

FROM THURSDAY, MAY 2<sup>ND</sup>  
TO WEDNESDAY, MAY 8<sup>TH</sup>, 2024

# Freshmart<sup>®</sup>

**Super Valu**<sup>®</sup>  
value and freshness

**SHOP EASY**<sup>®</sup>  
F · O · O · D · S



See our flyer online  
visit [freshmart.ca](http://freshmart.ca)



**2.49**  
lb

fresh chicken legs back attached  
club size  
5.49/kg



**3.99**  
lb

pork back ribs  
cryovac pack, 2's  
8.80/kg



**4.49**

Farmer's Market<sup>™</sup> corn 4's or PC<sup>®</sup> Organics  
broccoli, product of U.S.A. or mini peppers  
454 g, product of Canada



**3.49**

blackberries, product of Mexico or  
raspberries, product of U.S.A., 6 oz



Happy Planet soup  
650 mL or Olivieri  
Fresh filled pasta  
500-700 g  
selected varieties

**6.99**



Charlotte's cakes  
selected varieties  
400/475 g

**5.99**



Oasis juice,  
Del Monte nectar  
or Arizona iced tea  
selected varieties  
960 mL

**3/\$4**  
or \$1.33 ea.



Tim Hortons fine grind  
coffee 300 g or  
K-Cup pods 10/12's  
selected varieties

**7.99**



no name<sup>®</sup> cheese bars  
selected varieties  
700 g

**8.99**



Campbell's  
condensed soup  
284 mL or  
no name<sup>®</sup>  
light tuna 170 g  
selected varieties

**2/\$3**  
or \$1.50 ea.



Old El Paso dinner  
kits 250-510 g  
or salsa 650 mL  
selected varieties

**3.99**



Royale bathroom  
tissue 8-12=24 rolls  
Tiger Towel paper  
towels 2/3=6 rolls  
or facial tissue 6's  
selected varieties

**6.49**



Purex 1.92/2.03 L  
or Sunlight 1.84 L  
liquid laundry  
detergent  
selected varieties

**5.49**

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# Meat & Seafood



**4.49**  
lb

fresh whole chicken  
9.90/kg



**3.49**  
lb

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



**10.99**  
lb

fresh beef flank steak\*  
club size  
24.23/kg



**12.99**

PC® World of Flavours seasoned  
pork loin roast or pork shoulder blade  
selected varieties  
730/900 g



**11.99**

Marcangelo sausage,  
breakfast sausage or patties  
selected varieties  
1.2/1.4 kg



**2.99**

no name® wieners  
original  
450 g



**7.99**

PC® Zipperback® raw or  
PC® peeled raw Pacific large  
white shrimp 31-40 per lb 400 g  
or SeaQuest® cooked shrimp  
36-45 per lb 300 g, frozen



**6.49**

PC® Pub Recipe™  
breaded chicken  
selected varieties, frozen  
700 g



**5.99**

Asian Inspirations entrées  
selected varieties, frozen  
400 g



**11.99**

Sea Crave wild tuna,  
Pacific cod or Sockeye  
salmon portions  
260/310 g



## Gourmet Grilling!



**10.99**

PC® Black Label  
Wagyu beef  
burgers  
selected varieties,  
frozen, 568 g



**13.99**

PC® kalbi  
beef short ribs  
frozen  
500 g



**11.99**

PC®  
mango & calamansi  
or chili & lime  
shrimp skewers  
frozen, 360 g



**9.99**

lobster tails  
4-5 oz., frozen or  
previously frozen

# Fruits & Vegetables



strawberries  
product of U.S.A.  
1 lb

**4<sup>49</sup>**



1<sup>st</sup> OF THE SEASON

Here for Spring!  
**Fiddleheads**  
while quantities last

Sweet like asparagus, grassy and snappy like a great green bean, with a touch of broccoli stem.

fiddleheads  
product of Western provinces  
227 g

**5<sup>99</sup>**



beefsteak tomatoes, product of Canada  
or Roma tomatoes, product of Mexico  
3.28/kg

**1<sup>49</sup>**  
lb



no name® Naturally Imperfect™ apples  
8 lb, product of Western provinces or  
halos mandarins 3 lb, product of U.S.A.

