

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
US #1 • 1 lb clamshell

SAVE \$5.19/lb
2⁷⁷
lb

FRESH RIB & TENDERLOIN PORK LOIN CHOPS
6.11 kg
Family Pack
Combination



LESS THAN
1/2
PRICE

FRESH CHICKEN WINGS
8.80 kg
Family Pack

SAVE \$2.81/lb
3⁹⁹
lb



5⁹⁹
SAVE \$3.00

SWEET JUICY ORANGES
Egypt #1 • 3 lb bag
Reg. 8.99



5⁹⁹

SWEET BABY BELL PEPPERS
Ontario #1 • 4 pk

SAVE \$7.00
12⁹⁹

MAPLE LEAF BABY BAG BOLOGNA
1 kg average Reg. 19.99



SAVE \$1.00

2⁹⁹

DEMPSTER'S HOLSUM BREAD 570g
or **HAMBURGER AND HOTDOG BUNS** 6-8 pk • Assorted • Reg. 3.99

ConAgra Foods Food you love

Dare

SAVE \$1.72

3²⁷

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

Colemans **community CHAMPIONS**

Breton crisp & buttery

Breton original

2/\$5

BRETON CRACKERS
172-225g • Assorted

SAVE \$1.91

1⁸⁸

CATELLI GARDEN SELECT PASTA SAUCE
600mL • Assorted • Reg. 3.79

3/\$5

MAPLE LEAF FLAKES OF MEAT
156g • Assorted

SAVE \$1.71

2⁸⁸

IMPERIAL MARGARINE
400g • Reg. 4.59

SAVE \$3.00

5⁹⁹

MCCAIN OVAL HASHBROWNS
3.5 lb • Reg. 8.99

4⁴⁹

CHAPMAN'S ICE CREAM 2L and **NOVELTIES** 4-28 ct Assorted

LESS THAN 1/2 PRICE

7⁷⁷

ARM & HAMMER LAUNDRY DETERGENT
2.96 L Assorted
Reg. 15.99

SAVE \$5.00

7⁹⁹

AQUAFINA WATER 24x500mL • Reg. 12.99

SAVE \$2.00

7⁹⁹

COKE or PEPSI PRODUCTS
12x355mL • Assorted

2⁹⁹

OLD DUTCH POTATO CHIPS
200-235g Assorted
Reg. 4.99

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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!



