



Scan to receive our e-flyer or visit us at shop.colemans.ca for *even more deals*

Colemans

every visit feels like coming home



3⁹⁹

RED RIPE STRAWBERRIES
Mexico or US #1 • 1 lb clamshell



FRESH BONE-IN CHICKEN BREAST
11.00 kg • Family Pack

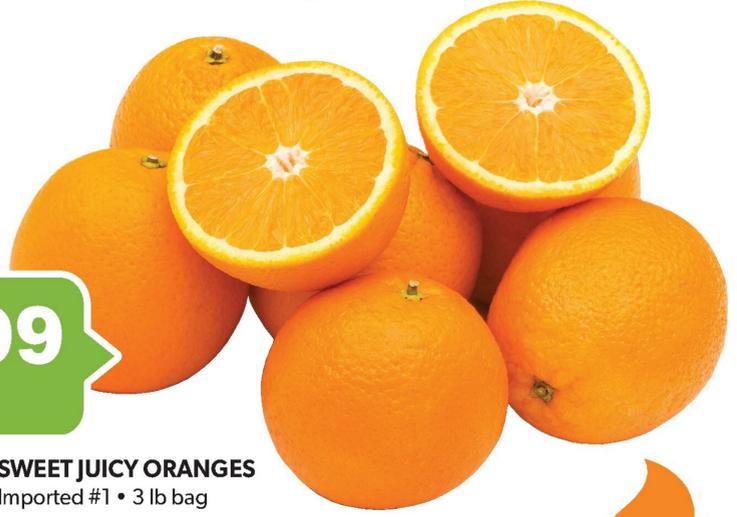


SAVE \$1.81/lb
4⁹⁹
lb



3⁹⁹
lb
SAVE \$3.89/lb

FRESH BONELESS PORK LOIN ROAST or CHOPS
8.80 kg • Family Pack



5⁹⁹

SWEET JUICY ORANGES
Imported #1 • 3 lb bag



BABY BELL PEPPERS
Mexico #1
4 pk

4⁹⁹

RESTAURANT STYLE CHICKEN STRIPS
2 kg bag
Reg. 19.99



HOT DEAL
12⁹⁹





CHAPMAN'S NOVELTIES 4-28 pk • Assorted
4⁹⁹



OCEAN SPRAY CRANBERRY COCKTAILS
1.89 L • Assorted
Reg. 5.49
3⁹⁹



HOT DEAL
5⁹⁹
MCCAIN OVAL HASH BROWNS
3.5 lb • Reg. 8.99



HOT DEAL
5⁹⁹
PUREX LIQUID LAUNDRY DETERGENT
1.75-2.03 L
Assorted
Reg. 10.99



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



JIF PEANUT BUTTER
1 kg • Assorted
Reg. 8.99
5⁷⁷



KRAFT CHEEZ WHIZ 450g or **DORA SPREAD** 500mL • Assorted
3⁹⁷



SAVE \$1.00
DEMPSTER'S HOT DOG or HAMBURGER BUNS
8 pk • Assorted • Reg. 3.99
2⁹⁹



FAVORITE MANDARIN ORANGES 284mL, **PIECES & STEMS MUSHROOMS** 284mL and **SLICED PEACHES** 398mL • Sliced Peaches only
4/\$5



IMPERIAL MARGARINE
850g • Reg. 7.99
SAVE \$3.00
4⁹⁹



COKE or PEPSI PRODUCTS
6x710mL • Assorted
2/\$9



TOSTITOS or RUFFLES CHIPS 180-295g • Assorted
2/\$8⁵⁰



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www.instagram.com/colemansfoods

