

# Colemans

Lest we forget

**SWEET JUICY ORANGES**  
South Africa #1  
3 lb bags  
Reg. 8.99

SAVE \$3.00  
**5.99**

CUT IT YOURSELF AND SAVE!



**2.49**  
lb  
SAVE \$3.22/lb

**FRESH WHOLE CRYOVAC BONELESS PORK LOINS**  
5.49 kg



SAVE \$2.36/lb  
**3.99**  
lb



**FRESH BONE-IN CHICKEN BREAST**  
8.80 kg  
Family Pack

**PLUMP RIPE RASPBERRIES & BLACKBERRIES**  
Mexico #1  
6 oz clamshell

**2/\$6**



**FRESH floral**  
shop.colemans.ca



**BABY BELL PEPPERS**  
Ontario #1  
4 pk

**4.99**



**2.99**  
SAVE \$2.00

**CARVER'S CHOICE SLICED BACON 375g • Reg. 4.99**

## Colemans community CHAMPIONS



**2/\$7**

**VH COOKING, STIR FRY or DIPPING SAUCES 341-355mL • Assorted**



**COKE or PEPSI PRODUCTS 24x355mL • Assorted**

**11.99**



**CHAPMAN'S FROZEN TREATS 8-20 pk or NO SUGAR ADDED NOVELTIES 4-6 pk • Assorted**



**4.99**



SAVE \$1.30

**PREGO PASTA SAUCE**  
645mL  
Assorted  
Reg. 4.79

**3.49**



**DORITOS**  
230-235g  
Assorted

**3.99**



SAVE \$1.20

**MAPLE LEAF FLAKES OF MEAT**  
156g • Assorted • Reg. 3.99

**1.99**



**DEMPSTER'S SANDWICH BREAD**  
675g  
Assorted

**2/\$6.50**

## HOT DEALS



**HOT DEAL**  
**.99**

**CORDON BLEU GRAVY**  
284mL  
Assorted  
Reg. 3.79



**4.99**  
**HOT DEAL**

**PARKAY MARGARINE**  
850g  
Reg. 7.49



**LA PERLA VEGETABLE or CANOLA OIL**  
946mL • Assorted  
Reg. 6.99

**HOT DEAL**  
**3.47**



**SUNLIGHT DISHWASHER PACKS**  
48 ct  
Reg. 13.99

**7.47**  
**HOT DEAL**



# Fresh Produce

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



**EXTRA LARGE  
RED AND GREEN GRAPES**  
California #1  
11.00 kg



**SWEET JUICY  
GOLDEN DELICIOUS APPLES**  
Washington #1  
6.59 kg

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



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

**LARGE STALK  
CELERY**  
US #1



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

**BABY PEELED  
CARROTS**  
US #1  
1 lb bags

**GOLDEN RIPE  
PINEAPPLES**  
Costa Rica #1



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

**WHOLE WHITE MUSHROOMS**  
Ontario #1 • 8 oz cello

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



**SWEET JUICY ANJOU and BARTLETT PEARS**  
Northwest #1 • 6.59 kg