Colemans **community CHAMPIONS**

THE J.M. SMUCKER Co

ConAgra Foods
Food you love

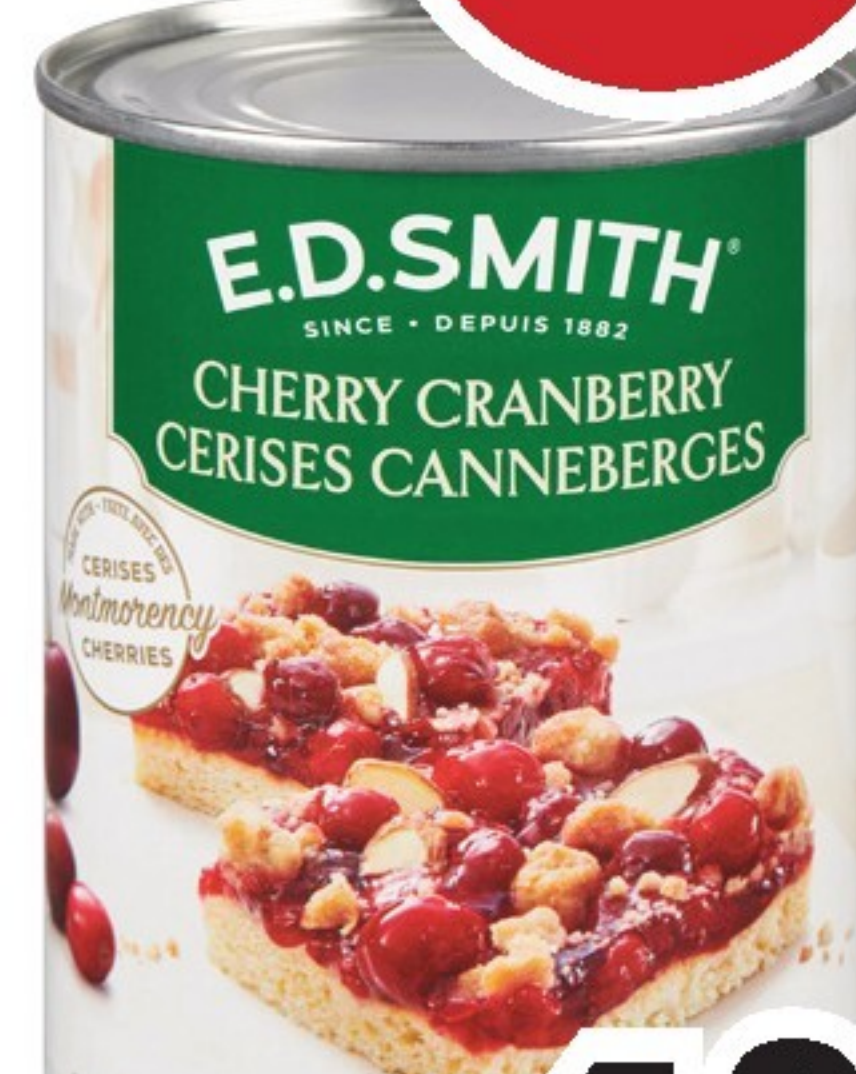
WINLAND FOODS

QUAKER
ESTD 1877



1.97

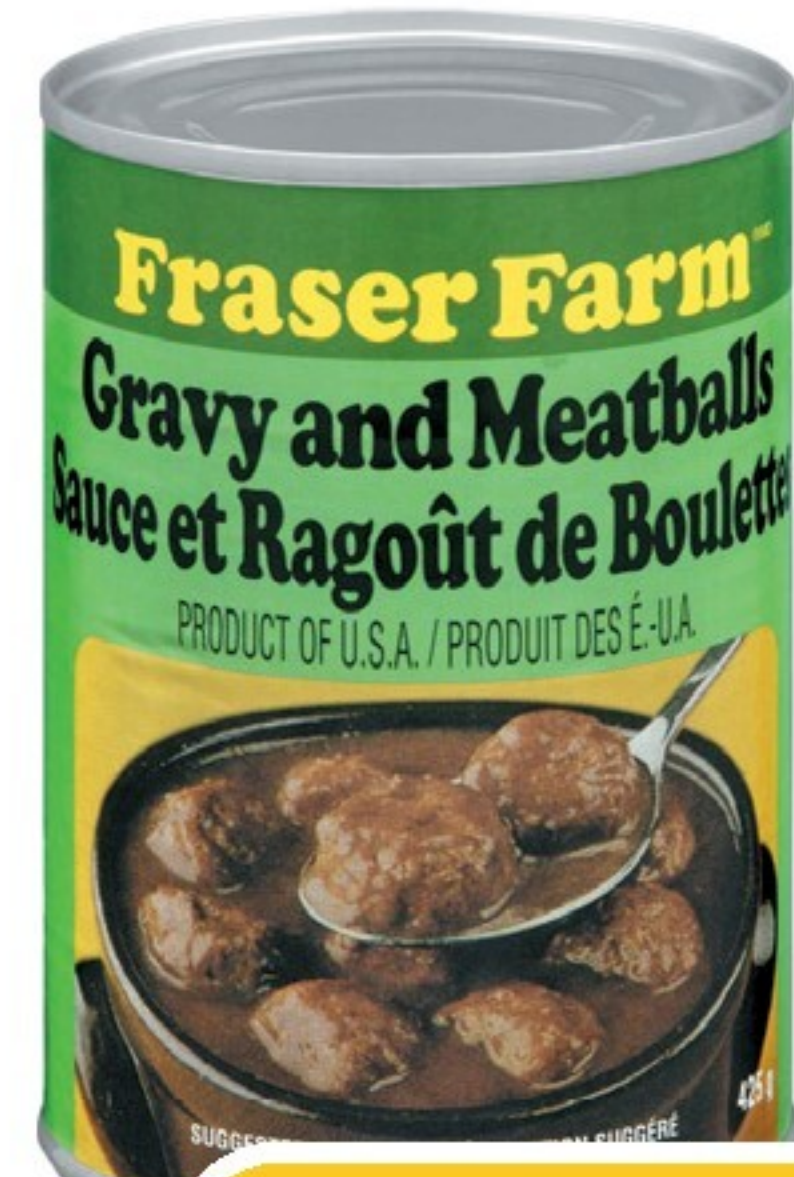
CARNATION EVAPORATED MILK 354mL • Assorted or FUSSELL'S THICK CREAM 170mL



