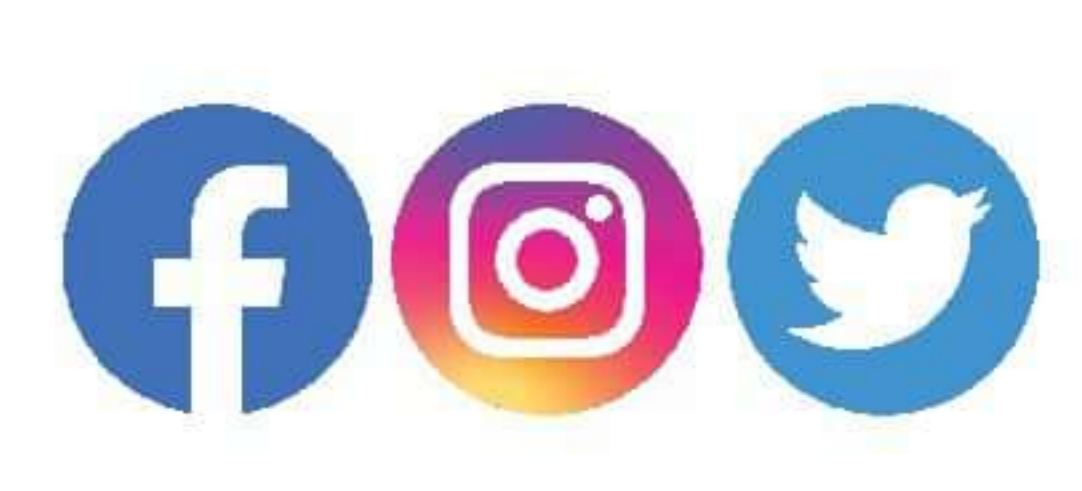




Fresh. Friendly. **Colemans**

don't forget the **STEAK & LOBSTER FOR MOM!**

FOLLOW US FOR GREAT LOCAL LOBSTER PRICES



COLEMANS.CA

HAPPY MOTHER'S DAY

Thanks for being you!
SELECT FLORAL ITEMS AVAILABLE AT ALL COLEMANS LOCATIONS



10⁹⁹
lb
SAVE \$9.69/lb

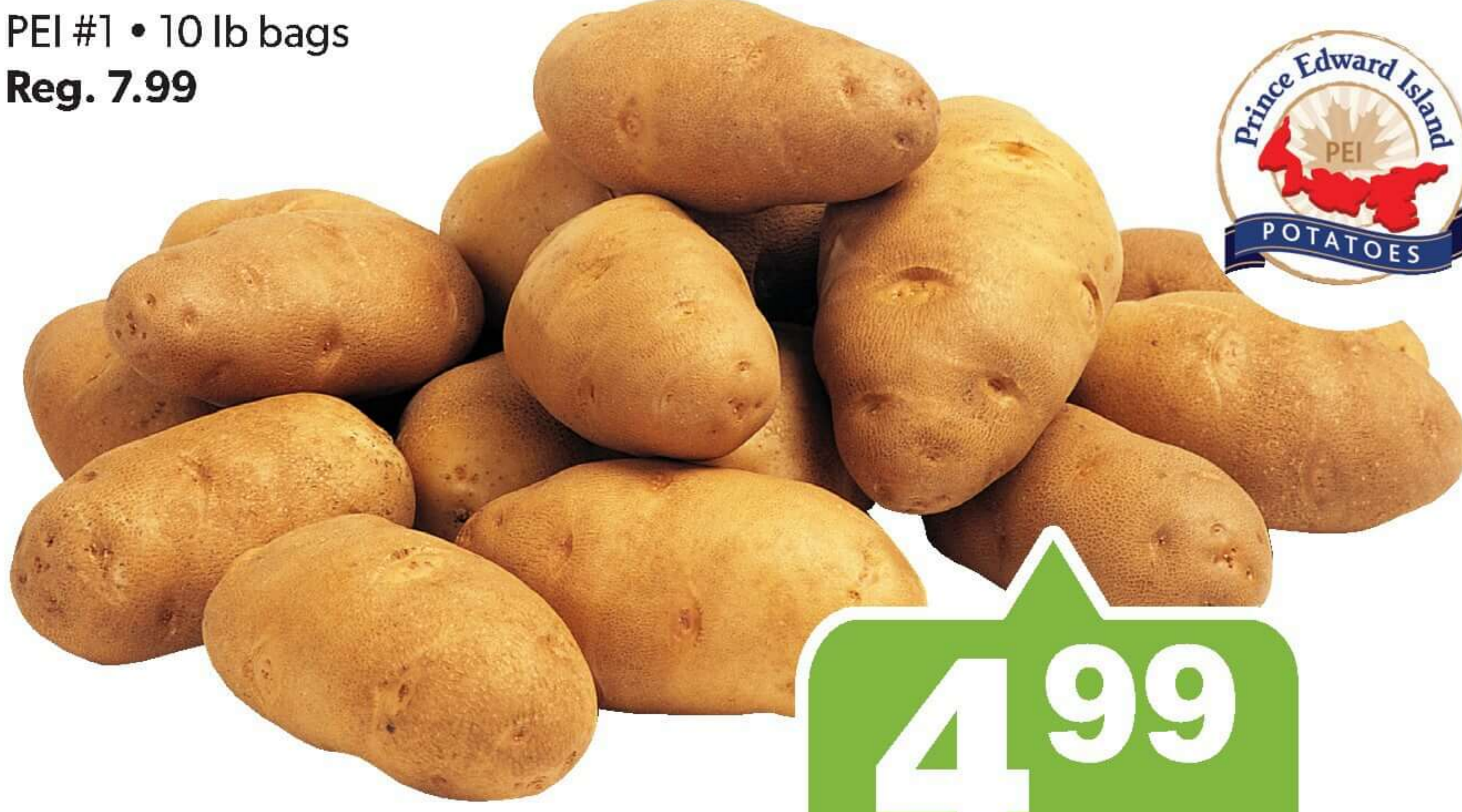


CANADIAN AA OR HIGHER PRIME RIB GRILLING STEAK
Family Pack
24.23 kg

2/\$7

RED RIPE STRAWBERRIES
California #1
1 lb clamshell

RUSSET POTATOES
PEI #1 • 10 lb bags
Reg. 7.99



4⁹⁹
SAVE \$3.00



FRESH BONELESS PORK LOIN ROASTS
6.59 kg
Family Pack

2⁹⁹
lb
SAVE \$3.43/lb



SCHNEIDERS SLICED SMOKED HAM
600g • Reg. 14.99

HOT DEAL
7⁹⁹



BABY BELL PEPPERS
Ontario #1
4 pk

4⁹⁹



HÄAGEN-DAZS ICE CREAM 450mL
or **NOVELTIES 3-7 pk • Assorted**
Reg. 7.49

SAVE \$2.50
4⁹⁹



8" RHUBARB STRAWBERRY PIE
Seconds • Reg. 5.99

HOT DEAL
3⁹⁹



BLACK DIAMOND CHEESE SLICES
410g • Assorted • Reg. 5.99

SAVE \$2.00
3⁹⁹



PEPSI PRODUCTS 24x355mL • Assorted

50¢ A CAN!
1⁹⁹



CATELLI MEAT PASTA SAUCE
398mL • Assorted • Reg. 3.99

SAVE \$1.52
1⁷⁷



PRIMO PASTA 900g • Assorted

900g SIZE!
2/4⁴⁴



CHRISTIE CRISPERS or BITS & BITES 145g • Assorted

2/\$5



MARIO'S BONELESS CHUNK CHICKEN BREAST
127g

3/\$5



MINUTE MAID SIMPLY JUICE
1.54 L • Assorted

4⁴⁹



PHILADELPHIA CREAM CHEESE
250g Brick • Regular or Light • Reg. 5.49

HOT DEAL
3⁹⁹



IMPERIAL MARGARINE
637g • Reg. 6.99

HOT DEAL
3⁹⁹



ARMSTRONG CHEESE BLOCKS
