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# Colemans

every visit feels like coming home



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

**FRESH SHOULDER PICNIC PORK ROAST**  
6.59 kg • Family Pack



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

**EXTRA LARGE BLACK or RED GRAPES**  
South Africa #1  
8.80 kg

**BABY BELL PEPPERS**  
Mexico #1 • 4 pk

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



**RED RIPE RASPBERRIES**  
Mexico #1 • 6 oz clamshell

**2/\$6**



SAVE \$2.13/lb  
**3<sup>99</sup>**  
lb

**FRESH CHICKEN WINGS**  
8.80 kg  
Family Pack



**500g SIZE!**

**SPALDING BACON**  
500g • Assorted • Reg. 6.99

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



**SCHNEIDERS LUNCHMATE and CHARCUTERIE KITS**  
81-99g • Assorted • Reg. 4.49

SAVE \$1.50  
**2<sup>99</sup>**

SAVE \$1.50  
**3<sup>99</sup>**

**CAVENDISH FLAVOUR CRISP COATED FRIES or HASH BROWN WAFFLES**  
625-750g • Assorted • Reg. 5.49

SAVE \$2.02  
**2<sup>97</sup>**

**PRIMO KETCHUP**  
1 L • Squeeze • Reg. 4.99

SAVE \$1.71  
**2<sup>88</sup>**

**IMPERIAL SOFT MARGARINE**  
427g • Reg. 4.59

**KELLOGG'S CEREAL**  
480-625g • Family Size • Selected  
**5<sup>77</sup>**

**4/\$5**

**KRAFT DINNER**  
200g • Original

**3/\$5**

**HEREFORD VIENNA SAUSAGE**  
130g

**6<sup>44</sup>**

**PURITY HARD BREAD**  
625g

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

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

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

**CHAPMAN'S ICE CREAM COLLECTION**  
2 L • Assorted or CANADIAN  
8 pk • Assorted

SAVE \$3.72  
**5<sup>27</sup>**

**BLACK DIAMOND CHEESE BLOCKS** 400g or SHREDS 300-320g • Assorted • Reg. 8.99

**13<sup>49</sup>**

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

**2/8<sup>50</sup>**

**RUFFLES CHIPS**  
180-200g • Assorted

**HOT DEAL 2/\$5**

**MEOW MIX**  
500g • Original

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[www.instagram.com/colemansfoods](http://www.instagram.com/colemansfoods)

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THE J.M. SMUCKER Co



2/\$4

CARNATION EVAPORATED MILK 354mL • Assorted



SAVE \$2.00

5.99

ROBIN HOOD FLOUR 2.5 kg • Assorted • Reg. 7.99



SMUCKER'S JAMS and MARMALADES 500mL • Assorted • Excluding Raspberry



SAVE \$3.00

5.99

JIF PEANUT BUTTER 1 kg • Assorted • Reg. 8.99



2/\$5

FUSSELL'S THICK CREAM 170mL

mix n' match 2/\$6

DARE BRETON CRACKERS 120-250g • Assorted  
DARE WAGON WHEELS and VIVA PUFFS 300-315g • Assorted  
DARE BEAR PAWS 168g • Assorted



mix n' match 3/\$5

STONEY CREEK TOMATOES 796mL • Assorted  
FAVORITE FRUIT 398mL • Assorted  
SWISS CHALET GRAVY and DIPPING SAUCE • 284mL • Assorted  
HEINZ TOMATO SOUP • 284mL