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



**PLUMP RIPE  
TOMATOES**  
California #1  
4 pk

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

*Organic*

**GALA APPLES**  
Washington #1  
2 lb bags

**2/\$5**

**FRESH  
AVOCADOS**  
Mexico #1



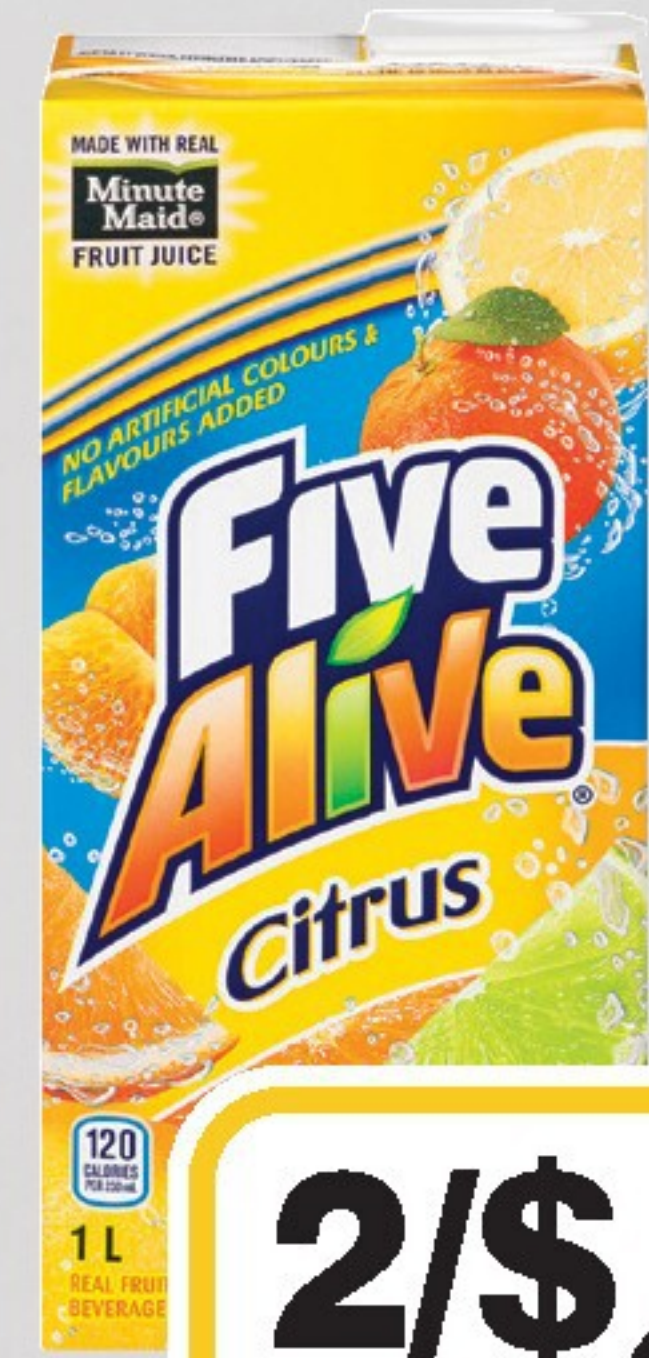
**5<sup>99</sup>**



**2/\$5**

**FRESH CRISP GREEN LEAF LETTUCE**  
California #1

## Breakfast



**2/\$4**

**MINUTE MAID JUICE OR FIVE ALIVE**  
1 • Assorted



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

**DEMPSTER'S WHOLE GRAIN BREAD**  
600g • Assorted



**6<sup>49</sup>**

**ACTIVIA YOGURT**  
8 pk • Assorted



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

**SCOTSBURN  
COTTAGE CHEESE**  
500g • Assorted



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

**MOTT'S FRUITSATIONS**  
6 pk • Assorted



**DEMPSTER'S  
BAGELS**  
450-510g  
Assorted

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



**JIF PEANUT BUTTER**  
375-500g • Assorted

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



**CROSBY'S  
MAPLE + MOLASSES**  
250mL

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



**QUAKER INSTANT OATMEAL**  
18 pk • Assorted

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

**SAVE  
\$1.50**



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

**TETLEY SPECIALTY TEA**  
20 ct • Assorted • Reg. 5.49



**TIM HORTONS  
FRENCH  
VANILLA  
CAPPUCCINO**  
454g  
or INSTANT  
COFFEE 100g  
Assorted

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



**MCCAFÉ PREMIUM ROAST COFFEE**  
875g

**21<sup>99</sup>**



**INTERNATIONAL  
DELIGHT  
COFFEE  
CREAMERS**  
946mL  
Assorted

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



# ChoiceCuts



**14<sup>99</sup>**  
lb  
SAVE \$5.48/lb



CANADIAN BEEF  
**CANADIAN AA OR HIGHER**  
T-BONE GRILLING STEAKS  
33.05 kg • Family Pack



FRESH  
BONELESS RIB CUT PORK LOIN CHOPS  
8.80 kg • Family Pack

**3<sup>99</sup>**  
lb  
SAVE \$3.35/lb



FRESH PORK SPARE RIBS 8.80 kg • Family Pack

SAVE \$4.19/lb  
**3<sup>99</sup>**  
lb

## HOT DEALS



BURNS  
WIENERS  
375g  
Reg. 5.99

**HOT DEAL**  
**2<sup>99</sup>**



900g  
SIZE!