400g • Assorted • Reg. 8.49

4⁹⁹
HOT DEAL

Fresh Produce

NEW CROP

SWEET CARROTS Mexico #1
or **YELLOW ONIONS** US #1
2 lb bags

3⁹⁹

NEW CROP

FRESH BROCCOLI
California #1

3⁹⁹

NEW CROP

SWEET CRUNCHY AMBROSIA APPLES
Washington #1
5.49 kg

2⁴⁹ lb

SWEET RIPE HONEYDEW MELONS
Imported #1

5⁹⁹

GRAPE TOMATOES
Mexico #1 • Pint basket

2⁹⁹

PLUMP RIPE TOMATOES ON THE VINE
Ontario #1
5.49 kg

2⁴⁹ lb

GREEN KIWIFRUIT
Chile #1
600g basket

5⁹⁹

SEEDLESS CUCUMBERS
Ontario #1

2/\$3

HOT DEAL

SWEET JUICY CARA CARA ORANGES
California #1 • 4.39 kg

1⁹⁹ lb

SWEET POTATOES
US #1
5.49 kg

2⁴⁹ lb

ORGANIC BLUEBERRIES
Mexico #1
6 oz clamshell

4⁴⁹

Organic

FRESH AVOCADOS
Mexico #1

2/\$5

Locally Grown

10 INCH HANGING BASKETS

19⁹⁹

SELECT ITEMS AVAILABLE AT ALL COLEMANS LOCATIONS

Breakfast

BECEL MARGARINE
427g • Assorted

4⁹⁹

EGG O Waffles
560g • Assorted • Reg. 7.99

5⁹⁹

SAVE \$2.00

BONNE MAMAN HAZELNUT COCOA SPREAD 250g • Reg. 7.49

5⁹⁹

SAVE \$1.50

DEL MONTE MORNING SUNSHINE JUICE 2.5L • Assorted

6⁹⁹

MOTT'S GARDEN COCKTAIL
945mL • Reg. 3.49

2⁴⁹

SAVE \$1.00

FOLGERS INSTANT COFFEE
200g

7⁹⁹

JUMPING BEAN WHOLE BEAN COFFEE 1 lb • Assorted

12⁹⁹

STARBUCKS CREAMERS
828mL Assorted

7⁹⁹

TETLEY SPECIALTY TEA
20-24 ct • Assorted

4⁴⁹

RED ROSE ORANGE PEKOE or DECAFFEINATED TEA BAGS
48-72 ct • Reg. 6.79

4⁹⁹

SAVE \$1.80

QUAKER INSTANT OATMEAL
232-344g • Selected • Reg. 4.99

3⁹⁹

SAVE \$1.00

QUAKER CAP'N CRUNCH
350g • Assorted • Reg. 5.79

3⁹⁹

