICO BEANS
SELECTED VARIETIES
540 ML
LÉGUMINEUSES
20313447001_EA/20313447006_EA

2⁴⁹

UNICO TOMATOES
SELECTED VARIETIES
796 ML
TOMATES
20314629001_EA/20314629005_EA

3²⁹

MAPLE LEAF FLAKES
SELECTED VARIETIES
156 G
FLOCONS
20298273003_EA/20298273005_EA

Freshmart[®]

PROUDLY CANADIAN



President's Choice[®]
le Choix du Président[®]

PC[®] OR PC[®] BLUE MENU[®]
SALAD DRESSING
SELECTED VARIETIES
475 ML
VINAIGRETTE
20628488001_EA/20864314_EA

2²⁹



PC[®] VEGETABLES
SELECTED VARIETIES, FROZEN
350-750 G
LÉGUMES
20318915_EA/21184694_EA

3⁴⁹



5⁴⁹

PC[®] CHEESE BARS 300/400 G
OR SHREDS 250-320 G
SELECTED VARIETIES
BARRES DE FROMAGE OU FROMAGE RÂPÉ
21060207_EA/21333360_EA



PC[®] SMOKIES[™]
SELECTED VARIETIES
1 KG
SAUCISSES FUMÉES
20732535_EA/20733617_EA

9⁹⁹



6⁷⁵

PC[®] SOFT DRINKS
SELECTED VARIETIES
12 X 355 ML
BOISSONS GAZEUSES
21747386_C12/21747413_C12



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, MAY 21ST TO
WEDNESDAY, MAY 27TH, 2026

DU JEUDI 21 MAI AU
MERCREDI 27 MAI 2026