SAVE \$1.50

4.99

RED BARON DEEP DISH PIZZA 318-326g • Singles • Reg. 6.49



SAVE \$3.00

6.99

RED BARON RISING CRUST PIZZA 740-780g • Assorted • Reg. 9.99



BLACK DIAMOND CHEESE SLICES 410g • Assorted



PHILADELPHIA CREAM CHEESE 250g Brick • Assorted



KRAFT COOL WHIP 1L • Assorted



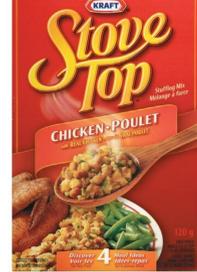
.59

MR. NOODLES 85g • Flat Packs • Assorted



2/\$4

MAPLE LEAF FLAKES OF MEAT 156g • Assorted or HUNT'S MANWICH SAUCE • 398mL



SAVE \$1.11

2.88

STOVE TOP STUFFING 120g • Assorted • Reg. 3.99



PAM COOKING SPRAY 113-170g • Assorted



SAVE \$1.00

3.99

SARA LEE LITTLE BITES 96-234g • Assorted • Reg. 4.99



2/\$6

MINI EGGS 70-80g • Selected



2/\$5

TERRY'S TABLET BARS 90g • Assorted



2.99

REESE'S BIG CUP SPRINKLES 73g



2/\$5

HUNT'S THICK & RICH PASTA SAUCE 680mL • Assorted



SAVE \$3.00

6.99

PARKAY MARGARINE 1.28 kg • Reg. 9.99



20.49

LAY'S VARIETY PACK 42 ct • Assorted



2/\$9

PEPSI 6 x 710mL or 6 x 222mL Mini Cans Assorted



SAVE \$1.00

3.99

HUMPTY DUMPTY SNACKS and PARTY MIX • 250-320g • Assorted • Reg. 4.99



2/\$7

KOOL-AID JAMMERS 10 pk • Assorted



SAVE \$1.00

3.99

DOLE GELS OR FRUIT BOWLS 4 pk • Assorted • Reg. 4.99



8.99

SIMPLY ORANGE JUICE 2.25 L • Assorted



SAVE \$6.00

18.99

POWERADE 24 x 591mL • Reg. 24.99

YOU COULD WIN 1 OF 3 \$10,000 VIP TRIPS TO THE STANLEY CUP FINAL 2025 PLUS DAILY PRIZES OF GIFT CARDS & MORE!

SAVE \$6.00

SAVE \$5.00

SAVE \$10.00



8.99

SPONGE TOWELS 3 Double roll • Assorted Reg. 14.99



7.99

SCOTTIES FACIAL TISSUES 6 pk Reg. 12.99



16.99

CASHMERE 30 Jumbo roll Reg. 26.99



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We reserve the right to limit quantities. Text prevails over photos. Prices do not include sales tax where applicable. Some items may not be available at all locations.

