

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

Colemans

every visit feels like coming home

RUSSET POTATOES
PEI #1
10 lb bag
Reg. 8.99

SAVE \$4.00
4.99



FRESH SHOULDER PICNIC PORK ROAST
6.59 kg
Family Pack

2.99
lb



FRESH CHICKEN LEGS
6.59 kg
Family Pack

2.99
lb
SAVE \$2.45/lb



SWEET JUICY CLEMENTINES
Morocco #1 • 2 lb bag

4.99

PLUMP RIPE BLACKBERRIES
Mexico #1
6 oz clamshell

2/\$6



SCHNEIDERS CHICKEN WINGS
615g • Assorted
Reg. 17.99

SAVE \$10.00
7.99



Kraft Heinz

ConAgra Foods
Food you love

Colemans community CHAMPIONS



2/\$4
HUNT'S THICK & RICH PASTA SAUCE
680mL • Assorted



SAVE \$1.52



4.99
KRAFT COOL WHIP
1 L • Assorted • Reg. 6.49



SAVE \$2.50

4.99



.99
FAVORITE MANDARIN ORANGES
284mL

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



SAVE \$2.02

1.97

BURNS FLAKES OF MEAT
156g • Assorted • Reg. 3.99



SAVE \$2.22

3.27

SWEET BABY RAY'S BBQ SAUCE 425mL • Assorted
Reg. 5.49



3.29

VILLAGGIO BREAD 675g and CRUSTINI or SAUSAGE BUNS 6-8 pk Assorted



SAVE \$1.30

3.99

LAY'S POTATO CHIPS
200-235g • Assorted
Reg. 5.29



COKE or PEPSI PRODUCTS
12x355mL • Assorted

2/\$16



2/\$4.50

AYLMER TOMATOES
796mL or ACCENTS 540mL Assorted



4/\$5

FAVORITE PIECES & STEMS MUSHROOMS 284mL



4.99
MINUTE MAID SIMPLY
1.36-1.54 L Assorted



HOT DEAL 5.99

BECEL CANOLA & SUNFLOWER OIL 1 L
Reg. 9.99



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

HOT DEAL 5.99



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Colemans
community CHAMPIONS

