

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

Colemans

every visit feels like coming home



EXTRA LARGE RED GRAPES
Chile #1 • 8.80 kg



3⁹⁹
lb

SAVE \$1.81/lb
4⁹⁹
lb



FRESH BONE-IN CHICKEN BREASTS
11.00 kg • Family Pack



3⁹⁹
lb

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



5⁹⁹

SWEET JUICY ORANGES
Egypt #1 • 3 lb bag

2/\$6

PLUMP RIPE BLACKBERRIES
Mexico or US #1 • 6 oz clamshell



SAVE \$8.50
6⁹⁹

BUTTERBALL TURKEY BURGERS
852g • Reg. 15.49



SAVE \$10.00
7⁹⁹

SCHNEIDERS HONEY GARLIC FLAVOUR WINGS
615g • Honey Garlic only • Reg. 17.99



3/\$5

JACOB'S CREAM CRACKERS 200g

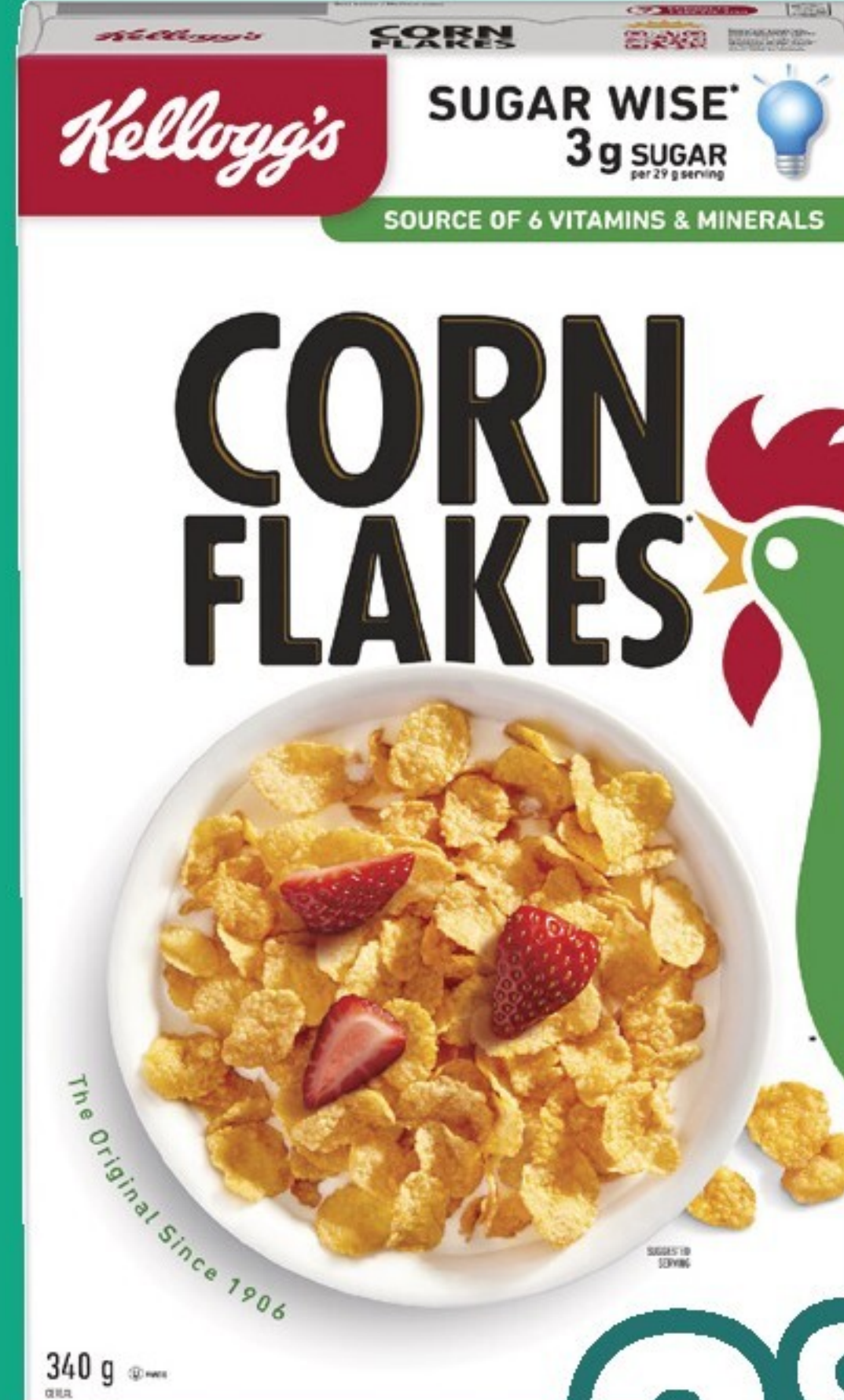


MAPLE LEAF FLAKES OF MEAT 156g Assorted or **CAMPBELL'S SPAGHETTIOS** 425mL

3/\$5



KELLOGG'S CEREALS 340-425g • Selected



3⁹⁹



SCOTSBURN FAMILY FAVOURITES ICE CREAM
1.5 L • Assorted • Reg. 7.49

HOT DEAL
4⁹⁹



SAVE \$2.50

CLASSICO PASTA SAUCES
410-600mL • Assorted • Reg. 5.99



83¢ A BOX!