# Fresh Produce



**RED RIPE STRAWBERRIES**  
US #1 • 1 lb clamshell

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



**SWEET JUICY ORANGES**  
Egypt #1 • 3 lb bag

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



**SWEET JUICY BARTLETT PEARS**  
Argentina #1  
6.59 kg

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

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



**FRESH BROCCOLI CROWNS**  
Mexico #1 • 7.69 kg

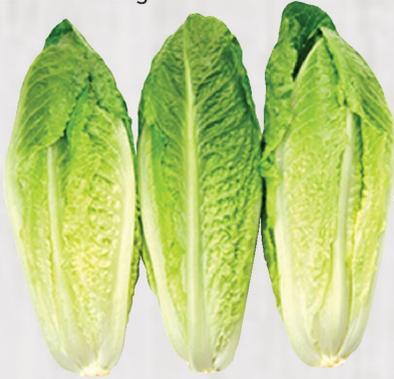
**3<sup>49</sup>**

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



**FRESH AVOCADOS**  
Mexico #1

**2/\$4**



**FRESH CRISP ROMAINE HEARTS**  
US #1 • 3 pk

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



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

**LARGE STALK CELERY**  
California #1



**ZESTY LEMONS**  
California #1

**4/\$5**

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

**GRAPE TOMATOES**  
Mexico #1 • Pint basket



**2/\$5**

**SEEDLESS CUCUMBERS**  
Ontario #1



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

**SWEET RIPE CANTALOUPE**  
Imported #1

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

**CLASSIC BRAND ORGANIC SALADS**  
US #1  
5 oz clamshell



## Bakery & Deli



Gluten Free

New

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

**PROMISE GLUTEN FREE HOT CROSS BUNS** • 200g



New

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

**MOM'S CHOCOLATE EASTER EGG CAKE** • 525g



**PACO TORTILLAS**  
650g • 10"

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

**HOT DEAL**



**WOOLWICH GOAT CHEESE**  
113g • Assorted • Reg. 5.79

**3<sup>49</sup>**  
HOT DEAL



**FANTINO & MONDELLO DELI MEATS**  
100-200g • Assorted

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

Available at select locations



Maple

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

**QUAKER INSTANT OATMEAL**  
232-344g • Selected



Maple

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

**SCOT'SBURN COFFEE and BLEND CREAM** • 1L • Assorted



SAVE \$2.50

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

**FOLGERS COFFEE**  
12 ct • K-Cup • Assorted • Reg. 11.49



**FOLGERS GROUND COFFEE**  
816-865g • Assorted

**22<sup>99</sup>**

Maple



**MCCAIN OVAL HASH BROWNS**  
3.5 lb • Reg. 8.99

SAVE \$2.00



Maple

**2/\$4**

**ALLEN'S JUICE** • 1L • Assorted or GRAVES APPLE JUICE • 1L



**OCEAN SPRAY CRANBERRY COCKTAILS** 1.77-1.89 L • Assorted

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



**OASIS JUICE**  
1.5 L • Chilled • Assorted

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



**KRAFT CHEEZ WHIZ**  
450g • Assorted • Reg. 7.49

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

SAVE \$1.50



**NATURAL HONEY FARMS HONEY**  
750g • Reg. 11.49

SAVE \$2.50



Maple

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

**STONEY CREEK TOMATO JUICE**  
1.36 L



900g SIZE!

**8<sup>49</sup>**

**SELECTION STRAWBERRY CEREAL BARS** • 900g



SAVE \$1.00

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

**DEMPSTER'S ENGLISH MUFFINS**  
6 pk • Assorted • Reg. 3.99



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

**KELLOGG'S RICE KRISPIES SQUARES** 176-220g • Assorted



**4/\$5**

**FRISKIES CAT FOOD**  
156g • Assorted

# ChoiceCuts

CHECK THE DIGITAL FLYER FOR  
*Gourmet our way*  
SPECIALS



FRESH  
LEAN GROUND BEEF  
15.41 kg • Family Pack

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



CANADIAN BEEF

**17<sup>99</sup>**  
lb

SAVE \$4.84/lb

CANADIAN  
AA OR HIGHER  
STRIPLOIN  
STEAKS  
39.66 kg  
Family Pack



FRESH CRAVOVAC  
PORK BACK RIBS  
13.21 kg

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

SAVE \$2.62/lb



FRESH or FROZEN  
LEAN GROUND PORK 8.80 kg

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

SAVE \$1.90/lb



FRESH PORK  
SHOULDER PICNIC  
STEAKS 7.69 kg  
Family Pack

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

SAVE \$1.27/lb



SUNRISE WHOLE BOLOGNA  
2 kg

**16<sup>99</sup>**



SCHNEIDERS SLICED HAM  
600g • Reg. 14.99

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

SAVE \$6.00



MAPLE LEAF PREPPED & READY  
NATURAL MEATS • 250g • Assorted

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

## From the Sea



FRESH WHOLE STEELHEAD TROUT  
13.21 kg

SAVE  
**\$2.00/lb**

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



PARAMOUNT  
IMITATION  
CRABMEAT  
907g • Flake Style

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



MAPLE LEAF WIENERS  
375g • Assorted • Reg. 6.49

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

SAVE \$1.50



SELECTION BURGERS, STRIPS or  
NUGGETS • 800g • Assorted

**11<sup>99</sup>**



SCHNEIDERS BLACK FOREST HAM  
175g

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



McCAIN DEEP 'N DELICIOUS CAKE  
510g • Assorted

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



GIUSEPPE GARLIC FINGERS  
317g

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



McCAIN PIZZA POKETS  
540-600g • Assorted • Reg. 9.49

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

SAVE \$2.50



FURLANI STUFFED MOZZA  
BREADSTICKS • 326g

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



WONG WING EGG ROLLS  
680g • Assorted

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



OASIS HYDRA FRUIT and  
DEL MONTE JUICE BOXES  
8 pk • Assorted • Reg. 5.49

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

SAVE \$1.50



MOTT'S FRUITSATIONS  
6 pk • Assorted

**3<sup>69</sup>**



JAFFA PITTED DATES  
500g

**4<sup>44</sup>**



BIRD'S CUSTARD POWDER • 340g or  
KRAFT DREAM WHIP • 170g

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



KRAFT SALAD DRESSING • 425mL  
Assorted or BULL'S-EYE BBQ SAUCE  
425mL • Assorted