Kraft Heinz

Dare

THE J.M. SMUCKER Co

ConAgra Foods
Food you love



KRAFT KD CUPS
58g • Assorted

2/\$5



PURITAN BEANS AND WIENERS
425g

2/\$5



DARE BEAR PAWS
168-210g • Assorted • Reg. 5.49

SAVE \$2.70

2.79



FOLGERS K-CUPS
12 ct • Assorted • Reg. 11.49

SAVE \$3.50

7.99



BECEL MARGARINE
800-850g • Assorted • Reg. 9.49

SAVE \$2.50

6.99



DR. OETKER SHIRRIFF PIE MIX
137-164g • Assorted

2/\$4



STONEFIRE NAAN FLATBREADS
250g • Original or Garlic

3.99



HELLMANN'S MAYONNAISE
750-890mL • Assorted

6.49



SELECTION BAKING CHIPS
250-270g • Assorted

4.99



TETLEY TEA BAGS
144 ct • Reg. 11.49

SAVE \$2.50

8.99



CLOVER LEAF SKIP JACK TUNA
170g • Assorted

3/\$5



MR. NOODLES FLAT PACK NOODLES 85g • Assorted

.59



BETTY CROCKER HAMBURGER HELPER 170-240g • Assorted

2/\$5



MARIO'S MINI VIENNA SAUSAGES 113g

4/\$5



MAPLE LEAF COOKED HAM 454g

5.99



SAVE \$3.00

QUAKER DIPP'S GRANOLA BARS
30 ct • 935g
Reg. 15.99

12.99



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

SAVE \$2.50

5.49



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

SAVE \$1.50

4.99



MCCAIN RED BAG FRENCH FRIES 800g • Assorted • Reg. 4.99

SAVE \$1.00

3.99



PHILADELPHIA CREAM CHEESE 227-250g • Blocks or Whipped • Assorted

4.99



KRAFT CHEESE SINGLES 410g • Assorted

5.99



CHAPMAN'S NOVELTIES 8-28 ct • Selected • Reg. 6.99

SAVE \$1.50

5.49



SWISS CHALET GRAVY or DIPPING SAUCES 284mL • Assorted

2/\$4



BIOITALIA BEANS OR LEGUMES 398mL • Assorted

2/\$4



KRAFT PIZZA KIT 850g • Makes 2 Pizzas

7.99



PARKAY MARGARINE 1.28 kg or 3 lb • 1/2 lb squares • Reg. 9.99

SAVE \$3.00

6.99



KELLOGG'S CEREALS 345-525g • Selected

4.79



DEL MONTE MORNING SUNSHINE JUICE 2.5L Assorted

7.99



SELECTION LARGE FLAKE OATS 800g • Reg. 4.99

SAVE \$2.00

2.99



KRAFT DINNER 12 pk

\$1.08 PER BOX

12.99



CRACKER BARREL CHEESE BLOCKS 400g or SHREDS 250-320g • Assorted • Reg. 8.49

SAVE \$1.72

6.77



CHEEZ-IT CRACKERS 191-200g or VOORTMAN TURNOVERS 300g Assorted Reg. 3.99

SAVE \$1.00

2.99



SUNRYPE FRUIT TO GO STRIPS 210g • Reg. 6.99

SAVE \$2.00

4.99



RUFFLES or MISS VICKIE'S POTATO CHIPS 180-220g • Assorted

2/8.50



PEPSI PRODUCTS 6x710mL • Assorted

2/\$9



MR. CLEAN CLEANERS 1.21L • Assorted • Reg. 6.99

SAVE \$2.52

4.47



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www.instagram.com/colemansfoods



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



4⁹⁹
lb

EXTRA LARGE RED and GREEN GRAPES
Chile #1 • 11.00 kg

GROWN RIGHT HERE!



FRESH CARROTS
Grown Right Here #1
or **YELLOW ONIONS**
Nova Scotia #1
2 lb bags

2/\$5



1⁹⁹
lb

SWEET JUICY ORANGES
California #1
4.39 kg



SWEET JUICY BOSCH and PACKHAM PEARS
South Africa #1 • 6.59 kg

2⁹⁹
lb



6⁹⁹

SWEET BELL RAINBOW PEPPERS
Ontario #1 • 3 pk



3⁹⁹

GRAPE TOMATOES
Mexico #1
Pint basket

SWEET JUICY SEEDLESS WATERMELON
US #1
3.73 kg
1/2's and 1/4's



watermelon.org

3/\$4

GREEN KIWIFRUIT
Italy #1



FRESH ZESTY LEMONS US #1



4/\$5



SWEET RIPE HONEYDEW
Imported #1

5⁹⁹



SNACKING MINI CUCUMBERS
Ontario #1 • 6 pk

3⁹⁹



GREEN HEAD GROWERS MIXED LEAF AND SPRING MIX SALADS
Grown Right Here #1 • 5 oz clamshell

4⁹⁹



3⁴⁹

WHOLE WHITE MUSHROOMS
Ontario #1 • 8 oz cello



CELEBRATE MOM!