9⁹⁹
KRAFT DINNER
12 pk



COKE or PEPSI PRODUCTS
24x355mL • Assorted

13⁴⁹



SAVE \$1.30

RUFFLES CHIPS
180-200g Assorted
Reg. 5.29

3⁹⁹



HOT DEAL

ROYALE VELOUR BATHROOM TISSUE
12 Double Rolls
Reg. 13.99

HOT DEAL
8⁴⁷



SAVE \$1.70
3⁹⁹
BLACK DIAMOND CHEESE SLICES
410g • Assorted • Reg. 5.69



SAVE \$1.00

DEMPSTER'S HOLSUM BREAD
570g • White or Whole Wheat
Reg. 3.99

2⁹⁹



HOT DEAL

5⁹⁹
HOT DEAL

PARKAY MARGARINE
1.28 kg • Reg. 9.99



SAVE \$6.00

PRIMO VEGETABLE OIL
3L • Reg. 15.99

9⁹⁹



Like and follow us!
www.facebook.com/colemansfoods
www.instagram.com/colemansfoods

Scan to receive our e-flyer or visit shop.colemans.ca for *even more deals* that you won't want to miss!



mix n' match
2/\$6



GENERAL MILLS FRUIT BY THE FOOT 128g, FRUIT SNACKS 128-226g, TREAT BARS 120g or KELLOGG'S RICE KRISPIES SQUARES 176-220g Assorted



OLD EL PASO TACO SHELLS 125-133g, SOFT FLOUR TORTILLAS 297-334g, MEXICAN RICE 215g, SLICED JALAPEÑO PEPPERS 250mL, TACO SAUCE 243mL or REFRIED BEANS 398mL Assorted

Taco night!



MAG MAYONNAISE
750-890mL • Assorted • Reg. 7.99
SAVE \$2.00
5.99



KNORR SIDEKICKS
120-162g • Assorted • Reg. 2.99
SAVE \$1.00
1.99



FRUITÉ DRINKS
2L Assorted
2/\$5



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



ALASKO FAJITA BLEND
1 kg • Reg. 6.99
SAVE \$2.00
4.99



QUAKER DIPPABLE GRANOLA BARS
120-156g • Assorted
2/5.50



SELECTION FRUIT CUPS
4 ct • Assorted
3.99



SELECTION PEANUT BUTTER
1 kg • Assorted
5.27



POST SHREDDIES, SHREDDED WHEAT OR HONEYCOMB
400-440g • Reg. 5.49
SAVE \$1.50
3.99



EVERSWEET MARGARINE
800-850g
6.99



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



PURITAN BEANS AND WIENERS
425g • Reg. 3.99
SAVE \$1.22
2.77



FRENCH'S MUSTARD
400mL Regular
2/\$5



HEINZ TARTAR SAUCE
354mL • Reg. 5.99
SAVE \$2.00
3.99



DEL MONTE MORNING SUNSHINE
2.5 L • Assorted
7.99



PHILADELPHIA CREAM CHEESE
227g • Assorted
4.99



RED BARON RISING CRUST PIZZA
740-780g • Assorted • Reg. 9.99
SAVE \$3.00
6.99



CAVENDISH CLEAR COAT FRIES
4.5 lb
8.88



DR. OETKER PLANK PIZZA
3 pk • Assorted
6.99



MCCAIN DEEP 'N DELICIOUS CAKE
510g • Assorted • Reg. 7.99
SAVE \$2.00
5.99



HOSTESS SNACKS
206g • Assorted • Reg. 3.99
SAVE \$1.40
2.59



CARNATION EVAPORATED MILK
354mL • Assorted
or **FUSSELL'S THICK CREAM** 170mL
2.27



FAVORITE SWEETENED CONDENSED MILK
300mL
2.99



FAVORITE FLOUR
7 lb
Reg. 7.99
SAVE \$2.00
5.99



AQUAFINA WATER
24x500mL • Reg. 12.99
SAVE \$4.00
8.99



BLACK DIAMOND CHEESE BLOCKS 400g
or **SHREDS** 300-320g • Assorted • Reg. 8.99
SAVE \$2.72
6.27