SAVE \$2.50

4.99

E.D. SMITH PIE FILLING 540-796mL • Assorted • Reg. 7.49



2/\$5

FRASER FARM GRAVY AND MEATBALLS 425g



SAVE \$2.00

3.99

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



SAVE \$2.52

5.47

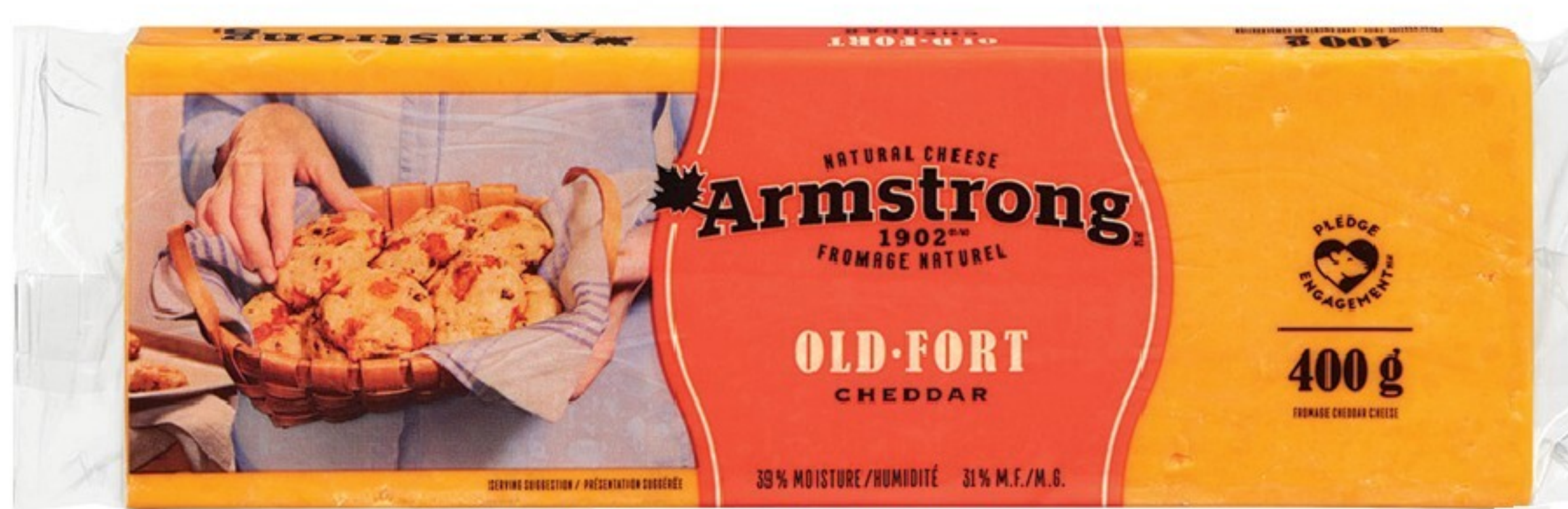
ROBIN HOOD FLOUR 2.5 kg • Assorted • Reg. 7.99