**HOT DEAL**  
**8<sup>99</sup>**

SCHNEIDERS SMOKIES SHARP CHEDDAR  
SAUSAGES 900g • Reg. 16.99



SUNRISE  
SALAMI  
DELI STICKS  
250g • Salami only  
Reg. 6.99

**HOT DEAL**  
**3<sup>99</sup>**



SUNRISE WHOLE BOLOGNA  
2 kg average • Reg. 19.99

**15<sup>99</sup>**

SAVE \$4.00



SCHNEIDERS MAIN STREET DELI SLICED MEATS  
200-250g • Assorted

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



MAPLE LEAF SAUSAGE ROUNDS or LINKS  
300g • Fully Cooked

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



HORMEL GATHERINGS SNACK TRAYS  
425g • Assorted

**9<sup>99</sup>**



SOUTHERN FRIED BREADED CHICKEN 1 kg

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



SUNRISE  
BEEF BURGERS  
500g

**9<sup>99</sup>**

## From the Sea



SALT TURBOT 19.81 kg  
Product of Newfoundland

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

Locally Caught!



LOCALLY CAUGHT  
COLD WATER SHRIMP  
2 lb • Cooked and Peeled  
Reg. 39.66  
Product of Newfoundland

**23<sup>99</sup>**  
SAVE \$15.67



HIGH LINER  
SIGNATURE  
WILD PACIFIC SALMON  
FILLETS  
400g  
Reg. 12.99

SAVE \$3.00  
**9<sup>99</sup>**

## Frozen

HEINZ  
BAGEL BITES  
9 pk • Assorted

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



NESTLÉ PARLOUR  
NOVELTIES 12 pk  
and ICE CREAM 1.5 L  
Assorted

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



GREEN GIANT VALLEY  
SELECTIONS 300-500g • Assorted

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



ALASKO STRAWBERRIES  
1 kg

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