Locally Grown

10 INCH HANGING BASKETS

24⁹⁹



SELECT ITEMS AVAILABLE AT ALL COLEMANS LOCATIONS



Available at select locations

Bakery & Deli



5⁹⁹

SELECTION MOIST & FUDGE BROWNIES 300g



5⁹⁹

RHUBARB STRAWBERRY PIE 620g



4⁴⁹

10 PK DONUTS Assorted



BOURSIN CHEESE 150g • Assorted



5⁹⁹

FANTINO & MONDELLO CURED MEATS 100-200g • Assorted



6⁴⁹

KRAFT PEANUT BUTTER 750g - 1 kg • Assorted



7⁹⁹

LACTANTIA BUTTER 454g • Salted or Unsalted



5⁹⁹

IRRISISTIBLE FROZEN FRUIT 600g • Assorted



SAVE \$1.50

5⁹⁹

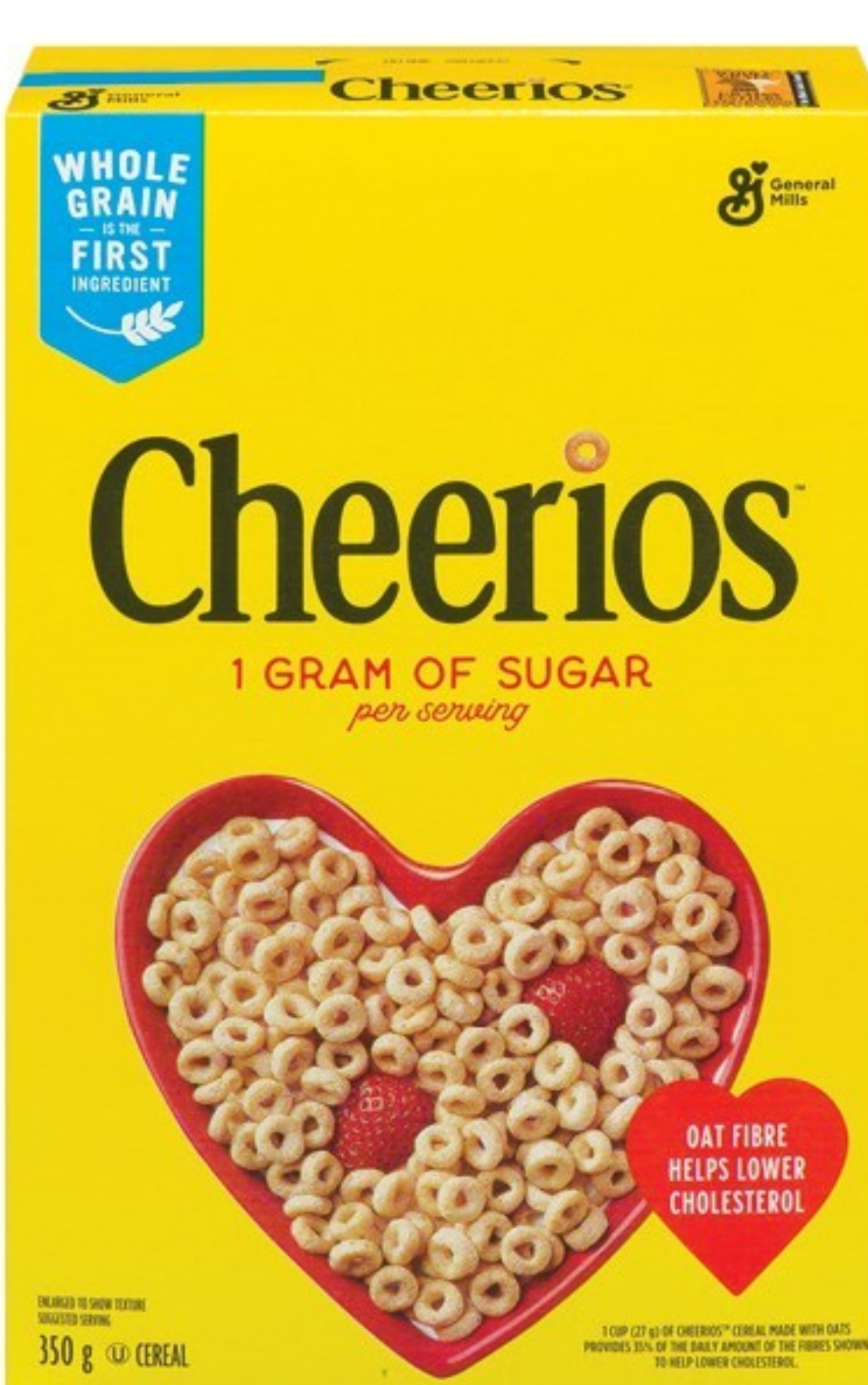
KRAFT CHEEZ WHIZ 450g • Assorted
Reg. 7.49