CHAPMAN'S NO SUGAR ADDED ICE CREAM 1 L
or **NOVELTIES** 4-6 pk • Assorted
5.99



POWERADE SPORTS DRINKS
24x591mL • Reg. 24.99
SAVE \$6.00
18.99



OLD DUTCH CHIPS
200-275g • Assorted • Reg. 5.29
SAVE \$1.32
3.97



PEPSI PRODUCTS
6x710mL • Assorted
2/\$9



TIDE PODS or GAIN FLINGS
31 ct
11.99

Fresh Produce



SWEET JUICY RED DELICIOUS, GOLDEN DELICIOUS, CORTLAND, GALA OR MCINTOSH APPLES
Nova Scotia #1 • 3 lb bag

6⁹⁹



FRESH AVOCADOS
Mexico #1

2/\$4



FRESH CRUNCHY GRANNY SMITH APPLES
Washington #1 • 6.59 kg

2⁹⁹
lb

SWEET JUICY BARTLETT PEARS
Argentina #1 • 6.59 kg

2⁹⁹
lb



FRESH BROCCOLI
California #1

3⁴⁹



LARGE STALK CELERY
California #1

3⁹⁹

WHOLE BROWN MUSHROOMS
Ontario #1
8 oz cello



3⁴⁹



Stone Fruit from Chile

3⁹⁹
lb

SWEET JUICY BLACK PLUMS
Chile #1 • 8.80 kg



Healthy lunch option!