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More great Savings



SPARKLING ICE
503mL • Assorted

3/\$4



SAVE \$1.70
MINUTE MAID
ZERO SUGAR
1.54L • Assorted
Reg. 5.69

3⁹⁹



LACTANTIA HEALTHY
ATTITUDE MARGARINE 850g

6⁹⁹



PHILADELPHIA WHIPPED
CREAM CHEESE 227g • Assorted

4⁹⁹



LACTANTIA CREAM CHEESE
250g • Assorted • Reg. 5.49

HOT DEAL
2⁹⁹



AYLMER
BROTHS and SOUPS
284mL • Assorted

2/\$3



BURNS FLAKES OF MEAT
156g • Assorted

2/\$4



HEINZ CHILI SAUCE 455mL and
KRAFT SANDWICH SPREAD 475mL

4⁹⁹



BICK'S SWEET GREEN RELISH
375mL

2/\$5



HEINZ KETCHUP
1L • Squeeze

5⁴⁴



SWISS CHALET GRAVY and
DIPPING SAUCE 284mL • Assorted

1⁶⁷



CATELLI PASTA
375-500g • Selected • Reg. 3.49

2²⁹



PREGO PASTA SAUCE
645mL • Assorted • Reg. 4.99

3⁹⁹



STONEY CREEK TOMATOES
796mL • Assorted

3/\$5



BLACK DIAMOND CHEESE SLICES
410g • Assorted

4⁹⁹



PEPPERIDGE FARM
GOLDFISH CRACKERS
167-227g • Assorted

2/5⁵⁰



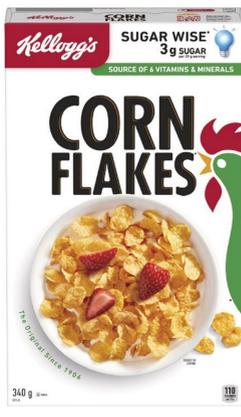
DOLE PINEAPPLE
398mL • Assorted

2/\$5



PURITAN
BEANS AND WIENERS
425g • Reg. 3.99

SAVE \$1.00
2⁹⁹



KELLOGG'S
CEREALS
300-425g
Selected

4⁹⁹



ARMSTRONG CHEESE BLOCKS 400g or
SHREDS 300-320g • Assorted • Reg. 8.99

SAVE \$3.00
5⁹⁹



QUAKER DIPPS or CHEWY GRANOLA
BARS 120-156g • Assorted

2/5⁵⁰



CAVENDISH FRIES
800g • Assorted

3⁷⁷



SAVE \$1.50
4⁹⁹

HEALTHY CHOICE
GOURMET STEAMERS
283-306g • Assorted • Reg. 6.49



RED BARON CLASSIC CRUST PIZZA
584-665g • Assorted • Reg. 7.99

SAVE \$3.00
4⁹⁹



VACHON SNACKS
220-410g • Assorted • Reg. 5.49

SAVE \$1.50
3⁹⁹



TIM HORTONS K-CUPS
30 ct • Assorted

22⁹⁹



SAVE \$6.22

FIVE ROSES
ALL PURPOSE
FLOUR
10 kg
Reg. 20.99

14⁷⁷



FAVORITE SWEETENED
CONDENSED MILK 300mL

3²⁷



NESTLÉ JUNIORS
8 ct • Assorted

2/\$3



CHAPMAN'S ICE CREAM 2L or NO SUGAR
ADDED ICE CREAM 1L • Assorted

4⁹⁹



RED ROSE TEA BAGS
216 ct • Reg. 15.99

SAVE \$4.00
11⁹⁹



MICHELOB ULTRA ZERO
6x355mL

13⁹⁹



FRITO LAY MEGA SIZE PACK MIX
42 ct • Assorted

20⁴⁹



COKE or PEPSI PRODUCTS
12x355mL • Assorted

7⁹⁹



RRROLL
UP 2
WIN
MILLIONS OF PRIZES
TO BE WON



Scan to receive our e-flyer
or visit www.colemans.ca

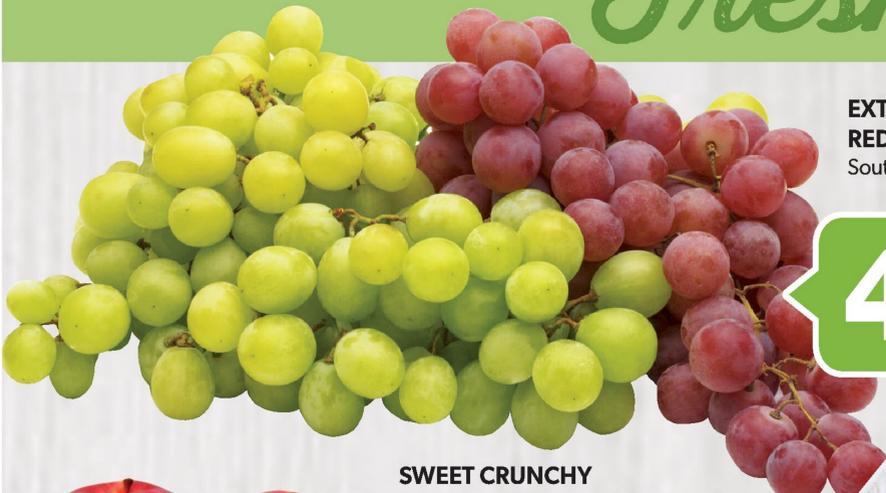


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We reserve the right to limit quantities. Text prevails over photos.
Prices do not include sales tax where applicable.
Some items may not be available at all locations.