SAVE \$2.00

3.99

QUAKER HARVEST CRUNCH CEREAL 400-510g • Assorted • Reg. 5.99



5.99

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



1.5 KG SIZE

9.99

KRAFT MIRACLE WHIP 1.5 kg • Assorted



SAVE \$2.50

6.99

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



SAVE \$3.00

5.99

JIF PEANUT BUTTER 1 kg • Assorted • Reg. 8.99

SAVE \$3.00

Mix or Match **3/\$5**



MAPLE LEAF VIENNA SAUSAGES 113g, KRAFT KD CUPS 58g or STONEY CREEK TOMATOES 796mL • Assorted



4/\$5

FAVORITE PEACH SLICES 398mL or SELECTION CORN 199mL • Assorted



4.99

PHILADELPHIA CREAM CHEESE 227g • Assorted



SAVE \$1.22

4.77

PURITAN CORNED BEEF HASH 425g • Reg. 5.99



2/\$5

CATELLI PASTA 375-500g • Assorted



SAVE \$1.50

4.99

SMUCKER'S UNCRUSTABLES 208-232g • Assorted • Reg. 6.49



SAVE \$2.50

4.99

KRAFT CHEEZ WHIZ 450g • Assorted • Reg. 7.49



SAVE \$1.50

5.99

KRAFT CHEESE SINGLES 410g • Assorted • Reg. 7.49



CAVENDISH FRIES 800g • Assorted

3.77



SAVE \$2.50

4.99

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



GREEN GIANT VEGETABLES 300-500g • Assorted

3.99



Dr. Oetker

6.99

DR. OETKER PLANK PIZZA 3 pk • Assorted



RED BARON PIZZA SINGLES 318-326g • Assorted • Reg. 6.49

4.99



SAVE \$1.00

2.99

SELECTION FRUIT CUPS 4 ct • Assorted • Reg. 3.99



2/\$7

MADE GOOD GRANOLA BARS 5 pk • Assorted



2.99

DARE WAGON WHEELS or VIVA PUFFS 300-315g • Assorted



SAVE \$4.50

8.99

BUDWEISER ZERO 6x355mL • Reg. 13.49



2/\$9

COKE PRODUCTS 6x710mL • Assorted



SIMPLY ORANGE 2.25 L Assorted

8.99



DORITOS or CHEETOS 180-235g • Assorted

2/\$9



2/\$5

PRINGLES CHIPS 148-182g • Assorted



SAVE \$5.11

9.88

CASHMERE BATHROOM TISSUE 12 Double Rolls = 24 Rolls • Reg. 14.99



SAVE \$4.00

12.99

SELECTION DISH TABS 90 ct • Reg. 16.99

Fresh Produce

Grapes from Chile



EXTRA LARGE RED GRAPES
Chile #1 • 11.00 kg

4⁹⁹
lb



FRESH CRISP ROMAINE HEARTS
US #1 • 3 pk

4⁹⁹

SWEET CRUNCHY RED DELICIOUS APPLES
Washington #1 • 6.59 kg

2⁹⁹
lb



GREEN KIWIFRUIT
Italy #1 • 600g clamshell

6⁹⁹



FRESH BROCCOLI CROWNS
Mexico #1
8.80 kg

3⁹⁹
lb

Fresh Florida

watermelon.org



SWEET JUICY SEEDLESS WATERMELON
Florida #1 • 4.39 kg
1/2's and 1/4's

1⁹⁹
lb



2⁹⁹

BABY PEELLED CARROTS
US #1 • 1 lb bag



2/\$5

SEEDLESS CUCUMBERS
Ontario #1

SWEET RIPE CANTALOUPE
Imported #1

5⁹⁹



SWEET POTATO