3⁹⁹

FRESH CRISP ICEBERG LETTUCE
California #1



5⁹⁹

TAYLOR FARMS CHOPPED SALADS
US #1 • 315-383g • Assorted



MINI SNACKING CUCUMBERS
Ontario #1 • 6 pk

4⁹⁹

2⁴⁹
lb

SWEET JUICY CARA CARA ORANGES
California #1 • 5.49 kg



Bakery & Deli

Available at select locations



3⁴⁹

TOUTON DOUGH
600g • Store made



4⁴⁹

10 PK MOM'S DONUTS
Assorted



5⁹⁹

APPLE VALLEY APPLE PIE
620g • Regular only



SAVE \$2.00

5²⁹

PRESIDENT FETA
150g • Reg. 7.29



7⁹⁹

3 PC CHICKEN TENDER MEAL



SAVE \$2.00

5⁴⁹

RED ROSE TEA BAGS
72 ct • Reg. 7.49



5⁴⁹

PURITY JAM JAMS
425g



15⁴⁹

IRRESISTIBLE K-CUPS
30 ct • Assorted



SAVE \$1.50

5⁹⁹

OASIS CHILLED JUICE
1.5 L
Assorted
Reg. 7.49



SAVE \$1.50

5⁹⁹

JAKEMAN'S MAPLE SYRUP
250mL • Reg. 7.49



2/6⁵⁰

KELLOGG'S SPECIAL K FRUIT CRISPS
125-138g or QUAKER YOGURT
GRANOLA BARS 175g • Assorted



2/\$5

OASIS or DEL MONTE JUICE
960mL
Assorted



3⁹⁹

ROUGEMONT APPLE JUICE 2 L or ALLEN'S JUICE 8 pk
Assorted



SAVE \$1.00

3⁴⁹

CHRISTIE RITZ CRACKERS
175-200g • Assorted • Reg. 4.49



4⁴⁹

DEMPSTER'S BAGELS
6 pk
Assorted



SAVE \$1.22

4⁷⁷

LYSOL CLEANERS
650mL • Assorted • Reg. 5.99



2/\$8

CLOROX WIPES
35 ct • Lemon or Fresh



5⁷⁷

PINE-SOL CLEANER
1.41 L
Assorted



12⁹⁹

GLAD BLUE TALL FORCE FLEX BAGS 50 ct



SAVE \$3.00

6⁹⁹

BOUNTY PAPER TOWELS
2 Roll • Reg. 9.99

Choice Cuts

CHECK THE DIGITAL FLYER FOR
Gourmet our way
SPECIALS



**CANADIAN AA OR HIGHER
OUTSIDE ROUND ROAST**
19.82 kg • Family Pack

SAVE \$3.50/lb
8.99
lb



**CANADIAN
AA OR HIGHER
BONELESS STEW BEEF**
19.82 kg • Family Pack

SAVE \$4.06/lb
8.99
lb



7.99
lb
SAVE \$2.89/lb

**FRESH
EXTRA LEAN
GROUND BEEF**
17.61 kg
Family Pack



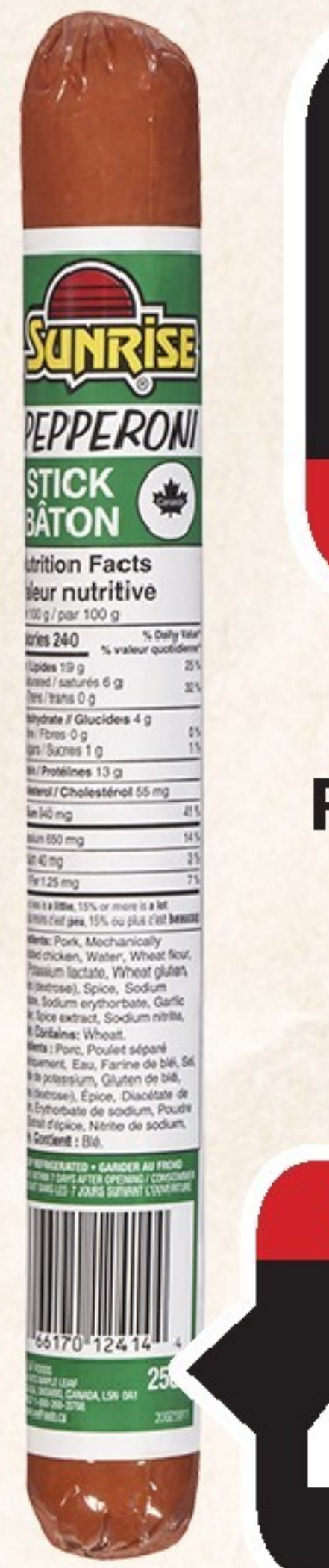
4.99
lb
SAVE \$3.19/lb

**FRESH
PORK SPARE RIBS**
11.00 kg • Family Pack

3.99
lb
SAVE \$1.90/lb



**FRESH or FROZEN
LEAN GROUND
PORK** 8.80 kg
Family Pack



**SUNRISE
PEPPERONI
STICKS**
250g
Reg. 7.99
SAVE \$3.00
4.99

**BIG
1.5 KG!**



**GREENFIELD
SAUSAGE
ROUNDS**
1.5 kg

15.99



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

SAVE \$1.00
3.99

From the Sea



**LAND & SEA
FISH CAKES**
330g

2/\$7



**HIGH LINER
TEMPURA
BATTERED FISH**
250g

2/\$7



5.99

**SCHNEIDERS MAIN STREET DELI
SLICED MEATS** 250g • Assorted



4.49
lb

**CARVER'S CHOICE
BLACK FOREST HALF HAM** 9.90 kg



2/\$5

MINA CHICKEN WIENERS
375g



8.99

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



7.99

MCCAIN PIZZA POKETS
540-600g • Assorted



SAVE \$1.52

5.97

HUNGRY-MAN DINNERS
360-455g • Assorted • Reg. 7.49



Alasko

5.99

ALASKO CALIFORNIA MIX
1 kg



SAVE \$2.00

6.99

MCCAIN OVAL HASH BROWNS
3.5 lb • Reg. 8.99



SAVE \$2.50

9.99

POGO
750g • 10 pk
Reg. 12.49



3.99

KELLOGG'S EGGO WAFFLES
280-330g or **PILLSBURY TOASTER
STRUDEL** 326g • Assorted

mix n' match 2/\$5

PRIMO PIZZA SAUCE
375mL,
ANNIE'S MAC & CHEESE CUPS
57g • Assorted
BUSH'S BAKED BEANS
398mL • Assorted or
DEL MONTE VEGETABLES
341-398mL • Assorted



mix n' match 2/\$4

FRANCO AMERICAN GRAVY
284mL • Assorted
HUNT'S MANWICH SAUCE
398mL
ELITE CHICKEN SALAD KITS
95g • Assorted or
**BETTY CROCKER MASHED
POTATOES** 113g • Assorted



SAVE \$1.30

2.99

KRAFT JET-PUFFED MARSHMALLOWS
400g • Assorted • Reg. 4.29



SAVE \$1.50

3.99

FLEISCHMANN'S CORN STARCH
454g • Reg. 5.49



3.99

LACTANTIA CREAM CHEESE
227-250g • Assorted



SAVE \$7.00

12.99

**PRIMO
EXTRA VIRGIN
OLIVE OIL**
1L • Reg. 19.99



**PAM
COOKING
SPRAY**
113-170g
Assorted

5.99



1.79

**SELECTION FLAVOURED FILLED
WAFERS** 200g • Assorted



12.99

**SELECTION
CHEWY
GRANOLA
BARS** 48 ct



5.99

SELECTION LONG GRAIN RICE
2 kg



5.49

SELECTION BAKING CHIPS
250-270g • Assorted



SAVE \$3.00

10.99

**SELECTION EXTRA LARGE
CLEAR MULTI-PURPOSE BAGS**
40 ct • Reg. 13.99

Shop our online flyer for extra savings. Every week.