Fresh Produce



EXTRA LARGE RED and GREEN GRAPES
South Africa #1 • 11.00 kg

4.99
lb



3.99
lb

PLUMP RIPE TOMATOES ON THE VINE Ontario #1
8.80 kg



SWEET CRUNCHY AMBROSIA APPLES
Washington #1 • 4.39 kg

1.99
lb

3.49



GRAPE TOMATOES
Mexico #1 • Pint basket

HOT DEAL
2/\$6



WHOLE WHITE MUSHROOMS
Ontario #1 • 8 oz cello

HOT DEAL



Stone Fruit from **Chile**

3.49
lb

SWEET JUICY RED PLUMS
Chile #1 • 7.69 kg

2.49
lb



SWEET JUICY BARTLETT PEARS
South Africa #1 • 5.49kg



2/\$5

SEEDLESS CUCUMBERS
Ontario #1



SWEET JUICY MINNEOLAS
California #1 • 6.59 kg

2.99
lb



BABY SPINACH
US #1
Family size
11 oz container

4.99



3.49
lb

FRESH BROCCOLI CROWNS
Mexico #1
7.69 kg



GOLDEN RIPE PINEAPPLES
Costa Rica #1

5.99

Bakery & Deli



SAVE \$2.00

7.99

IRRESISTIBLE PROFITEROLES
300g • Milk Chocolate • Reg. 9.99



5.99

SELECTION BROWNIES
300g • Moist & Fudgy



Gluten Free

9.99

PROMISE GLUTEN FREE BRIOCHE LOAF 480g



HOT DEAL

3.49
HOT DEAL

WOOLWICH GOAT CHEESE
113g • Assorted • Reg. 5.79



SAVE \$2.30

5.99

FANTINO & MONDELLO CURED MEATS 100-125g • Assorted • Reg. 8.29



SAVE \$1.00

2.99

ATLANTIC BAKERS PANCAKE & WAFFLE MIX 650g • Reg. 3.99



SAVE \$1.50

5.99

JAKEMAN'S MAPLE SYRUP
250mL • Reg. 7.49



3.99

PILLSBURY TOASTER STRUDEL
326g • Assorted



SAVE \$1.50

3.49

DEMPSTER'S WHOLE GRAIN BREAD 600g
Assorted • Reg. 4.99



8.99

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



SAVE \$2.00

3.99

QUAKER CAP'N CRUNCH
350g • Reg. 5.99



ROBIN HOOD OATS
1 kg Assorted

2/\$7



SAVE \$1.30

4.49

SELECTION CANNED FRUIT
796mL • Assorted • Reg. 5.79



SAVE \$1.70

2.99

MOTT'S FRUITSACTIONS UNSWEETENED APPLE SAUCE
620mL • Assorted • Reg. 4.69



SAVE \$1.50

5.99

OASIS CHILLED JUICES
1.5 L • Assorted
Reg. 7.49



1.99

BETTY CROCKER MASHED POTATOES 113g or **GREEN GIANT VEGETABLES** 341-398mL
Assorted



2.99

HEINZ BEANS or PASTA
398mL • Assorted



SAVE \$1.00

2.99

MINUTE RICE 250g
Ready to eat • Assorted • Reg. 3.99



3.29

CLOVER LEAF WHITE TUNA
170g • Assorted



2.99

MARIO'S CORNED BEEF or **MAPLE LEAF KLIK or KAM** 340g



Choice Cuts

CHECK THE DIGITAL FLYER FOR
Gourmet our way
SPECIALS