MCCAIN OVAL HASH BROWNS  
3.5 lb

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



CAVENDISH FRIES  
800g • Assorted

**3<sup>77</sup>**



MCCAIN PIZZA POCKETS  
600g

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



# Grocery



**GREEN GIANT VEGETABLES**  
341-398mL • Assorted

**1.99**



**MINUTE RICE**  
250g • Assorted Ready to Eat

**2.99**



**PURITY LEMON CREAMS**  
400g

**4.99**



**CHRISTIE COOKIES**  
258-271g • Assorted

**4.49**



**BLACK DIAMOND CHEESTRINGS**  
252-336g • Assorted

**7.99**



**CATELLI MEAT PASTA SAUCE**  
398mL • Reg. 3.49

**2.49**

SAVE \$1.00



**CATELLI CANNELLONI, MANICOTTI or LASAGNA**  
225-500g • Assorted

**4.49**



**HUNT'S MANWICH SAUCE**  
398mL

**2/\$4**



**GATTUSO PIZZA SAUCE**  
213mL • Assorted or **PIZZA CRUST MIX**  
165g

**3/\$5**



**FRENCH'S MUSTARD**  
400mL • Regular

**2.69**



**MARIO'S COOKED HAM**  
340g • Reg. 5.99

**3.99**

SAVE \$2.00



**MARIO'S MINI VIENNA SAUSAGE** 113g

**3/\$4**



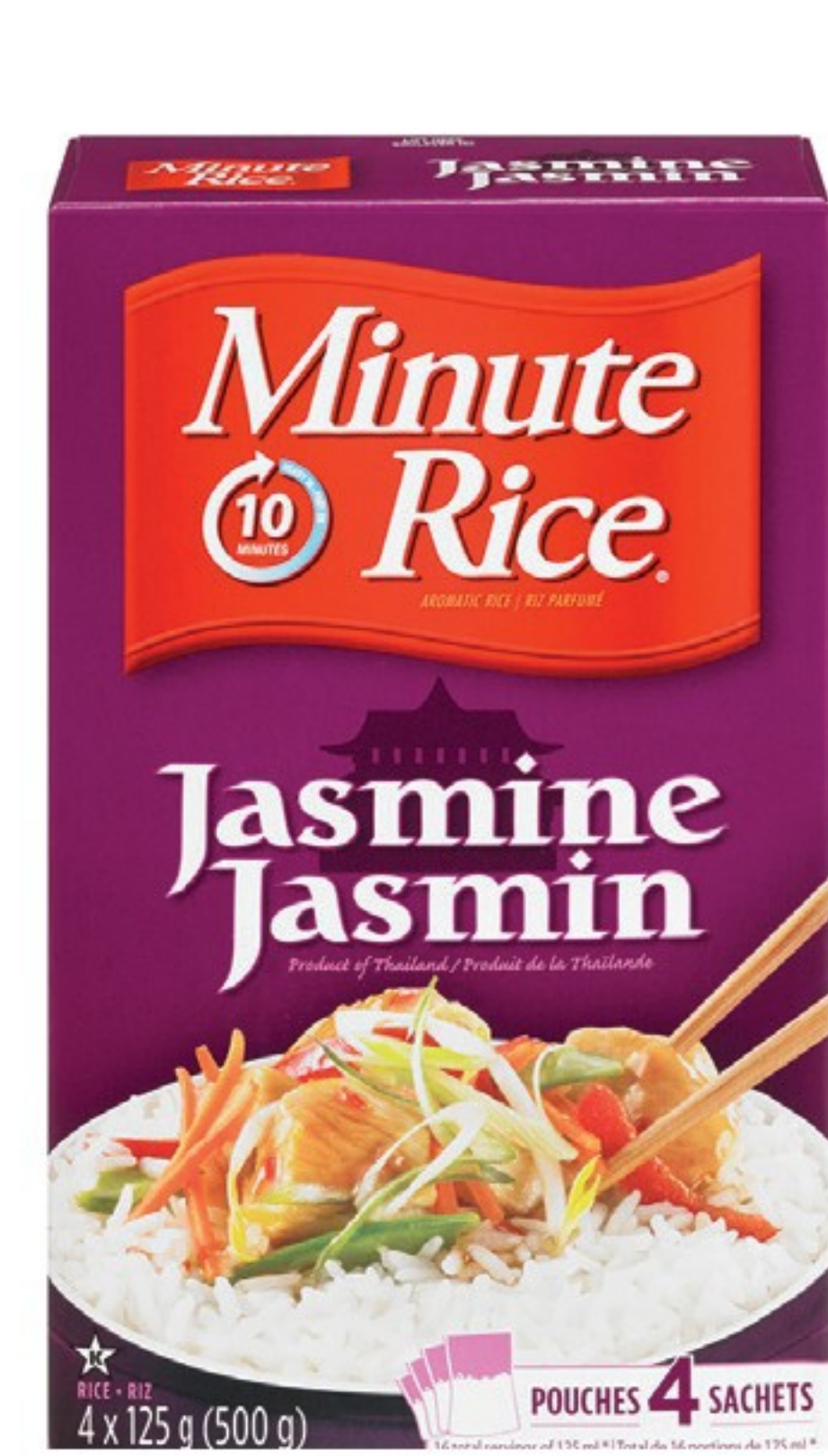
**HOLIDAY LUNCHEON MEAT**  
340g

**2/\$7**



**BICK'S BANANA PEPPERS OR SLICED BEETS** 750mL

**5.49**



**MINUTE RICE**  
500g • Assorted

**4.99**



**QUAKER CHEWY OR DIPPS**  
120-156g • Assorted

**2.99**



**DOLE FRUIT BOWLS OR GELS**  
4 pk • Assorted

**4.49**



**CLOVER LEAF FLAKED LIGHT TUNA**  
3x80g • Assorted • Reg. 9.99

**6.49**

SAVE \$3.50



**BERTOLLI OLIVE OIL** 500mL or **MIRACLE WHIP** 1.5L • Assorted

**10.99**



**FIBRE 1 BARS**  
125-175g • Assorted • Reg. 4.99