SAVE \$1.00

3⁹⁹

POPCORNERS
142g • Assorted • Reg. 4.99



SAVE \$2.00

5⁴⁹

ORVILLE REDENBACHER
MICROWAVE POPCORN 340-492g
Reg. 7.49



SAVE \$2.50

8⁴⁹

OLD DUTCH VARIETY PACK
472g • Assorted • Reg. 10.99



2/\$5

DARE ECONO COOKIES
280-350g • Assorted



2/\$4

DARE BREAKTIME COOKIES
250g • Assorted



3⁷⁹

HAWKINS CHEEZIES
210g



3/\$5

SPARKLING ICE
503mL • Assorted



5⁴⁹

CHRISTIE TOPPABLES
454g



2⁹⁹

HUNT'S SNACK PACK
PUDDINGS OR GELS 4 pk • Assorted



4⁴⁹

LIFE SMART QUICK STEEL CUT OATS
709g



3⁹⁹

ROBIN HOOD OATS
1 kg • Assorted



SAVE \$1.00

3⁹⁹

GO GO SQUEEZ APPLE SAUCE
4x360g • Assorted • Reg. 4.99



17⁴⁹

DOLE FRUIT BOWLS
20 pk • Assorted



3⁴⁹

KNORR OXO CUBES
63-69g • Assorted



3/\$5

HEINZ TOMATO SOUP
284mL



2⁹⁹

KNORR/LIPTON SOUP MIX
2 pk • Assorted



5⁹⁹

FURLANI MOZZARELLA
STUFFED STICKS 326g



5⁹⁷

HEALTHY CHOICE STEAMERS
283-306g • Assorted



New

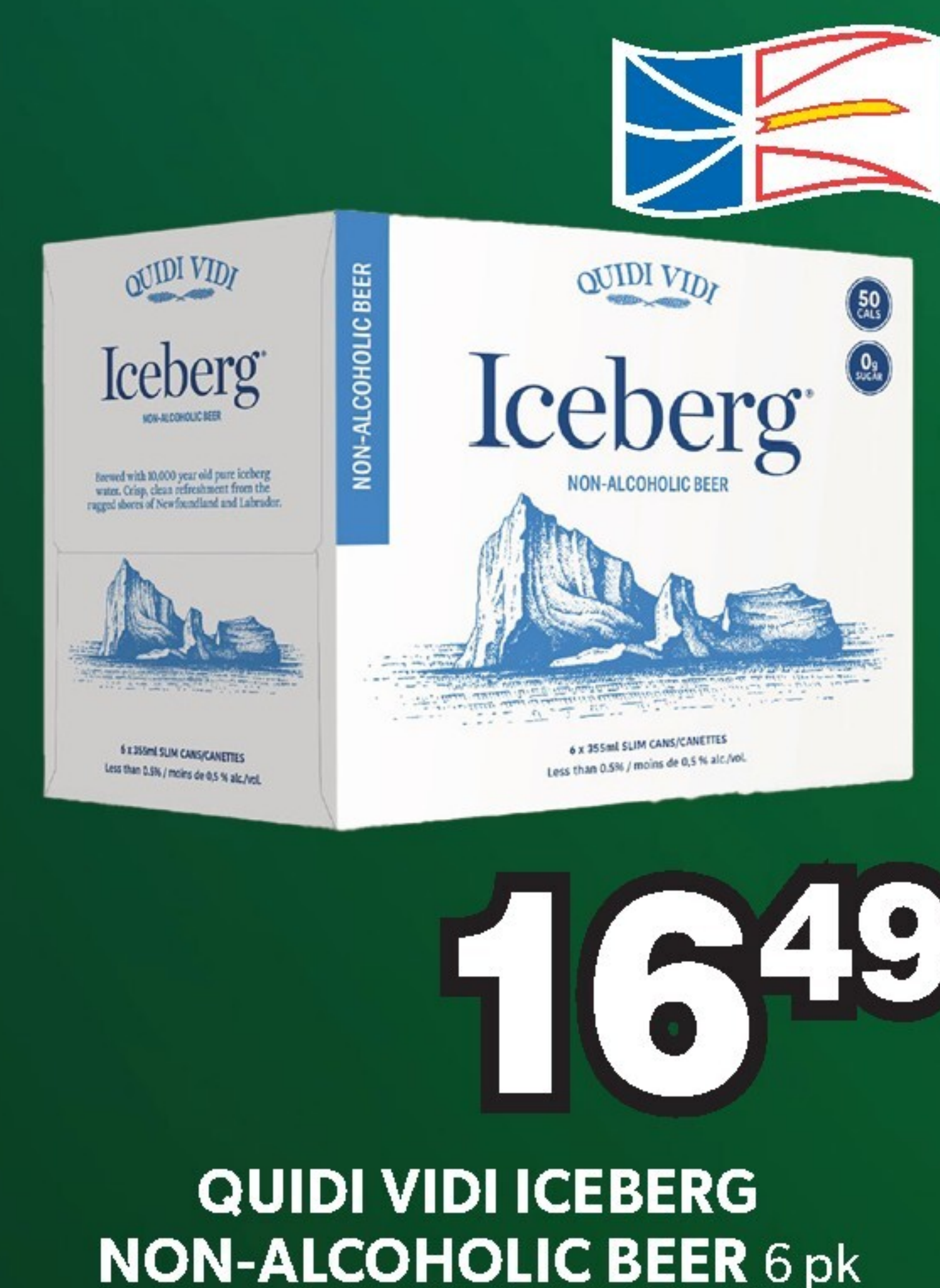
2/\$7

MAG DRESSING
350mL • Assorted



7⁴⁹

DEL MONTE PRUNE NECTAR
1.36 L



16⁴⁹

QUIDI VIDY ICEBERG
NON-ALCOHOLIC BEER 6 pk

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

Shop our online flyer for extra savings. Every week.