CANADIAN AA OR HIGHER
PRIME RIB ROAST or STEAKS
37.46 kg • Family Pack

SAVE \$8.86/lb

16⁹⁹
lb



FRESH
CRYOVAC PORK BACK RIBS
13.21 kg • Family Pack

5⁹⁹
lb

SAVE \$2.62/lb

WHOLE
PORK
SHOULDER
SMOKED
PICNIC
8.80 kg



7⁹⁹
lb

FRESH EXTRA LEAN
GROUND BEEF 17.61 kg



FRESH or FROZEN
LEAN GROUND
PORK 8.80 kg

SAVE \$1.90/lb

3⁹⁹
lb



SAVE
\$3.00

SUNRISE
WHOLE
BOLOGNA
1 kg average
Reg. 13.99

10⁹⁹



SAVE
\$2.50

5⁹⁹

SUNRISE DAWN HAM
300g • Reg. 8.49

New



SCHNEIDERS BUFFALO CHICKEN
or SPINACH DIP 530g

12⁹⁹

From the Sea



SAVE
\$5.50/lb

9⁹⁹
lb

FRESH STEELHEAD TROUT FILLET
22.02 kg



SAVE
\$2.00

5⁹⁹

LEADBETTERS SLICED BACON
375g • Reg. 7.99



BELMONT MEATS HOMESTYLE
ANGUS BEEF BURGERS 852g

13⁹⁹



CHRIS BROTHERS
PIZZA VARIETY VALU PACK 175g

2⁹⁹



MIRABEL COOKED
SHRIMP
400g • 71-90 ct

10⁹⁹



2/\$4

SWIFT POT PIE
190g • Assorted



CAVENDISH
FLAVOUR
CRISP
FRENCH
FRIES
750g
Assorted

4⁴⁹



MICHELINA'S
DINNERS
156-284g
Assorted

2/\$5



ALASKO FROZEN FAJITA BLEND
or CALIFORNIA MIX 1 kg

5⁹⁹



SAVE
\$2.00

5⁹⁹

EGGOWAFFLES
560g • Assorted • Reg. 7.99



2/\$7

MINUTE MAID or FIVE ALIVE
JUICE BOXES 8x200mL • Assorted



SAVE
\$2.00

BECEL
CANOLA
SUNFLOWER
OIL 1 L
Reg. 9.99

7⁹⁹



SAVE
\$1.22

CROSBY'S FANCY MOLASSES
675g • Reg. 5.99

4⁷⁷



SAVE
\$1.50

BERTOLLI
OLIVE OIL
SPRAY 155mL
Assorted
Reg. 5.99

4⁴⁹



SAVE
\$1.80

MAGIC BAKING POWDER
450g • Reg. 8.29

6⁴⁹



3⁴⁹

KASHI QUINOA CRUNCH 200g or
QUAKER YOGURT GRANOLA BARS
175g • Assorted



TIM TAM or
COOKIE IT UP
SHORTBREAD
COOKIES
140-175g
Assorted

3⁹⁹



SAVE
\$2.00

HUNT'S PUDDINGS
12 pk • Assorted • Reg. 7.99

5⁹⁹



MEOW MIX CAT FOOD
500g • Original • Reg. 4.99

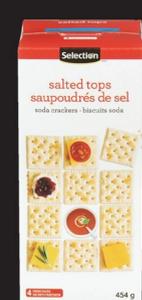
2⁹⁹



MILK-BONE
Soft & Chewy
Tendres et fondants

2/\$4

MILK-BONE SOFT & CHEWY
DOG TREATS 113g • Assorted



SELECTION
SODA
CRACKERS
454g • Assorted
or CHOCOLATE
CHIP COOKIES
270g

3⁴⁹



LIFE SMART
RICE
CRACKERS
100g • Assorted

2/\$3⁵⁰



SELECTION
COOKING or DIPPING SAUCES
350mL • Assorted

3²⁷



SELECTION
MILK CHOCOLATE CHIPS
250g • Milk Chocolate only

5⁴⁹



SELECTION
LEMON SCENT
DISH SOAP
800mL
Reg. 3.49

2⁴⁷

Shop our online flyer for extra savings. Every week.