SAVE \$1.50

4⁴⁹

E.D. SMITH TRIPLE FRUIT JAMS 375-500mL • Assorted • Reg. 5.99



SAVE \$2.00

4⁹⁹

GENERAL MILLS CHEERIOS 342-430g Assorted
Reg. 6.99



16⁹⁹

DOLE FRUIT BOWLS 20 pk • Assorted



15⁹⁹

MCCAFÉ PREMIUM COFFEE 340g • Assorted



2/\$5

PILLSBURY CRESCENT ROLLS 226-235g Assorted



2⁹⁹

ZINDA COUSCOUS 225-907g or **DAINTY TIME WISE PASTA** 250g Assorted



SAVE \$1.20

3⁷⁹

FIBRE 1 BARS 125g • Assorted • Reg. 4.99



3⁴⁹

STONEY CREEK TOMATO JUICE 1.36 L



2⁹⁹

DEL MONTE FRUIT 398mL • Assorted



4/\$5

MEOW MIX TENDERS CAT FOOD 78g • Assorted



SAVE \$3.00

9⁹⁹

WHISKAS SELECTIONS 2 kg • Assorted
Reg. 12.99

ChoiceCuts

CHECK THE DIGITAL FLYER FOR
Gourmet our way
SPECIALS



8⁹⁹
lb

**CANADIAN AA OR HIGHER
BONELESS INSIDE ROUND
ROAST or STEAKS** 19.82 kg • Family Pack



4⁹⁹
lb

SAVE \$2.00/lb

**FRESH
WHOLE CRYOVAC
PORK TENDERLOIN**
11.00 kg • Family Pack



7⁹⁹
lb

SAVE \$2.89/lb

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

SAVE \$1.27/lb

3⁴⁹
lb

**FRESH
SHOULDER
PICNIC PORK STEAK**
7.69 kg • Family Pack



**CANADIAN
AA OR HIGHER
BONELESS STEW
BEEF** 17.61 kg
Family Pack



7⁹⁹
lb

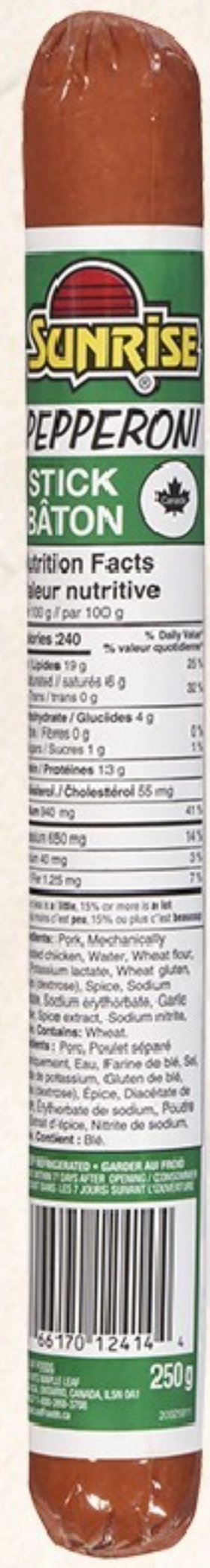
SAVE \$5.06/lb



3⁹⁹
lb

SAVE \$1.90/lb

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



SAVE \$3.00

**SUNRISE
PEPPERONI
STICKS**
250g
Pepperoni only
Reg. 7.99

4⁹⁹



SAVE \$8.00

MAPLE LEAF NATURAL SMOKED HAM
600g • Original only • Reg. 16.99

8⁹⁹



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

5⁹⁹



SAVE \$1.50

SUNRISE SLICED BOLOGNA
375g • Assorted • Reg. 6.49

4⁹⁹

From the Sea



9⁹⁹
lb

FRESH STEELHEAD TROUT FILLET
24.22 kg



SAVE \$4.00

15⁹⁹

**GOLDEN MAPLE
CHICKEN NUGGETS, BURGERS and STRIPS** 2 kg • Reg. 19.99



13⁹⁹

**BELMONT MEATS CHEESE & BACON
BEEF BURGERS** 852g



SAVE \$1.00

3⁹⁹

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



SAVE \$2.00

5⁹⁹

**FURLONG'S TRADITIONAL
FISH CAKES** 2 lb • Reg. 7.99



SAVE \$3.00

6⁹⁹

MCCAIN POCKETS
540-600g • Assorted • Reg. 9.99



**BIG
4.5 LB!**

8⁹⁹

**CAVENDISH
CLEARCOAT CRISPY FRIES** 4.5 lb



5⁹⁹

ALASKA FROZEN FAJITA BLEND
1 kg



4⁹⁹

**DR. OETKER GIUSEPPE
GARLIC FINGERS** 317g



**MICHELINA'S
DINNERS**
156-284g
Assorted

2/\$5



**KRAFT
DREAM WHIP**
170g

5⁴⁹



TENDERFLAKE PIE SHELLS
225-350g • Assorted

4⁴⁹



**community
CHAMPIONS**