**3.49**

SAVE \$1.50



**CHEEZ-IT CRACKERS**  
191-200g • Assorted • Reg. 4.49

**3.29**

SAVE \$1.20



**HOSTESS SNACKS**  
202-360g • Assorted

**2.99**



**CHOLULA SALSA**  
325mL • Assorted • Reg. 6.99

**5.49**

SAVE \$1.50



**TAKIS ROLLED TORTILLA CHIPS**  
200-280g • Assorted • Reg. 4.79

**3.69**

SAVE \$1.10



**PINESOL CLEANER**  
1.41L Assorted

**5.99**



**ROYALE TIGER TOWELS**  
3 Double Rolls = 6 Rolls

**7.99**



**ROYALE DINNER NAPKINS**  
120 ct • Reg. 4.99

**3.99**

SAVE \$1.00



**FEBREZE AIR**  
250g • Assorted • Reg. 5.49

**3.99**

SAVE \$1.50



**DOWNY FREE AND GENTLE**  
1.7L • Reg. 9.49

**5.99**

SAVE \$3.50



**BOUNCE FABRIC SOFTENER SHEETS**  
80 ct • Assorted

**5.99**



**GAIN LAUNDRY DETERGENT**  
1.36L • Assorted

**7.99**



**FEBREZE FABRIC REFRESHER** 438mL

**4.99**



**LIVE CLEAN SOAP**  
500mL • Assorted

**5.49**



**TIDE PODS**  
16 ct • Assorted

**6.99**

# Pet Supplies



**TEMPTATIONS CAT TREATS**  
180g • Assorted

**2/\$7**



**MEOW MIX ORIGINAL CHOICE CAT FOOD**  
1.42kg

**6.99**



**PURINA PUPPY OR DOG CHOW**  
2kg Assorted

**9.99**



**PURINA BENEFUL DOG FOOD**  
283g • Assorted

**2/\$6**



**COLEMAN'S PUP OF THE WEEK**

Sawyer



# Bakery & Deli

Available at select locations



**WHOLE CHICKEN DINNER**  
Includes Fries and Gravy

**\$18**



**FANTINO & MONDELLO**  
SLICED MEATS 100-125g, DRY CHUBS 175g, SLICED PEPPERONI 200g,  
SLICED CRANBERRY SALAMETTI 175g, PEPPERONI CUP 'N CRISP 175g,  
TRIO WITH PROSCIUTTO 100g or DICED PANCETTA 125g • Assorted