US #1 • 5.49 kg

2⁴⁹
lb



GREEN ZUCCHINI
US #1 • 5.49 kg

2⁴⁹
lb

FRESH EXPRESS COLESLAW or GARDEN SALAD US #1
12-14 oz bag



2⁹⁹



SWEET SUCCULENT MANGOES
Peru #1

2/\$5



Bakery & Deli



OAKRUN FARM ENGLISH MUFFINS 6 pk • Assorted

3⁹⁹



APPLE VALLEY APPLE PIE
620g • Regular only

5⁹⁹



SUMMER FRESH DIPS and HUMMUS
227g • Assorted • Reg. 4.99

SAVE \$1.00

3⁹⁹



CASTELLO HAVARTI
200g • Assorted • Reg. 8.29

SAVE \$2.30



5⁹⁹

Available at select locations



KELLOGG'S EGGO WAFFLES
560g • Assorted • Reg. 7.99

SAVE \$2.00
5⁹⁹



E.D. SMITH NO SUGAR ADDED TABLE SYRUP
375mL

3⁹⁹



MINUTE MAID ZERO SUGAR
1.54 L Assorted
Reg. 5.69

3⁹⁹



MINUTE MAID, FIVE ALIVE or FRUITOPIA 1 L • Assorted



2/\$4



HEINZ TOMATO JUICE
540mL

2⁹⁹



CHEX CEREAL
340-395g • Assorted • Reg. 5.99

SAVE \$1.50

4⁴⁹



QUAKER OATS 900g or HIGH FIBRE OATMEAL 304g • Assorted



4⁹⁹



KELLOGG'S FAMILY SIZE CEREALS
485-560g Selected

6⁹⁹



RED ROSE TEA BAGS
216 ct

14⁴⁹



MAXWELL HOUSE GROUND COFFEE 864-900g • Assorted
Reg. 24.99

SAVE \$5.00

19⁹⁹



OASIS HYDRAFRUIT or DEL MONTE JUICE BOXES
8x200mL • Assorted • Reg. 5.49

SAVE \$1.50

3⁹⁹



KELLOGG'S NUTRI-GRAIN CEREAL BARS 295g • Assorted

2/6⁵⁰



DARE VEGGIE CRISPS
100g • Assorted • Reg. 4.29

SAVE \$1.30

2⁹⁹



PURINA ALPO MOIST & MEATY DOG FOOD 1.53 kg • Assorted

12⁹⁹



BILLY BOOT RECYCLING BAGS
20 pk • Assorted • Reg. 4.99

SAVE \$1.00

3⁹⁹

ChoiceCuts

CHECK THE DIGITAL FLYER FOR
Gourmet our way
SPECIALS



CANADIAN AA OR HIGHER
EYE OF ROUND STEAKS or ROAST
19.82 kg • Family Pack

SAVE \$2.80/lb

8⁹⁹
lb



3⁹⁹
lb

SAVE \$4.19/lb

FRESH
PORK SPARE RIBS
8.80 kg • Family Pack

FRESH
EXTRA LEAN
GROUND BEEF
17.61 kg
Family Pack



SAVE \$2.89/lb

7⁹⁹
lb



7⁹⁹
lb

SAVE \$5.06/lb

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



SAVE \$4.91/lb

3⁴⁹
lb

FRESH CENTRE CUT
PORK LOIN CHOPS 7.69 kg • Family Pack



6⁹⁹
lb

WHITE MEAT CHICKEN NUGGETS
15.41 kg



8⁹⁹

MAPLE LEAF SMOKED HAM
600g • Reg. 16.99



3⁴⁹

SCHNEIDERS HAM STEAK
175g • Reg. 4.99



SAVE \$2.50

5⁹⁹

SUNRISE DAWN HAM
300g • Reg. 8.49

From the Sea



SAVE \$2.00/lb

5⁹⁹
lb

FRESH WHOLE STEELHEAD TROUT
13.21 kg



16⁹⁹

CARDINAL ROADHOUSE
1/3 LB BEEF BURGERS 906g



12⁹⁹

SELECTION CHICKEN WINGS
650g • Assorted



SAVE \$2.50

4⁹⁹

MAPLE LEAF WIENERS
375g • Assorted • Reg. 7.49



SAVE \$3.00

6⁹⁹