**8<sup>99</sup>**



papaya  
product of Mexico  
5.49/kg

**2<sup>49</sup>**  
lb



romaine lettuce, product of U.S.A.  
each or The Little Potato Co.  
microwave, oven or BBQ ready  
potatoes, selected varieties 454 g,  
product of Canada

**3<sup>49</sup>**



PC® pink muscat grapes  
product of Chile  
11.00/kg

**4<sup>99</sup>**  
lb

## Cinco de Mayo



Farmer's Market™ red onions 3 lb  
or PC® mini cucumbers 454 g  
product of Canada

**4<sup>99</sup>**



no name® Naturally Imperfect™  
limes 907 g, product of Mexico or  
pineapple, product of Costa Rica  
each

**4<sup>99</sup>**



PC® or PC® Organics herbs,  
selected varieties, packaged  
in Canada, 20/28 g or  
Wholly guacamole classic bowl  
213 g, product of Mexico

**2<sup>49</sup>**



avocados  
product of Mexico  
6's

**5<sup>49</sup>**



cilantro, bunch,  
product of Colombia,  
Mexico or U.S.A. or  
Rooster garlic bulbs  
3's, product of China

**1<sup>99</sup>**



Ataulfo or red mangoes  
product of Mexico  
each

**1<sup>49</sup>**



Farmer's Market™  
yellow onions 3 lb,  
product of Canada or  
PC® hot peppers  
selected varieties,  
packaged in Canada  
50-226 g

**3<sup>49</sup>**

# Deli Meat & Cheese



**5<sup>99</sup>**

PC® cheese blocks  
selected varieties  
250 g



**2<sup>29</sup>**  
/100 g

Ziggy's® pastrami or corned beef  
selected varieties



**5<sup>99</sup>**

PC® Splendido® sliced deli meat  
selected varieties  
100 g

Freybe salami  
250 g or Mastro  
salametti 300 g chub  
selected varieties

**6<sup>99</sup>**



**2<sup>49</sup>**

Sunrise tofu  
selected varieties  
350/454 g

# Bakery



**5<sup>49</sup>**

Farmer's Market™ angel food cake  
selected varieties  
270/283 g



**10<sup>99</sup>**

PC® cheesecake  
selected varieties, frozen  
600 g



**7<sup>99</sup>**

two-bite mini assorted cupcakes  
24's or Farmer's Market™  
Two-bite Brownies® 608 g



**4<sup>49</sup>**

School Safe snack cakes  
selected varieties  
8's



**3<sup>99</sup>**

PC® or Deli World rye bread  
selected varieties  
480/900 g

# Dairy & Frozen



**2<sup>99</sup>**

no name® sour cream 500 mL  
or Heluva Good! dips 250 g  
selected varieties



Danone Activia yogurt  
selected varieties  
650 g

**3<sup>99</sup>**



Jell-O snacks 4's or  
Pillsbury cookie dough  
454/496 g  
selected varieties

**3<sup>99</sup>**



Danone Danino drinkable yogurt  
selected varieties  
6 x 93 mL

**3<sup>99</sup>**



no name® apple juice,  
lemonade  
or iced tea  
selected varieties,  
refrigerated  
1.75 L

**2<sup>49</sup>**

# Grocery

no name®  
Naturally Imperfect™  
fruit  
selected varieties, 2 kg  
frozen, 2 kg

**12<sup>99</sup>**

CLUB PACK • FORMAT CLUB

President's Choice  
à la Choix du Président

**MEAT LASAGNA**  
LASAGNE  
**VIANDE**

with fresh pasta, beef and 4 cheeses  
avec pâtes fraîches, bœuf et 4 fromages

2.27 kg

COOK THOROUGHLY / CUIRE BIEN

PC® or Blue Menu®  
entrées  
selected varieties,  
frozen  
2/2.27 kg

**14<sup>99</sup>**

Family's Best  
**ORIGINAL ORIGINAL**  
Potato Chips • Croustilles

LIPTON BRISK  
CITRON

MONTELLIER  
LEMON LIME

4/\$5  
or \$1.25 ea.