MAPLE LEAF VIENNA SAUSAGE
113g

1.99



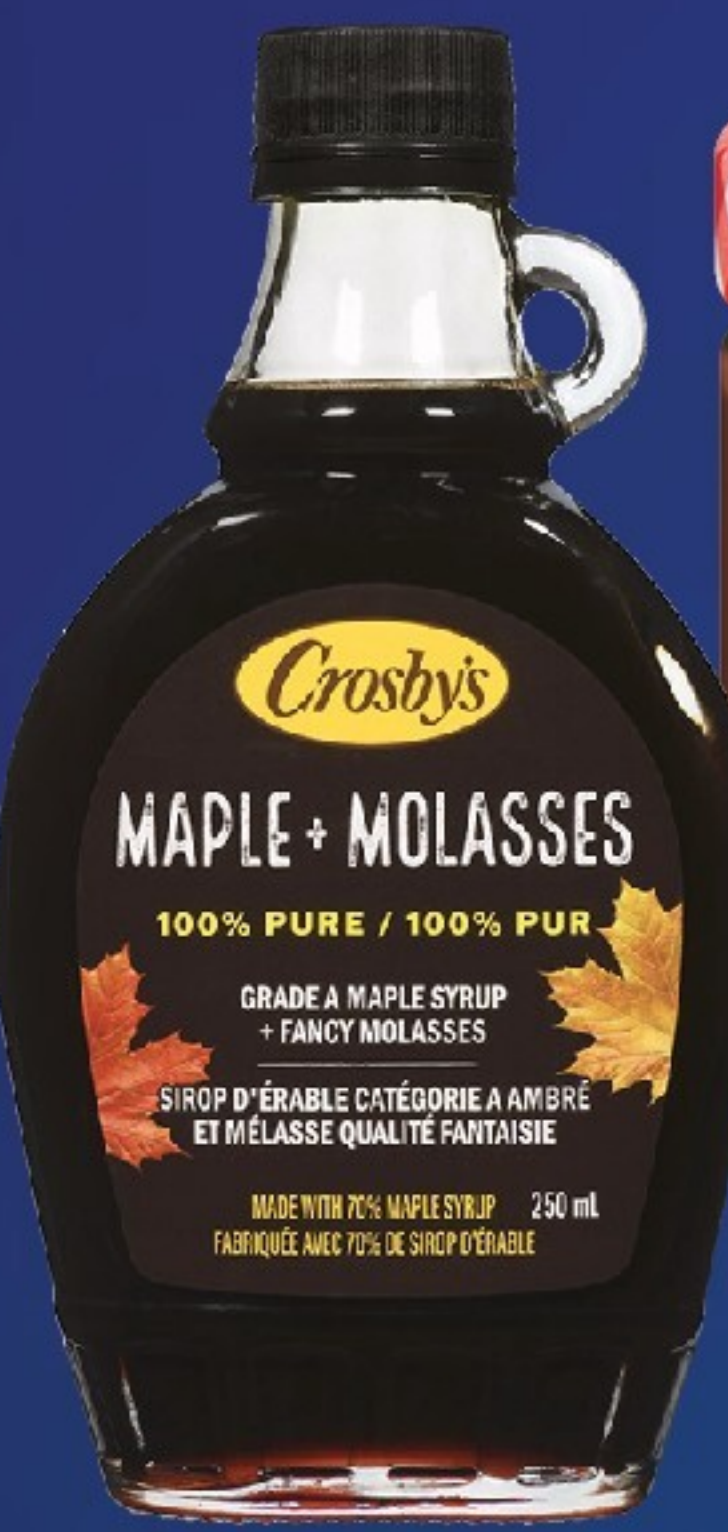
DEL MONTE CORN MEDLEY or DICED BEETS 398mL • Assorted