**5.99**



**STONEFIRE MINI NAAN BREAD**  
200g

**2.99**

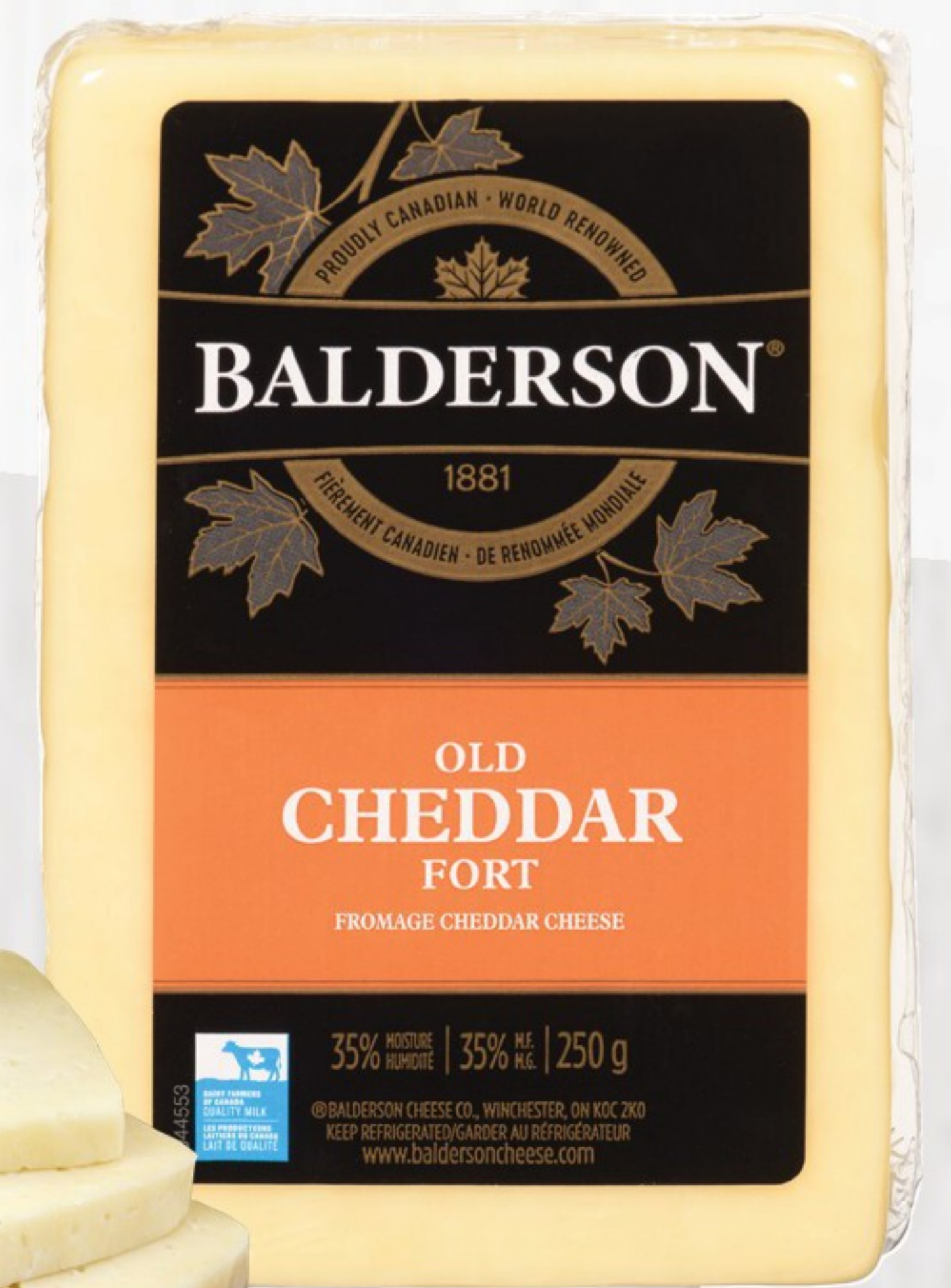


**TWO-BITE BROWNIES**  
608g

**9.99**

**8.99**

**BALDERSON OLD WHITE CHEDDAR**  
250g



**OAKRUN FARM ENGLISH MUFFINS**  
340g • Assorted

**3.49**



*Store made dough*

**TOUTON DOUGH**

600g • Store made • White or Whole Wheat

**3.49**

## Baking



**BETTY CROCKER GLUTEN FREE MIXES**  
425-539g • Assorted • Reg. 8.49

**5.99**



**SAVE \$2.50**

**Gluten Free**



**MAGIC BAKING POWDER**  
450g • Assorted

**6.99**



**MI-DEL GRAHAM CRUST**  
200g

**4.99**

**Gluten Free**

## Colemans community CHAMPIONS



**CARNATION EVAPORATED MILK**  
354mL • Assorted

**2/\$5**



**SAVE \$2.30**

**QUAKER OAT FLOUR**  
700g  
Reg. 6.79

**4.49**



**KRAFT JET-PUFFED MARSHMALLOWS**  
400g • Assorted

**2.99**



**SHIRRIFF PIE FILLINGS**  
106-212g • Assorted

**2/\$4**



**FRY'S COCOA**  
227g • Reg. 6.99

**SAVE \$1.50**

**5.49**



**QUAKER OATS**  
900g - 1 kg • Assorted

**4.99**



**NUTLY PITTED DATES**  
460g • Reg. 4.99

**3.99**



**NUTLY FINE COCONUT**  
460g

**4.99**



**FAVORITE SLICED ALMONDS 150g**  
or **SWEETENED SHREDDED COCONUT 200g**

**Favorite**

**4.49**



# Colemans community CHAMPIONS



**Campbell's**

THE J.M. SMUCKER Co

**ConAgra Foods**  
Food you love



**4/\$5**  
CAMPBELL'S SOUPS  
284mL • Cream of Mushroom,  
Tomato, Chicken Noodle or  
Vegetable



**2/\$5**  
DAINTY RICE  
265g • Assorted



**2/\$3**  
CAMPBELL'S SPAGHETTIOS  
425g



**4.49**  
FRENCH'S KETCHUP  
750mL - 1L • Assorted



**11.99**  
TETLEY TEA  
216 ct



**13.99**  
MCCAIN PIZZA POCKETS  
12 pk • Assorted



**3.99**  
SAVE \$2.00  
BECEL MARGARINE  
427g • Assorted • Reg. 5.99



**2/\$6**  
PEPPERIDGE FARM GOLDFISH CRACKERS  
167-227g • Assorted



**5.99**  
SMUCKER'S DOUBLE FRUIT or PURE JAMS  