2/\$4

DARE BREAKTIME COOKIES
250g • Assorted



3.49

GENERAL MILLS FRUIT BY THE FOOT
or **FRUIT SNACKS** • 128-226g • Assorted



3.99

NATURE VALLEY SWEET AND SALTY GRANOLA BARS
160-210g • Assorted



SAVE \$1.00

3.99

DARE ULTIMATES
300g • Assorted • Reg. 4.99



3.69

SCOTSBURN CHOCOLATE MILK
1 L • Assorted



6.49

PRINGLES SNACK STACKS
12 pk • Assorted



4.99

HAWKINS CHEEZIES
8pk



SAVE \$1.40

3.59

OLD DUTCH POTATO CHIPS
or **VEGGIE CRISPS**
200-235g • Assorted • Reg. 4.99



4.49

KOOL-AID JAMMERS
10 pk • Assorted



6.49

CLOVER LEAF SOCKEYE SALMON
213g • Assorted



3/\$5

FAVORITE FLAKED LIGHT TUNA
170g



SAVE \$1.30

3.99

SUNNY DELIGHT
1.89 L • Assorted • Reg. 5.29



2/\$5

HALAL ELITE LUNCHEON MEAT
340g • Assorted



.69

MR. NOODLES
85g • Assorted • Flat Packs



2/\$4

KRAFT DINNER
200g • Original



SAVE \$1.50

2.99

RUGENFISCH HERRING
200g • Assorted • Reg. 4.49



3/\$5

CLUB HOUSE GRAVY MIX or **SLOW COOKER SEASONING**
25-45g • Assorted



3.49

LACTANTIA GARLIC BUTTER
125g



2/\$6

HEINZ MUSTARD
380mL



SAVE \$1.30

4.99

DIANA BBQ SAUCES
500mL • Assorted • Reg. 6.29



4.99

HEINZ TARTAR SAUCE
354mL • Squeeze

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

Shop our online flyer for extra savings. Every week.



2/\$5

CARNATION EVAPORATED MILK
354mL • Assorted



9⁹⁹

KRAFT MIRACLE WHIP
1.5L • Assorted



New

4⁴⁷

STRUB'S PICKLES
500mL • Assorted



6⁹⁹

SHAKE 'N BAKE
283g • Original



4⁴⁹

NUTLY NUTS
160-250g • Selected



SAVE \$2.00

Gluten Free

5⁹⁹

LIFE SMART QUICK OATMEAL
511g • Gluten-Free • Reg. 7.99



5⁹⁹

CHOLULA SALSA
325mL • Assorted



6⁹⁹

QUAKER INSTANT OATMEAL
504-694g • 18 pack • Assorted



4⁹⁹

GOGO SQUEEZ BAKED FRUIT CUPS • 4 pk • Assorted



PILLSBURY CRESCENT ROLLS
226-235g
Regular or Less Fat

2⁹⁹



8⁹⁹

WONG WING ENTREES
400-500g • Assorted



7⁹⁹

LACTANTIA SALTED BUTTER
454g • Assorted



13⁹⁹

SMUCKER'S UNCRUSTABLES
580g-10 pk



15⁹⁹

MCCAIN PIZZA POCKETS
12 pk • Assorted



14⁹⁹

BAGEL BITES
882g-40 ct • Assorted



MEOW MIX CAT FOOD
78g • Assorted

4/\$5



21⁹⁹

CASHMERE BATHROOM TISSUE
30 Jumbo Roll



SAVE \$3.00

10⁹⁹

SELECTION CLEAR BAGS
40 ct • Extra Large Multi-Purpose
Reg. 13.99



PINESOL CLEANER
1.41 L • Assorted

5⁹⁹



13⁹⁹

TIDE POWDER DETERGENT
1.4 kg



SAVE \$1.50

5⁹⁹

HARTZ DELECTABLES SQUEEZE UP
10 pk • Assorted • Reg. 7.49

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

Gourmet our way

BUTCHER-SEASONED.
HOME-COOKED PERFECTION.



5⁹⁹
lb
SAVE \$2.76/lb

FRESH
MARINATED or STUFFED
CHICKEN BREAST
13.21 kg



4⁹⁹
lb
SAVE \$4.30/lb

FRESH
STUFFED BONELESS
PORK CHOPS
11.00 kg

SAVE \$4.30/lb
4⁹⁹
lb



FRESH
MARINATED BONELESS
PORK CHOPS
11.00 kg



FRESH
STUFFED PORK
LOIN ROAST
11.00 kg

4⁹⁹
lb
SAVE \$4.14/lb



FRESH
MARINATED PORK
BACK RIBS
17.61 kg

7⁹⁹
lb
SAVE \$4.07/lb

From the Ocean to your plate.



4⁹⁹
lb

SEAFRESH
ENCRUSTED COD
11.00 kg



3⁹⁹

HIGH LINER TEMPURA
BATTERED FISH
250g



SAVE \$2.00
7⁹⁹

SQUID RINGS
1 lb • Frozen
Reg. 9.99

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

6⁹⁹



PERFECT FOR ANY OCCASION

See in-store or shop.colemans.ca/catering for more options!

Party Trays starting at \$29.99! Offerings vary by store.



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.



Your CO2 cylinder at
a better price

Refilling
a cylinder
\$12.50 +tx

WITH
empty cylinder
in exchange

EXCHANGEABLE
with ALL brands!



TWIST