2.79



KELLOGG'S POP TARTS
284-400g • Assorted

4.29



CROSBY'S MAPLE + MOLASSES
250mL or **BONNE MAMAN HAZELNUT COCOA SPREAD** 250g

6.99



HIDDEN VALLEY SALAD DRESSING
1.06 L • Reg. 8.79

SAVE \$1.80

6.99



CORONATION SWEET GHERKINS
375mL • Reg. 4.69

SAVE \$1.20

3.49



SCOTSBURN COFFEE CREAM or BLEND CREAM 1 L

5.49



KRAFT COOL WHIP
225g • Assorted • Reg. 6.49

SAVE \$1.50

4.99



BECEL MARGARINE
427g • Assorted

4.99



PILLSBURY CRESCENT ROLLS
226-235g • Assorted

2.99



CAVENDISH FLAVOUR CRISP COATED FRIES 750g • Assorted

4.79



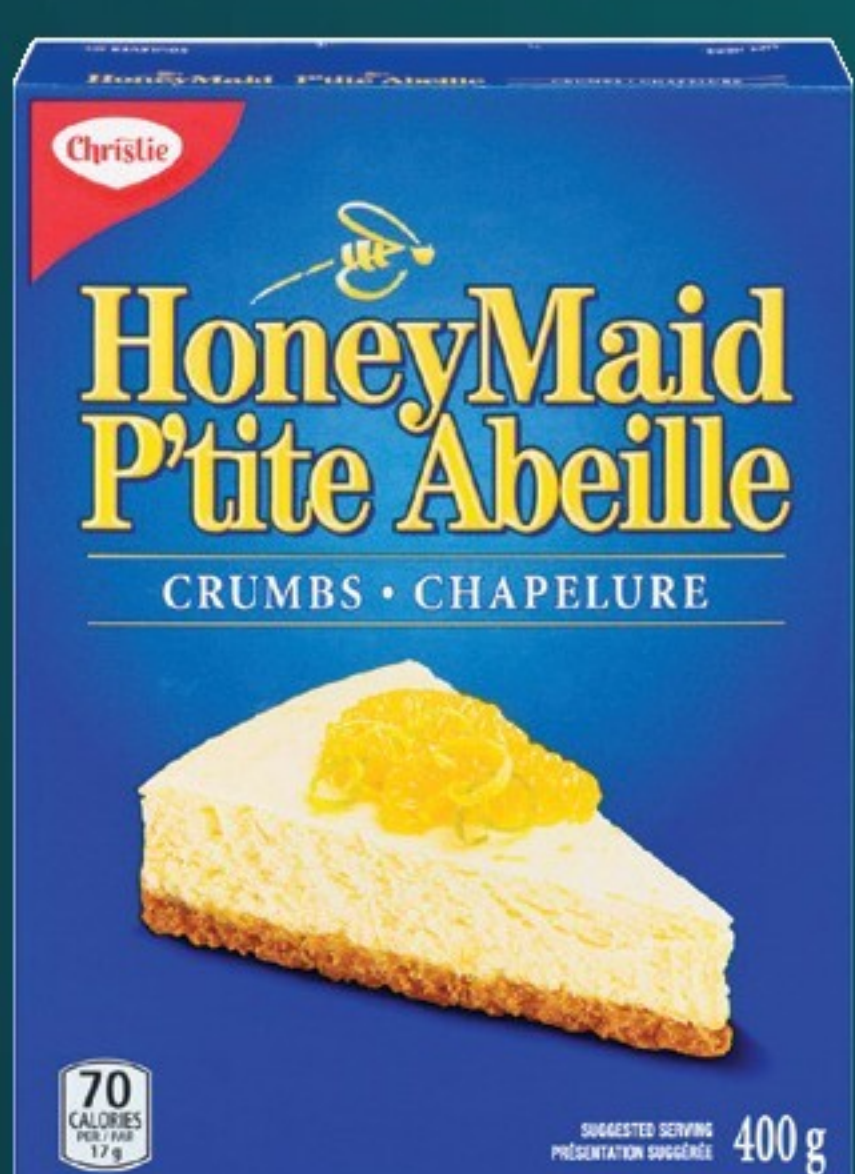
CARNATION HOT CHOCOLATE
7-10 pk or **TIM HORTONS PACKETS**
8 ct • Assorted

5.49



CHRISTIE GRAHAM CRUMBS or WAFERS 400g or **QUAKER MUFFIN MIX** 900g • Assorted

5.49



LANTIC WHITE SUGAR
2 kg

2.99



JAFFA PITTED DATES
500g or **CLUB HOUSE ARTIFICIAL VANILLA** 250mL

4.49



RUSSELL STOVER NO SUGAR ADDED CANDY 68-85g • Assorted Reg. 5.49

SAVE \$2.00

3.49



TIDE POWDER DETERGENT
1.4 kg

13.99



FLEECE LIQUID FABRIC SOFTENER 1.36 L or **SHEETS** 80 ct

5.99

National Pet Day April 11



SAVE \$3.00

9.99

ARM & HAMMER CAT LITTER
6.4 kg • Assorted • Reg. 12.99



2/\$4

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



PURINA FRISKIES LIL' SOUPS
34g • Assorted

5/\$5



PEDIGREE DOG FOOD
630g • Assorted

3.49



Gourmet our way



5⁹⁹
lb
SAVE \$2.76/lb

FRESH
MARINATED or STUFFED
CHICKEN BREAST
13.21 kg



4⁹⁹
lb
SAVE \$4.30/lb

FRESH
STUFFED
BONE-IN
PORK CHOPS
11.00 kg



6⁹⁹
lb
SAVE \$2.49/lb

MARINATED
PORK SIDE RIBS
15.41kg

**BUTCHER-
SEASONED.
HOME-COOKED
PERFECTION.**

From the Ocean to your plate.



14⁹⁹

FUYANG
TILAPIA
3 lb
Individually
Quick Frozen

TOPPITS APPI'S
BREADED
CALAMARI RINGS
500g



11⁹⁹



4⁹⁹
lb
SAVE \$1.00/lb

SEAFRESH
ENCRUSTED COD
11.00 kg



5⁹⁹
lb

HIGH LINER
BREADED FISH CAKES
13.21 kg

APRIL FEATURE

A DELICIOUS COMBINATION OF CARROTS, APRICOTS, CHOPPED WALNUTS AND PECANS, SHREDDED COCONUT AND SPICES BLENDED TOGETHER TO MAKE THE ULTIMATE CAKE LAYER. MASCARPONE CREAM CHEESE ICING IS SPREAD BETWEEN EACH LAYER AND SURROUNDS THE CAKE.