Lipton Brisk iced tea or  
lemonade or Montellier  
sparkling water 1 L  
or Family's Best  
potato chips 130 g  
selected varieties

no name® sans nom®  
chopped  
**spinach**  
épinards  
hachés

300 g GRADE A - CATÉGORIE A

Minute Maid  
ORIGINAL  
100% JUICE D'ORANGE  
100% JUS D'ORANGE  
295 mL

Minute Maid orange juice  
295 mL or no name®  
spinach 300 g  
selected varieties, frozen

**1<sup>99</sup>**

President's Choice  
à la Choix du Président

SUSTAINABLY SOURCED

**HADDOCK**  
BREADED WILD HADDOCK FILLETS  
FILETS D'AIGLEFIN SAUVAGE PANÉS

**AIGLEFIN**  
DE SOURCE DURABLE

550 g

PC® or Blue Menu® fish,  
breaded or battered  
selected varieties, frozen  
550/600 g

**12<sup>99</sup>**

Starbucks  
Coffee

Minute Maid  
LEMONADE

NESTEA  
LEMON

2<sup>99</sup>

Starbucks coffee 405/444 mL  
or Minute Maid or Nestea 1.89 L  
beverages, selected varieties

Nestlé  
**Carnation**  
Rich & Creamy  
Riche et crémeux

no name®  
chocolate  
syrup • sirop de  
chocolat

no name® strawberry or  
chocolate syrup 510/700 mL  
or Carnation hot chocolate  
envelopes 175/250 g  
selected varieties

**3<sup>99</sup>**

no name®  
**no. 2 cone**  
coffee filters

100

President's Choice  
à la Choix du Président

**CHAI**  
Black Tea

40 g

PC® tea 20/40's or no name®  
coffee filters 100's  
selected varieties

**2<sup>49</sup>**

PEPSI

6 CANS

Coca-Cola

4<sup>49</sup>

Coca-Cola or Pepsi soft drinks  
selected varieties  
6 x 222 mL

Robin Hood  
**QUICK OATS**  
GRUAU  
RAPIDE

1 kg

Leclerc  
**Nügabar**  
SOFT NOUGAT WITH FROSTED CRISP RICE AND OATMEAL

NANAIMO

175 g

Robinson Hood quick oats 1 kg  
or Leclerc Nügabar bars 175 g  
selected varieties

**2<sup>79</sup>**

no name® sans nom®  
**smooth**  
peanut butter  
beurre d'arachide  
crèmeux

1 kg

PC  
Blue Menu

**TWICE THE FRUIT**  
DEUX FOIS PLUS DE FRUITS  
Strawberry - Fraises

500 mL

PC® Blue Menu® fruit spread 500 mL  
or no name® peanut butter 1 kg  
selected varieties

**4<sup>99</sup>**

Orville Redenbacher  
**BUTTERY**

6 BAGS

JACK LINK'S  
ORIGINAL  
BEEF JERKY AU BOEUF

65-81 g

Jack Link's jerky or steak strips  
65-81 g or Orville Redenbacher  
microwave popcorn 6/8's  
selected varieties

**5<sup>49</sup>**

no name®  
salad dressing  
selected varieties  
475 mL

no name® sans nom®  
**Caesar**  
dressing  
vinaigrette  
César

475 mL

no name® sans nom®  
**Thousand Island**  
dressing  
vinaigrette  
Île-Îles

475 mL

**2<sup>29</sup>**

BRUNSWICK  
SARDINES  
SPRING WATER  
EAU DE SOURCE

BRUNSWICK  
SARDINES  
TOMATO SAUCE  
SAUCE TOMATE

106 g

Brunswick sardines  
selected varieties  
106 g

**1<sup>99</sup>**

no name®  
mayonnaise  
445 mL or  
Bick's squeeze  
relish 500 mL  
selected varieties

no name® sans nom®  
**mayonnaise**

445 mL

Bick's  
Sweet Green  
Relish  
vert vert sucré

500 mL

**3<sup>29</sup>**

Dr. Oetker  
**Shirriff**  
original  
LEMON PIE  
FILLING & MOUSSE MIXES  
AU CITRON

215 g

Dr. Oetker  
**Shirriff**  
PIE CRUST  
CROÛTE À TARTE

270 g

Shirriff pie  
filling or  
mousse mixes  
selected varieties  
69-260 g

**3/\$5**  
or \$1.67 ea.

no name® sans nom®  
unsweetened medium  
**coconut**  
noix de coco  
moyenne non sucrée

200 g

artificial  
vanilla  
EXTRACT  
EXTRAIT  
de vanille  
artificiel

43 mL

no name® coconut  
200 g or Club House  
pure or artificial  
extract 43 mL  
selected varieties