SAVE \$1.80

POST SHREDDED WHEAT, SHREDDIES or HONEY BUNCHES OF OATS CEREAL
340-440g • Assorted

4⁴⁹

ASTRO YOGURT 12x100g Assorted • Reg. 7.59

5⁹⁹

SAVE \$1.60

ASTRO YOGURT TUB
750g • Assorted • Reg. 4.99

3⁹⁹

SAVE \$1.00

Choice Cuts

FRESH CHICKEN LEGS
6.59 kg • Family Pack
Now AIR-CHILLED



FRESH BONELESS PORK LOIN CHOPS
8.80 kg • Family Pack



SAVE \$3.23/lb
3⁹⁹
lb



CANADIAN AA OR HIGHER PRIME RIB OVEN ROAST
26.43 kg



TENDERIZED ROUND STEAK
22.02 kg
Family Pack

9⁹⁹
lb



FRESH OR FROZEN LEAN GROUND PORK
8.80 kg

SAVE \$1.00/lb
3⁹⁹
lb



HOT DEALS



SCHNEIDERS JUICY JUMBO WIENERS
450g
Reg. 7.99

HOT DEAL
4⁹⁹



SCHNEIDERS MAPLE THICK SLICED BACON
375g

4⁹⁹
HOT DEAL



SAVE \$5.00

24⁹⁹

SCHNEIDERS OUTLAW BEEF BURGERS
1.81 kg • ¼ Pound • Reg. 29.99



2/\$6

CHRIS BROTHERS SLICED PEPPERONI or SALAMI 250g



13⁹⁹

CARDINAL ROADHOUSE CHICKEN BURGERS 852g



SAVE \$1.50

4⁹⁹

SUNRISE BOLOGNA
375g • Thick or Thin sliced • Reg. 6.49



SAVE \$3.00

10⁹⁹

MAPLE LEAF PORK TENDERLOIN 400g or **ROTISSERIE CHICKEN** 600g • Reg. 13.99



14⁹⁹

SOUTHERN FRIED BREADED CHICKEN 1 kg



MÈRE MICHEL HAM AND TURKEY COMBO PACK
375g • Reg. 9.00

\$6
HOT DEAL

From the Sea



8⁹⁹
lb

NEWFOUNDLAND SALT FISH BITS
19.82 kg • Product of Newfoundland



10⁹⁹

NORTHLAND NEWFOUNDLAND COLD WATER SHRIMP 340g



15⁹⁹

WILLY KRAUCH'S SMOKED ATLANTIC SALMON 225g



25⁹⁹

WILD ARGENTINIAN SHRIMP
2 lb • 13/15

Frozen

MCCAIN RED BAG FRENCH FRIES
800g • Assorted
Reg. 5.49