SPECIAL
\$32.99
 REGULAR \$45.99

CARROT CAKE

<p>5⁹⁹</p> <p>SELECTION MOIST & FUDGY BROWNIES 300g</p>	<p>SAVE \$2.00</p> <p>3⁹⁹</p> <p>SELECTION CUPCAKES 284g • Assorted • Reg. 5.99</p>	<p>8⁹⁹</p> <p>IRRESISTIBLE MILK CHOCOLATE MINI ÉCLAIRS 454g</p>	<p>SAVE \$2.00</p> <p>7⁹⁹</p> <p>IRRESISTIBLE MILK CHOCOLATE PROFITEROLES 300g</p>
--	--	--	--

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.



COME TRY OUR FAMOUS
artisan
BREADS
 BAKED FRESH EVERYDAY

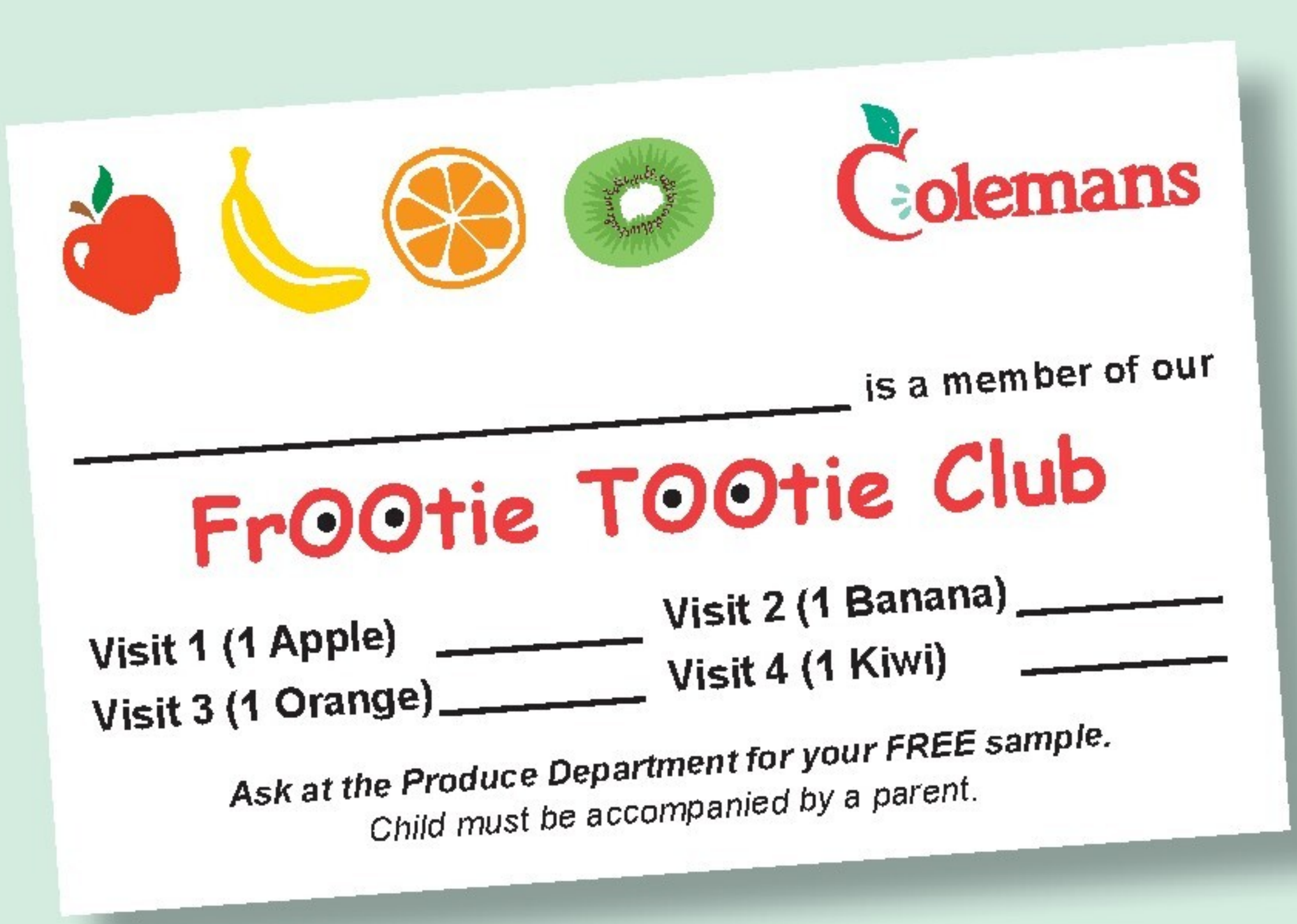
NOT *a birthday* CAKE

Why wait for a birthday?
Customize yours to celebrate
the little things!



Kids!

Become a member of the
FrOOtie TOOtie Club



and
Get a FREE
piece of fruit
when you visit Colemans!

See a Produce Associate for a membership card



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