**2<sup>29</sup>**

no name® sans nom®  
**pure white vinegar**  
vinaigre blanc  
pur

4 L

no name® vinegar  
Club Size  
4 L

**2<sup>49</sup>**

Becel  
Oil  
Huile

1 L

Becel oil  
1 L

**7<sup>99</sup>**

# Cinco de Mayo



**5.99** no name® shredded cheese selected varieties 320 g



**5.99** lb lean ground beef club size 13.21/kg



**4.99** Ziggy's® chicken or turkey breast strips selected varieties 150/200 g



Jarritos soft drinks selected varieties 370 mL

**1.49**



**4.99** PC® salsa selected varieties 300 g/430 mL



**2/\$1** PC® taco seasoning selected varieties 24 g or 50¢ ea.



**2.49** Old El Paso tortillas 297-334 g, refried beans 398 mL or pickled jalapeños 250 mL selected varieties



PC® sauce selected varieties 215 mL

**1.99**



**3.99** Casa Mendosa or Wonder tortillas selected varieties 204-640 g

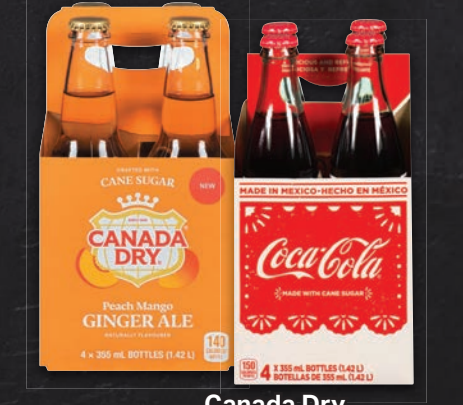


**3.79** no name® tortilla chips 908 g, Club Pack® or Havoc chips, selected varieties 190-280 g



Tajin classic seasoning 142 g or Knorr Bovril bouillon concentrate 250 mL, beef or chicken

**4.79**



**7.99** Canada Dry or Coca-Cola glass bottles selected varieties 4 x 355 mL

## Grocery



**4.99** Breyers or Popsicle novelties selected varieties 6/12's



**4.49** McCain fried potatoes selected varieties, frozen, 1.5 kg



Leclerc Célébration cookies selected varieties 240/350 g

**3.49**



**1.99** Gatorade G Fit sports drinks 828 mL, Glaceau Vitamin water 591 mL or Smartwater 1 L or no name® fruit beverages 2 L, selected varieties



**3.99** PC® 100% juice boxes 10 x 200 mL or Quaker cereal 350-500 g selected varieties



Carnation evaporated milk selected varieties 354 mL

**1.99**



A1 steak or Sweet Baby Ray's BBQ sauces selected varieties 400/425 mL

**3.79**



**2.79** Del Monte fruit selected varieties 398 mL



**3.49** Shake 'n Bake coating mix, selected varieties 142-160 g or Windsor Salt Free salt substitute 311 g



**2.49** Werther's 116-135 g or Maynards 150/154 g candy selected varieties



Dove body wash 325/400 mL or bar soap 3 x 106 g selected varieties

**5.49**



Ziploc storage bags 10-90's or Clorox disinfecting wipes 75's selected varieties

**4.29**

Freshmart

Super Value SHOP EASY

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. ©/TM The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. © 2024 Loblaw's Inc.

Proudly Canadian

PEFC

# Hot Deals of the WEEK



**3.99**

no name® summer sausage, pepperoni or salami chub or bacon 500 g or Johnsonville breakfast rounds or sausage 250/375 g, selected varieties



Ziggy's® sliced deli meat 250/300 g or cheese slices 200/220 g selected varieties

**4.99**



**2.99**

Que Pasa tortilla chips 156-350 g, taco shells 130 g or salsa 420 mL or Humpty Dumpty snacks 250-290 g selected varieties



no name® all purpose flour Club Size, selected varieties 10 kg

**8.99**



# It's Grilling Season!



**11.49**

Swiss Chalet or Montana's pork back ribs 600/650 g or no name® chicken wings, frozen, 908 g selected varieties



Ziggy's® fresh pasta or salad selected varieties 350/454 g

**2.49**



**9.49**

Corona Sunbrew or Budweiser non-alcoholic beer, selected varieties 6 x 330/341 mL



no name® pickles or ketchup selected varieties 1 L

**3.29**