SAVE \$1.50
3⁹⁹



GIUSEPPE GARLIC FINGERS 317g or **PANINIS** 250g
Assorted

4⁴⁴



8⁹⁹

CAVENDISH SALT AND PEPPER FRITES 4 lb



14⁹⁹

MCCAIN PIZZA POCKETS
12 pk • Assorted



SAVE \$1.00

3⁹⁹

GREEN GIANT FROZEN VEGETABLES
750g • Assorted • Reg. 4.99



4⁹⁹

KRAFT COOL WHIP
1L • Assorted



6⁴⁹

MCCAIN DEEP'N DELICIOUS CAKE 510g • Assorted

Grocery



SAVE \$1.20

3⁷⁹

TOWN HOUSE CRACKERS
260-391g • Assorted • Reg. 4.99



1⁷⁷

KRAFT DINNER
200g • Original



3/\$5

FAVORITE FLAKED LIGHT TUNA
170g



SAVE \$1.20

3⁹⁹

CLOVER LEAF PACIFIC PINK SALMON 213g • Reg. 5.19



4⁷⁹

LIMFJORD MARINATED MUSSELS
340g • Original



3⁷⁹

GENERAL MILLS TREAT BARS
120g • Assorted



SAVE \$1.50

3⁴⁹

QUAKER YOGURT GRANOLA BARS 175g • Assorted • Reg. 4.99



5⁹⁹

HP STEAK SAUCE
400mL



4⁹⁹

HEINZ AIOLI AND BURGER SAUCES 355mL • Assorted



3⁹⁹

DEMPSTER'S WHOLE GRAIN BREADS
600g Assorted



3⁶⁹

DARE WHIPPET, ULTIMATE or MAPLE CREAM COOKIES
140-285g • Assorted



4⁴⁹

PILLSBURY APPLE TURNOVERS
383g



SAVE \$2.00

6⁹⁹

LACTANTIA BUTTER
454g • Salted or Unsalted • Reg. 8.99



SAVE \$2.00

7⁹⁹

TRUVIA SWEETENER
80 ct or 270g • Reg. 9.99



SAVE \$1.00

3⁴⁹

BETTY CROCKER FRUIT SNACKS
226g • Assorted • Reg. 4.49



4⁹⁹

PILLSBURY GRANDS CINNAMON ROLLS 496g



2⁹⁹

MOTT'S FRUITSATIONS UNSWEETENED APPLE SAUCE
620mL • Assorted



4⁴⁹

V8 VEGETABLE COCKTAIL
6x156mL



4⁹⁹

HEINZ TOMATO JUICE
1.36 L



2/\$7

MINUTE MAID JUICE BOXES
8x200mL • Assorted



4⁴⁹