SAVE \$1.00

**VH COOKING,
STIR FRY or DIPPING
SAUCES** 341-355mL
Assorted • Reg. 4.99

3⁹⁹

**ConAgra
Foods**
Food you love



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

THE J.M. SMUCKER Co



2/\$5



**ROBIN HOOD
FLOUR**
2.5 kg
Assorted

6⁴⁹



**PEPPERIDGE FARM GOLDFISH
CRACKERS and SNACK PACKS** 167-227g or
QUAKER YOGURT GRANOLA BARS
175g • Assorted

2/\$7



CHRISTIE CRACKERS
350-454g • Assorted

5⁴⁴



DEMPSTER'S WHOLE GRAIN BREAD
600g • Assorted

3⁶⁹



IDAHOAN MASHED POTATOES
389g

3⁴⁹



FRENCH'S KETCHUP 1L or
CROSBY'S MOLASSES 675g

4⁹⁹



SAVE \$1.02

**SELECTION
LEMON SCENT
DISH SOAP**
800mL • Reg. 3.49

2⁴⁷



**Selection
Cereal
Céréales**
bars/bâres
STRAWBERRY
FRAISES

**SELECTION
CEREAL
BARS**
900g

8⁴⁹



**Selection
ORIGINAL
HOMESTYLE
Waffles**

SELECTION WAFFLES
280g • Assorted

3⁴⁹



**Selection
HOT CHOCOLATE**
milk • milkshake
CHOCOLAT CHAUD

**SELECTION
HOT CHOCOLATE**
500g • Reg. 5.99

4⁴⁹



**Selection
GARDEN BLEND**
VEGETABLE COCKTAIL

**SELECTION
or LIFE SMART
VEGETABLE
COCKTAIL**
1.89L • Reg. 4.99

3⁹⁹

SAVE \$1.00

Shop our online flyer for extra savings. Every week.



SAVE \$3.00

8⁹⁹

FUZE DRINKS
12x355mL • Assorted • Reg. 11.99



8⁹⁹

OLD DUTCH VARIETY
472g • Assorted



3⁹⁹

OLD DUTCH RESTAURANTE or DUTCH CRUNCH CHIPS 200-275g • Assorted



1²⁵

PEACE TEA
695mL • Assorted



SAVE \$1.30

4⁶⁹

DUNKAROO'S
168g • Assorted • Reg. 5.99



6⁹⁹

DARE WAGON WHEELS
630g • Family Pack



4⁵⁰

CORE POWER PROTEIN
414mL • Assorted



6⁴⁹

PRINGLES SNACK STACKS
12 pk • Assorted



2/\$5

JACOB'S CREAM CRACKERS
200g



SAVE \$4.50

8⁹⁹

BUDWEISER ZERO
6x355mL • Reg. 13.49



11⁶⁹

ACT II MICROWAVE POPCORN
14 ct • Assorted



SAVE \$1.50

5⁹⁹

JELL-O NO BAKE CHEESECAKE
314g • Reg. 7.49



5⁹⁹

POST HONEY ROASTED HONEY BUNCHES OF OATS
625g • Family size



3⁹⁹

MOTT'S FRUITSACTIONS
6 pk • Assorted



2/\$5

SELECTION PUDDING CUPS
4 pk • Assorted



2/\$6

GOLD SEAL SARDINES
125g • Assorted



SAVE \$1.50

3⁴⁹

MATHESON FOOD COMPANY MAC 'N CHEESE 170g • Assorted
Reg. 4.99



2⁷⁹

DOLE PINEAPPLE
398mL • Assorted



3/\$5

HEINZ TOMATO SOUP
284mL



2/\$5

IRRESISTIBLES UDON NOODLES
400g



2/\$5

FAVORITE CANNED FRUIT
398mL • Assorted

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

Shop our online flyer for extra savings. Every week.