SCHNEIDERS SLICED BACON
375g • Regular or Low Salt • Reg. 9.99



2/\$7

HIGH LINER
TEMPURA BATTERED FISH
250g



14⁹⁹

MCCAIN PIZZA POKETS
12 pk • Assorted



8⁹⁹

CAVENDISH STRAIGHT CUT FRIES
5 lb bag



3⁹⁹

PILLSBURY TOASTER STRUDEL
326g • Assorted



5⁹⁹

ALASKA BROCCOLI FLORETS
or CALIFORNIA MIX 1 kg



4⁹⁹

GIUSEPPE GARLIC FINGERS
317g



2⁹⁹

HEINZ BEANS or PASTA
398mL • Assorted



2⁹⁹

BETTY CROCKER POTATOES
180-215g • Assorted



12⁹⁹

TIM HORTONS
K-CUPS
10-12 ct
Assorted



8⁹⁹

TIM HORTONS INSTANT COFFEE
100g • Assorted



HEINZ KETCHUP
1L
Squeeze

5⁹⁹

Kraft Heinz



4⁹⁹

DEMPSTER'S 10" TORTILLAS
610g • Assorted



REALEMON
JUICE
440mL

2/\$4.50



CRISCO
VEGETABLE
or CANOLA
OIL
1.18 L

8⁹⁹



SAVE \$1.50

3⁹⁹

MAGIC BAKING POWDER
225g • Reg. 5.49



SAVE \$1.60

4⁹⁹

MONTANA'S BBQ SAUCE
350mL • Assorted • Reg. 6.59



Mix or Match
2/\$5

PRIMO PEAS or BEANS 540mL, SELECTION YELLOW SPLIT PEAS and CHICK PEAS 900g
or BRUNSWICK SARDINES or KIPPER and SEAFOOD SNACKS 92-106g • Assorted



MINUTE
RICE
2 kg
Jumbo Pack

9⁹⁹



SHAKE 'N BAKE
283g • Original

6⁹⁹

Shop our online flyer for extra savings. Every week.



4⁹⁹

GOGO SQUEEZ BAKED FRUIT CUPS
4 pk • Assorted



20⁹⁹

FRITO LAY MIX
42 ct • Assorted



2/11⁵⁰

GATORADE SPORTS DRINKS
6x591mL • Assorted



3⁷⁹

CHRISTIE CRACKERS
175-200g • Assorted



6⁹⁹

CHRISTIE COOKIES 345-498g • Family size
or **OREO CAKESTERS** 384g • Assorted



SAVE \$2.00

5⁴⁹

ORVILLE REDENBACHER'S MICROWAVE POPCORN
340-492g • Assorted • Reg. 7.49



6⁴⁹

HERSHEY'S CHIPITS
200-270g • Assorted



4⁹⁹

FAVORITE BREAD & ROLL MIX
3 lb



8⁹⁹

SAVE \$4.00

BERTOLLI OLIVE OIL
500mL
Assorted
Reg. 12.99



5⁹⁹

ALASKO FROZEN FAJITA BLEND
1 kg



8⁹⁹

WONG WING ENTREES
400-500g • Assorted



6⁹⁹

SCHNEIDERS BREAKFAST SANDWICH 232-288g • Assorted



5⁹⁹

FURLANI STUFFED MOZZARELLA STICKS
326g



SAVE \$1.50

5⁹⁹

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



4⁴⁹

PLANTERS PEANUTS IN JAR
290-300g • Assorted



DOLE PINEAPPLE JUICE 4x240mL or 1.36 L • Assorted



5⁹⁹



2⁸⁸

FRUITÉ DRINKS
2L
Assorted



4²⁹

KELLOGG'S SPECIAL K FRUIT CRISPS
125-138g • Assorted



12⁹⁹

SELECTION CHEWY GRANOLA BARS
48 ct



2/\$3

SELECTION FLAVOURING SPARKLING WATER
1 L • Assorted

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

Shop our online flyer for extra savings. Every week.