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



PEPPERIDGE FARM GOLDFISH  
SNACKS 616-750g • Assorted  
Reg. 10.99

**8<sup>49</sup>**

SAVE \$2.50



DARE VEGGIE CRISPS  
100g • Assorted

**2/\$6**



IRRÉSISTIBLES UDON NOODLES  
400g

**2/\$5**



CATELLI PASTA  
900g • Assorted • Reg. 5.49

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



CAMPBELL'S SPAGHETTIOS  
425mL

**2/\$4**



FRASER FARM GRAVY AND MEATBALLS • 425g  
MINUTE RICE • 350g • Regular  
PURITAN BEANS AND WIENERS • 425g

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



SELECTION PICKLES  
1L • Assorted • Reg. 5.79

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

SAVE \$1.30



MARIO'S COOKED HAM  
340g • Reg. 5.99

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

SAVE \$1.50



BUSH'S BAKED BEANS  
398mL • Assorted

**2/\$5**

# Shop our online flyer for extra savings. Every week.



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

**KRAFT PASTA SALAD MIX**  
200g



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

**CAMPBELL'S BROTHS**  
900mL • Assorted



**2/\$5**

**KRAFT KD CUPS**  
58g • Assorted



**3/\$5**

**CLOVER LEAF FLAVoured FLAKED LIGHT TUNA** • 85g • Assorted



**2/\$5**

**FAVORITE ALBACORE FLAKED WHITE TUNA** • 170g



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

**GOLD SEAL WILD MACKEREL**  
115g • Assorted



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

**McCAIN FRIES**  
1.5 kg • Assorted



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

**PILLSBURY PIZZA POPS**  
760g • Assorted



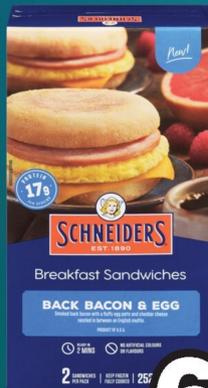
**4<sup>99</sup>**

**BERTOLLI PASTA SAUCE**  
630mL • Assorted



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

**PILLSBURY PIZZA BITES**  
693g • Assorted



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

**SCHNEIDERS BREAKFAST SANDWICHES** 232-288g • Assorted



**3<sup>59</sup>**

**HEINZ BAGEL BITES**  
9 pk • Assorted



**2/\$11<sup>50</sup>**

**GATORADE**  
6x591mL • Assorted



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

**POGO**  
750g • 10 pk



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

**McCAIN PIZZA POCKETS**  
12 pk • Assorted



**SAVE \$2.00**

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

**FRUITE JUICE BOXES**  
24x200mL • Assorted • Reg. 9.99



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

**LAY'S CHIPS**  
325-535g • Value Size • Assorted



**11<sup>49</sup>**

**ACT II POPCORN**  
14 pk • Assorted



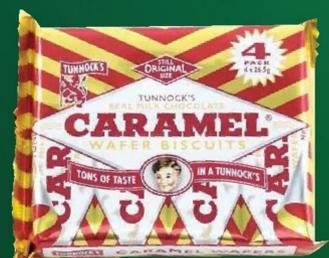
**14<sup>99</sup>**

**QUAKER DIPPS TRIPLE PLAY**  
935g



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

**MADE GOOD GRANOLA BARS**  
15 pk



**2/\$5**

**TUNNOCK'S CARAMEL WAFERS**  
4 pk

Online flyers give you the *deals* while we help save our *environment*.