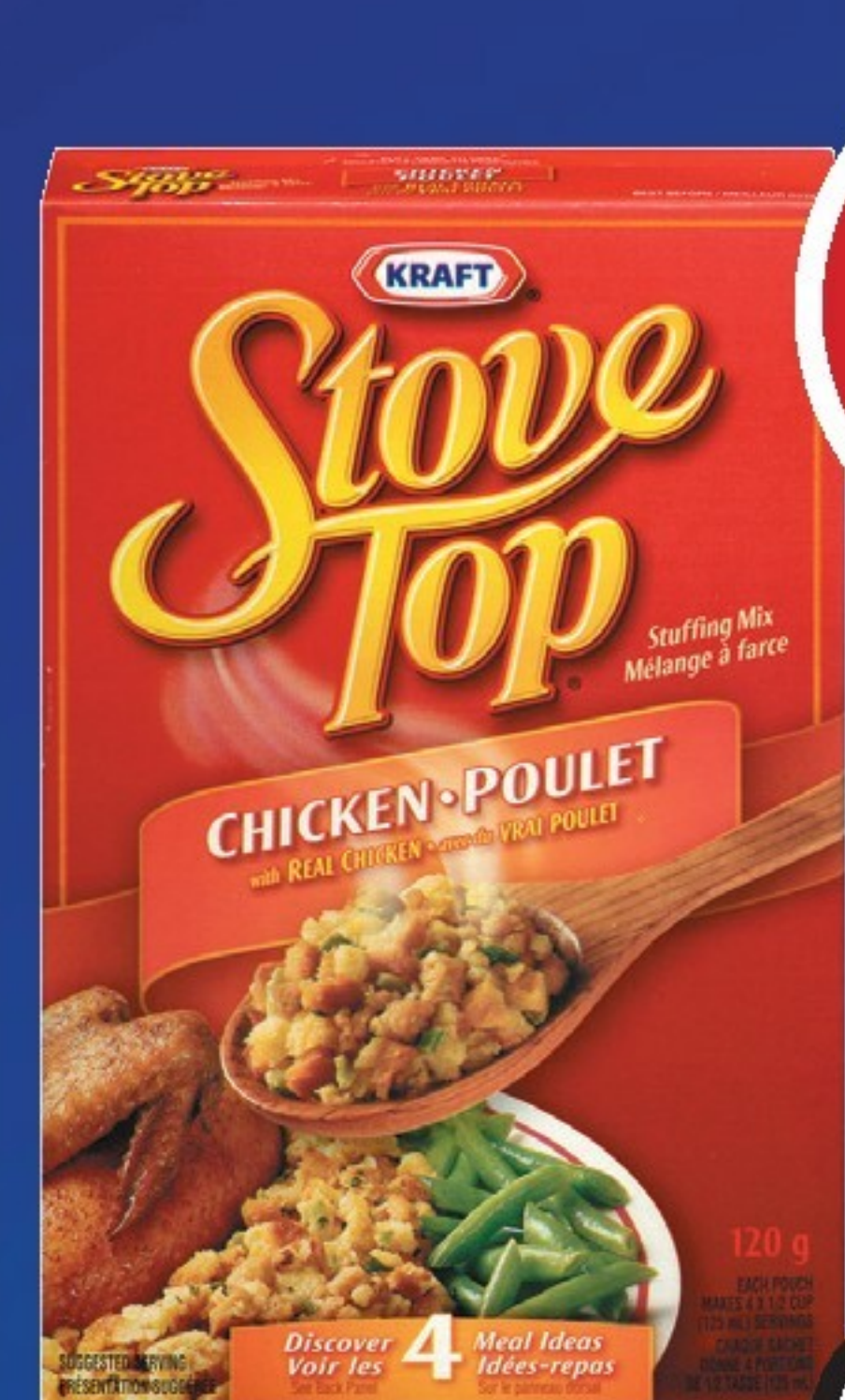
5⁴⁹

SELECTION LONG GRAIN RICE
2 kg



3²⁹

FRENCH'S SPECIALTY MUSTARD
325mL • Assorted



SAVE \$1.00

2⁹⁹

STOVE TOP STUFFING
120g • Assorted • Reg. 3.99



1⁹⁹

GREEN GIANT VEGETABLES
341-398mL • Assorted



1⁵⁹

HUNT'S TOMATO PASTE
156mL



SAVE \$2.00

6⁴⁹

MAGIC BAKING POWDER
450g • Reg. 8.49



SAVE \$1.00

3⁹⁹

LACTANTIA HEALTHY ATTITUDE MARGARINE 427g • Reg. 4.99



SAVE \$1.00

3⁴⁹

FRUITÉ BEVERAGES
1.54 L • Assorted • Reg. 4.49



4⁹⁹

MCCAIN FRIES
650-800g • Assorted



3⁹⁹

CHEEMO PEROGIES
907g • Assorted



7⁹⁹

PILLSBURY PIZZA POPS
760g • Assorted



10⁹⁹

POGO
750g • 10 pk



11⁹⁹

PIZZA DELIGHT PIZZA
907-910g • Assorted



8⁹⁹

WONG WING EGG ROLLS
680g • Assorted



6⁹⁹

FURLANI GARLIC TOAST
480-638g • Assorted



3⁴⁹

PEDIGREE DOG FOOD
630g • Assorted



16⁹⁹

WHISKAS PERFECT PORTIONS CAT FOOD 12 pk • Assorted



SAVE \$1.22

4⁷⁷

CLOX DISINFECTING CLEANER or GREEN WORKS ALL-PURPOSE CLEANER 887-946mL or TILEX SHOWER CLEANER 950mL • Reg. 5.99



4⁴⁹

SELECTION FIBRE GUARD BLEACH
2.4 L



10⁹⁹

SPONGE TOWELS ULTRA PAPER TOWELS 3 Double = 6 Roll



5⁹⁹

BOUNCE FABRIC SOFTENER SHEETS
80 ct • Assorted

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

Gourmet our way

FRESH
MARINATED CHICKEN LEGS
8.80 kg

SAVE \$2.81/lb
3⁹⁹
lb



SAVE \$3.00/lb
6⁹⁹
lb

FRESH
LEAN
GROUND
PORK ITALIAN
MEATBALLS
15.41 kg

MARINATED
WHOLE PORK TENDERLOIN
13.21 kg

SAVE \$3.08/lb
5⁹⁹
lb



From the Ocean to your plate.



TOPPITS
APPI'S
CALAMARI
RINGS
500g

10⁹⁹



HIGH LINER TEMPURA BATTERED FISH
250g

3⁹⁹

LAND & SEA
SALT FISH BITS
454g



6⁹⁹