JELL-O PUDDING or GELS
4pk • Assorted



SAVE \$1.30

3⁹⁹

ROSE'S LIME CORDIAL or GRENADINE 739mL • Reg. 5.29



6⁹⁹

OCEAN SPRAY SPARKLING DRINKS 6pk • Assorted



11⁹⁹

WARREN'S PICKLED WIENERS
10 ct

Around the Home



SAVE \$4.50

18⁹⁹

CASHMERE BATHROOM TISSUE
30 Jumbo Roll
Reg. 23.49



SAVE \$1.50

2⁹⁹

ULTRA PRO SPONGE TOWELS
2 Roll
Reg. 4.49



4⁹⁹

DOVE SOAP
212g • Assorted



SAVE \$1.50

3⁹⁹

FEBREZE AIR
250g • Assorted • Reg. 5.49



1⁹⁹

VIM LEMON CREAM CLEANSER 250g



SAVE \$1.72

3⁷⁷

OLD DUTCH LAUNDRY DETERGENT
2 L • Assorted • Reg. 5.49



14⁹⁹

TIDE PODS
42 ct • Assorted



SAVE \$1.50

5⁴⁹

BOUNCE FABRIC SHEETS
80 ct • Assorted • Reg. 6.99



2/\$3

YELLOW LATEX HOUSEHOLD GLOVES 1 pair • Assorted



SAVE \$2.00

3⁹⁹

ALCAN FOIL WRAP
50 ft • Reg. 5.99



SAVE \$5.00

8⁹⁹

SUNLIGHT DISHWASHER PACK 48 ct • Reg. 13.99



2/4⁴⁴

RAINBOW SCRUBBY or SPONGE CLEANING CLOTH 1 ct



5⁹⁹

PINESOL
1.41 L • Assorted



5⁹⁹

SEPTOBAC SEPTIC TANK POWDER 8 pk



SAVE \$3.00

7⁹⁹

CLR CLEANER
828mL • Reg. 10.99

Bakery & Deli

Available at select locations



5.79

JOHNSTON'S SALADS
450-475g • Assorted

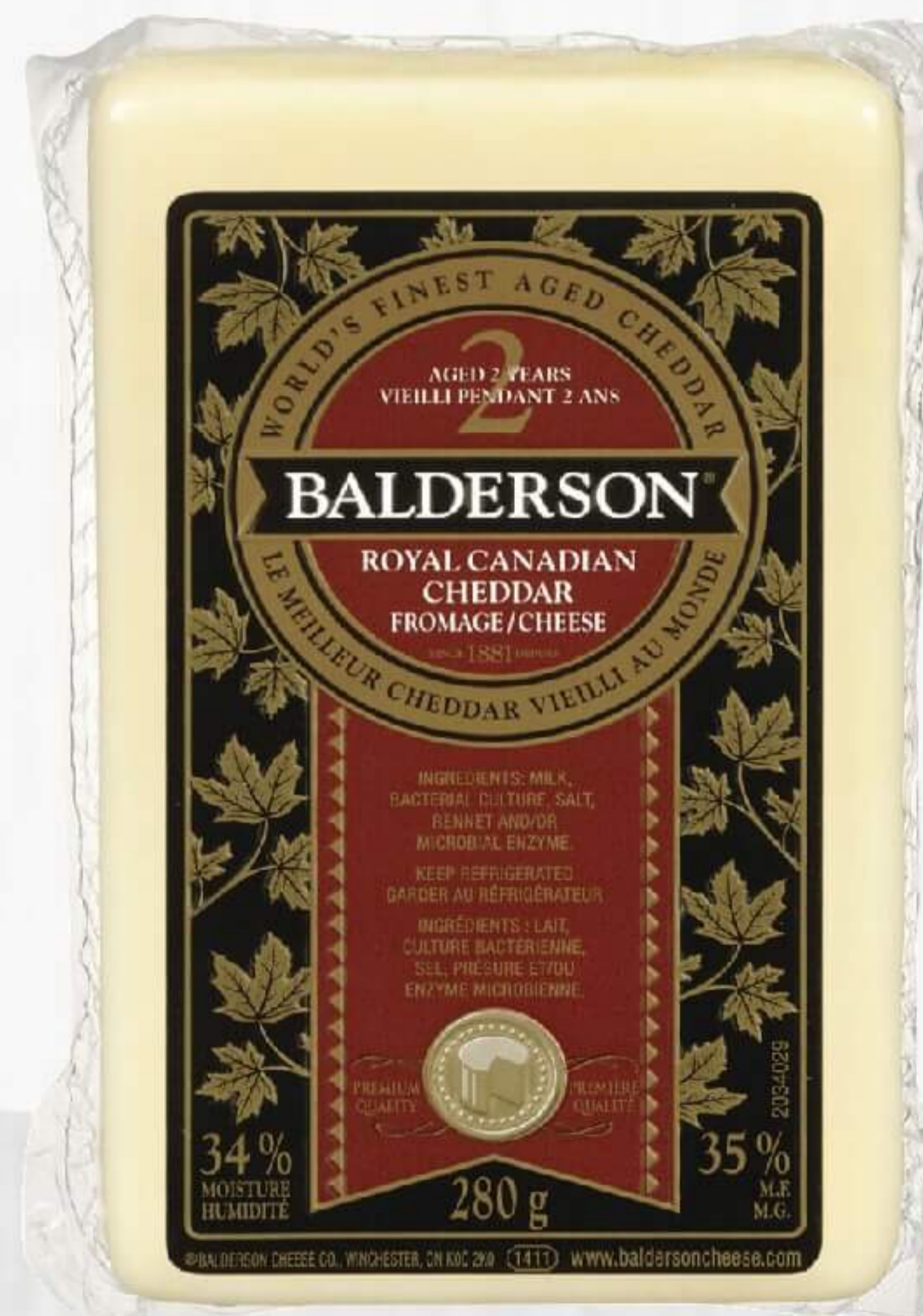
3 PC CHICKEN TENDER MEAL
Store made



6.99

FONTAINE SANTÉ HUMMUS
260g • Traditional or Roasted Red Pepper

4.49



BALDERSON ROYAL CANADIAN 2 YEAR OLD CHEDDAR CHEESE
280g • Reg. 12.49

SAVE \$2.50
9.99



PACO TORTILLAS
650g • Assorted

4.79



3.99
SAVE \$1.20



RÉGIONALE ENGLISH MUFFINS
400g • Reg. 5.19