and MARMALADES 500mL • Assorted  
Excluding Raspberry • Reg. 7.49



**3.49**  
HUMPTY DUMPTY SNACKS  
or PARTY MIX 250-320g or RESTAURANTE  
TORTILLA CHIPS 290g • Assorted



**1.99**  
HOT DEAL  
CLOVER LEAF CHICKEN or TUNA  
SNACKS 90-99g • Reg. 2.89



**3.99**  
HOT DEAL  
HEINZ TOMATO JUICE  
1.36 L • Reg. 5.99



**2/\$6**  
MINUTE MAID FRUIT PUNCH or  
NESTEA ICED TEA JUICE BOXES 10 pk



**3.49**  
HOT DEAL  
TOWN HOUSE CRACKERS  
260-391g • Assorted • Reg. 4.99



**4.99**  
SAVE \$1.30  
BLACK DIAMOND CHEESE SLICES  
410g • Assorted • Reg. 6.29



**4/\$5**  
MR. NOODLES  
NOODLES IN A CUP 64g • Assorted



**3/\$4**  
FAVORITE  
FLAKED LIGHT TUNA  
170g



**3.99**  
SAVE \$1.50  
CATELLI PASTA  
900g • Assorted • Reg. 5.49



**3.99**  
SAVE \$1.50  
SHAKE 'N BAKE  
140-184g • Assorted • Reg. 5.49



**2/\$5**  
FRASER FARM  
GRAVY AND MEATBALLS  
425g



**6.99**  
BLACK DIAMOND  
CHEESE BLOCKS 400g or SHREDS 300-320g • Assorted



**4.77**  
PURITAN  
CORNEB BEEF HASH  
425g



**3.49**  
SAVE \$2.00  
PILLSBURY  
CHOCOLATE CHIP COOKIES  
428-463g • Assorted • Reg. 5.49



**4.49**  
SAVE \$1.10  
PHILADELPHIA  
WHIPPED CREAM CHEESE  
227g • Assorted • Reg. 5.59



**2.49**  
SAVE \$1.00  
BETTY CROCKER CAKE MIXES  
375-461g • Assorted • Reg. 3.49



**2.99**  
SAVE \$1.50  
BETTY CROCKER FROSTING  
340-450g • Assorted • Reg. 4.49



**3.99**  
SAVE \$1.50  
KRAFT COOL WHIP  
225g • Assorted • Reg. 5.49



**3.99**  
SAVE \$1.30  
HERSHEY'S CHIPITS  
200-270g • Assorted • Reg. 5.29



**2/7.50**  
FRITO-LAY'S MINIS SNACKS  
106-145g • Assorted



**4.99**  
CASA DI MAMA or RISTORANTE  
PIZZA 320-410g • Assorted



**6.99**  
KELLOGG'S CEREALS or  
GENERAL MILLS CHEERIOS 500-725g  
Selected • Family size



**6.99**  
EVERSWEET MARGARINE  
850g



**9.99**  
JUMPING BEAN WHOLE BEAN COFFEE 1 lb  
or PODS 20 ct • Assorted