OCEANS FAVOURITE NEWFOUNDLAND
COD TONGUES or CHEEKS
39.66 kg • Individually Quick Frozen

17⁹⁹
lb

CINCO DE MAYO

Fiesta like there's no mañana!
Tuesday, May 5



5.49

OLD EL PASO THICK N' CHUNKY SALSA 650mL • Assorted



2/\$3

OLD EL PASO SEASONINGS 24g • Assorted



DON'T FORGET THE GROUND BEEF!



2/\$6

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 HOT BAR FEATURE

FRESH TACOS AND OTHER MEXICAN FAVOURITES



COLEMANS KITCHEN

COME CELEBRATE WITH US ON MAY 5TH

* at select locations
* feature on May 5th only



MAY FEATURE

MIXED BERRY CUSTARD CAKE

Inspired by the bright and fresh flavors of summer



THREE TIERS OF VANILLA SPONGE CAKE IS LAYERED WITH REAL MIXED BERRY FILLING AND CREAMY CUSTARD. TOPPED WITH RICH WHIPPED CREAM SWIRLED WITH BERRY COLOR, THIS DECADENT TREAT IS FINISHED WITH WHITE CHOCOLATEY SHAVINGS.

Gluten Free

 6⁹⁹ PROMISE GLUTEN FREE CHOCOLATE GANACHE CAKE 180g	 9⁹⁹ SELECTION ORIGINAL CHEESECAKE 510g	 9⁹⁹ IRRISISTIBLE MINI ECLAIRS 455g • Milk Chocolate
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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



community CHAMPIONS

Supporting our communities is at the heart of what we do — that's why we created
Colemans Community Champions

By partnering with our valued vendors and suppliers, we give back to the communities we serve by providing meaningful financial support to school breakfast programs, food banks, and community organizations in need.

Thank you

to our sponsors for providing generous support for local programs!

Kraft Heinz



THE J.M. SMUCKER Co

Tim Hortons.



WINLAND
FOODS



ConAgra
@Foods
Food you love