ATLANTIC CHEESECAKE COMPANY SAMPLERS
32 oz Assorted
Reg. 24.99



SAVE \$5.00
19.99

6 PK MOTHER'S DAY CUPCAKES
Store decorated
Chocolate or Vanilla

6.49



Baking



FAVORITE FLOUR
7 lb
6.99



QUAKER MUFFIN MIXES
900g • Assorted or
PAM COOKING SPRAY 170g



5.49



HERSHEY'S CHIPITS
180-300g • Assorted

4.49



MAY IS Celiac AWARENESS MONTH



Gluten Free

5.99

BETTY CROCKER GLUTEN FREE COOKIE AND CAKE MIXES
425-539g • Assorted



2/\$4

KRAFT JET-PUFFED MARSHMALLOWS
250g • Assorted



2/\$4.44

DR. OETKER SHIRRIFF PIE CRUST 270g



2.99
HOT DEAL

DR. OETKER SHIRRIFF LEMON PIE FILLING 425g • Reg. 4.69



4.99
Gluten Free

MI-DEL GLUTEN FREE GRAHAM FLAVOURED PIE CRUST 200g



BISQUICK GLUTEN FREE 454g or
DAINTY GLUTEN FREE FLOUR 907g



Gluten Free

6.99

Pet Supplies

COLEMANS PUP OF THE WEEK



ARM & HAMMER CAT LITTER
6.4 kg • Assorted

10.99



FANCY FEAST WET CAT FOOD
12x85g • Assorted

12.99



PURINA ONE SMART BLEND
368g • Assorted

2.49



CESAR DOG FOOD
100g • Assorted

2/\$4



Treat Mom to Brunch



SAVE \$2.00

PEARL MILLING COMPANY PANCAKE MIX 905g
or **SYRUP** 710mL • Assorted • Reg. 5.49



SAVE \$2.00

KRAFT COOL WHIP
225g • Regular or Light • Reg. 5.49



KELLOGG'S CEREALS 480-625g • Selected

6⁴⁹



2/\$5

FUSSELL'S THICK CREAM
170mL



1⁷⁷

FAVORITE EVAPORATED MILK
354mL • Assorted



SAVE \$4.50

10⁹⁹

MAXWELL HOUSE GROUND COFFEE
925g • Reg. 14.49



4⁹⁹
HOT DEAL

SCHNEIDERS MAPLE THICK SLICED BACON
375g



3⁹⁹