# Shop our online flyer for extra savings. Every week.



**2/\$5**

**KRAFT JET-PUFFED MARSHMALLOWS** 250g • Assorted



**SAVE \$1.00**

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

**CRISCO SHORTENING** 454g • Assorted • Reg. 4.99



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

**FLEISCHMANN'S YEAST** 113g • Assorted



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

**PILLSBURY CRESCENT ROLLS** 226-235g • Assorted



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

**CRISCO OIL** 1.18 L • Assorted



**17<sup>99</sup>**

**HERSHEY'S CHIPITS** 835-925g • Assorted



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

**BECEL MARGARINE** 427 g • Assorted



**SAVE \$1.00**



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

**SELECTION QUICK OATS** 1 kg • Reg. 3.49



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

**BECEL PLANT BUTTER STICKS** 454g • Assorted



**SAVE \$1.25**

**4<sup>44</sup>**

**MINUTE MAID ZERO SUGAR JUICE** 1.54 L • Assorted • Reg. 5.69



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

**TIM HORTONS HOT CHOCOLATE** 500g • Assorted



**SAVE \$1.50**

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

**SELECTION MELLOW BLEND INSTANT COFFEE** • 200g • Reg. 6.99



**SAVE \$1.50**

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

**BICK'S SLICED BEETS** 750mL • Reg. 6.99



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

**KRAFT MIRACLE WHIP** 1.5 L • Assorted



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

**FRANK'S RED HOT SAUCES** 354mL • Assorted



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

**DAWN DISH LIQUID** 431mL • Non Concentrated



**SAVE \$2.50**

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

**SPRAY NINE MULTI-PURPOSE CLEANER** • 650mL • Reg. 9.49



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

**LIFE SMART VEGETABLE COCKTAIL** 1.89 L • Low Sodium



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

**LYSOL TOILET BOWL CLEANER** 710mL



**SAVE \$2.00**

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

**ALCAN FOIL WRAP** 50 ft • Reg. 5.99



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

**PEDIGREE DOG FOOD** 630g • Assorted

Online flyers give you the deals while we help save our environment.

# Gourmet our way

BUTCHER-SEASONED.  
HOME-COOKED PERFECTION.

FRESH  
STORE MADE  
LEAN GROUND  
BEEF PATTIES  
19.82 kg



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

FRESH  
STORE MADE  
LEAN PORK  
ITALIAN  
MEATBALLS  
15.41 kg



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



FRESH  
MARINATED  
CHICKEN WINGS  
13.21 kg

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

SAVE \$2.62/lb



FRESH  
MARINATED PORK  
BACK RIBS  
17.61 kg

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

SAVE \$4.07/lb

# From the Ocean to your plate.



HIGHLINER  
FISH BURGER  
5 lb Bag

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



FUYANG TILAPIA  
3 lb • Frozen

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



AQUA STAR PINK  
SALMON FILLET  
440g

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



HIGH LINER TEMPURA  
BATTERED FISH  
250g

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

**Product of Ireland**

**Gluten Free**

See in-store or [shop.colemans.ca](http://shop.colemans.ca) for all of our Gluten Free products





**PROMISE GLUTEN FREE BRIOCHE LOAF**  
400g

**PROMISE GLUTEN FREE CAKE**  
180g • Assorted

**PROMISE GLUTEN FREE SOURDOUGH LOAF**  
400g • Assorted

**9<sup>99</sup>**      **6<sup>99</sup>**      **8<sup>99</sup>**

# MARCH FEATURE

## LEMONS & CREAM SHORTCAKE



**SPECIAL**  
**\$16.99**  
REGULAR \$22.99

DECADENT AND BUTTERY, OUR GOLDEN SHORTCAKE IS LAYERED WITH THICK, DAIRY-FRESH WHIPPED CREAM AND VIBRANT LEMON PRESERVES FOR A FLAVOR THAT'S BOTH BRIGHT AND INDULGENT.



COME TRY OUR FAMOUS  
*artisan*  
**BREADS**

*Available at*  
Gardens Market • Caribou Road  
Stephenville • Mount Pearl  
Newfoundland Drive • Deer Lake  
Merrymeeting Road & more

**HOT CROSS BUNS**  
12 pk • 600g  
Store baked

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





YOU COULD  
**WIN**  
 A VACATION  
 TO HAWAII



SCAN TO ENTER AND  
 VIEW CONTEST RULES



No purchase necessary. Open to legal residents of Canada (excluding Quebec) who have reached the age of majority. Contest runs March 2–April 12, 2026. One (1) prize available to be won. Odds of winning depend on number of eligible entries received. Skill-testing question required. See full rules at WinWithDole.ca.

**Kids!**

Become a member of the  
**FrOOTie TOOTie Club**



and  
 Get a **FREE**  
 piece of fruit  
 when you visit Coleman's!

See a Produce Associate for a membership card



The perfect gift—always available.  
*Get a gift card today.*