CAVENDISH HASHBROWNS
800g



3⁴⁷
HOT DEAL

DORA MY SPREADS
500mL • Assorted • Reg. 4.49



2/6⁵⁰

DEMPSTER'S XTRA SANDWICH BREAD 675g • Assorted



4⁴⁹

JIF SQUEEZE CREAMY PEANUT BUTTER 375g • Reg. 5.99



6⁹⁹

EVERSWEET MARGARINE
850g



SAVE \$1.22

4⁷⁷

DOLE PINEAPPLE JUICE
1.36 L • Reg. 5.99



5⁴⁴

CASA DI MAMA OR RISTORANTE PIZZA
320-410g • Assorted



SAVE \$2.30

7⁹⁹

HORNE'S GRAVY SAUCE
1.36 L • Reg. 10.29



SAVE \$1.60

2⁹⁹

PRIMO KETCHUP
1 L • Squeeze • Reg. 4.59



SAVE \$2.10

4⁴⁹

MONTANA'S BBQ SAUCE
350mL • Assorted • Reg. 6.59



4⁷⁷

ALLEN'S WHITE VINEGAR
4L



2/\$6

DEMPSTER'S HOTDOG or HAMBURGER BUNS 8 pk • Assorted



2/\$6

HOSTESS CAKES
202-360g • Assorted



SAVE \$1.00

3⁹⁹

PILLSBURY EASY ROLL PIE CRUST 400g • Reg. 4.99



5⁹⁹

BLACK DIAMOND COMBOS or NATURAL SLICES
220-280g • Assorted



6⁹⁹

BLACK DIAMOND CHEESE SHREDS 300-320g • Assorted



SAVE \$4.00

6⁹⁹

IMPERIAL MARGARINE
1.36 kg • 1/2 cup squares
Reg. 10.99



13⁹⁹

PRIMO VEGETABLE OIL
3L



7⁹⁹

MINUTE RICE
1.2-1.4 kg • Regular or Whole Grain



4⁷⁷

MARIO'S CORNED BEEF 340g



SAVE \$1.30

3⁴⁹

ORVILLE REDENBACHER MICROWAVE POPCORN
3-4 pk TAKIS ROLLED TORTILLAS CHIPS 200-280g
Assorted • Reg. 4.79



2/6⁵⁰

NATURE VALLEY SWEET & SALTY GRANOLA BARS 130-210g • Assorted



4/\$5

FRUIT 20 SPARKLING WATER
502mL • Assorted



2/6⁵⁰

OLD DUTCH POTATO CHIPS
235g • Family size • Assorted



2/5⁵⁰

PRINGLES CHIPS
148-182g • Assorted



3⁹⁹

PEPSI PRODUCTS
6x710mL • Assorted