2⁹⁹

HEINZ SEAFOOD SAUCE 285mL or YELLOW MUSTARD 380mL



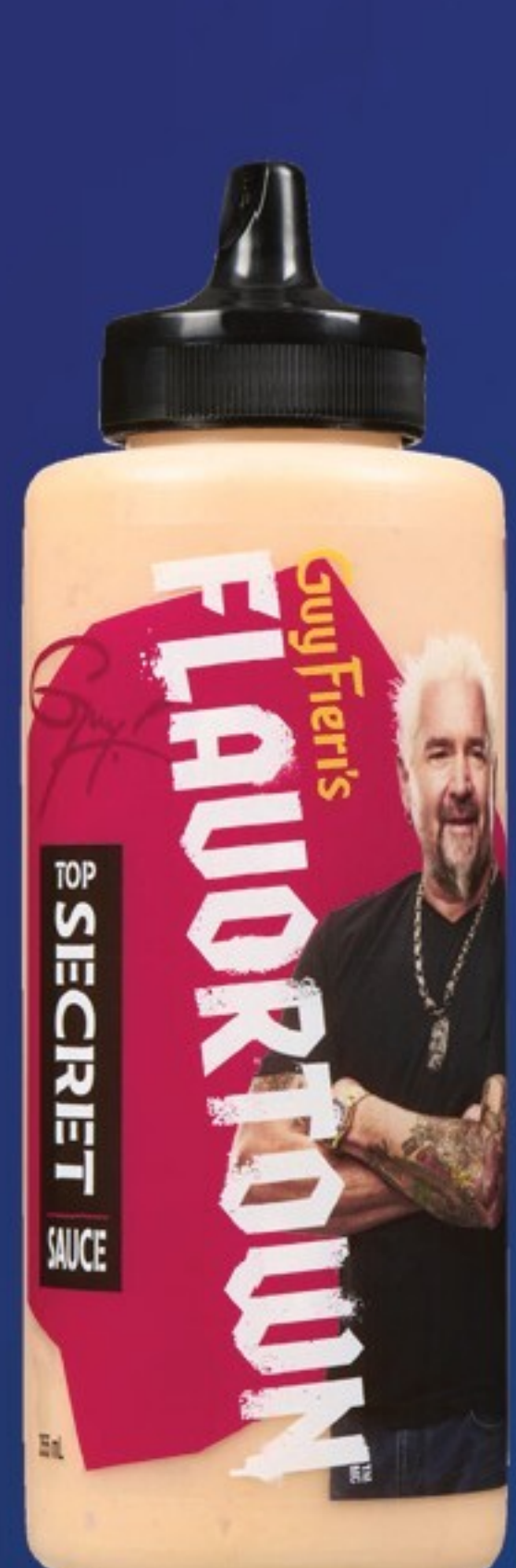
1⁷⁹

CLUB HOUSE MIXES or SEASONINGS 25-45g • Assorted



2/\$5

JACOBS CREAM CRACKERS 200g



4⁹⁹

FLAVORTOWN SAUCE 355mL or FRANK'S RED HOT SAUCE 354mL



2⁷⁹

KNORR SIDEKICKS 120-162g • Assorted



SAVE \$1.30

4⁴⁹

SELECTION CANNED FRUIT 796mL • Assorted • Reg. 5.79



PRIMO PASTA SAUCES 680mL or PASTA 900g • Assorted

2⁹⁹



FRANCO AMERICAN BEEF or TURKEY GRAVY 284mL

2/\$4



TACO BELL TACO KIT 260-420g • Assorted

5⁹⁹



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

SAVE \$2.00

7⁹⁹



BECEL MARGARINE 454g • Assorted

4⁹⁹



SWIFT PREMIUM COOKED HAM 454g • Reg. 7.99

SAVE \$2.00

5⁹⁹



DR. OETKER CASA DI MAMA or RISTORANTE PIZZA 320-410g • Assorted • Reg. 7.49

SAVE \$1.50

5⁹⁹



PRINGLE SNACK STACKS 12 pk • Assorted

6⁴⁹



RUGENFISCH HERRING 190-200g • Assorted

2⁹⁹

PetCorner



NATURE'S RECIPE VARIETY PACK 12 pk • 936g

18⁹⁹



4/\$5

PURINA FANCY FEAST 85g • Assorted



PURINA CAT or KITTEN CHOW 1.8-2 kg • Assorted

10⁴⁹



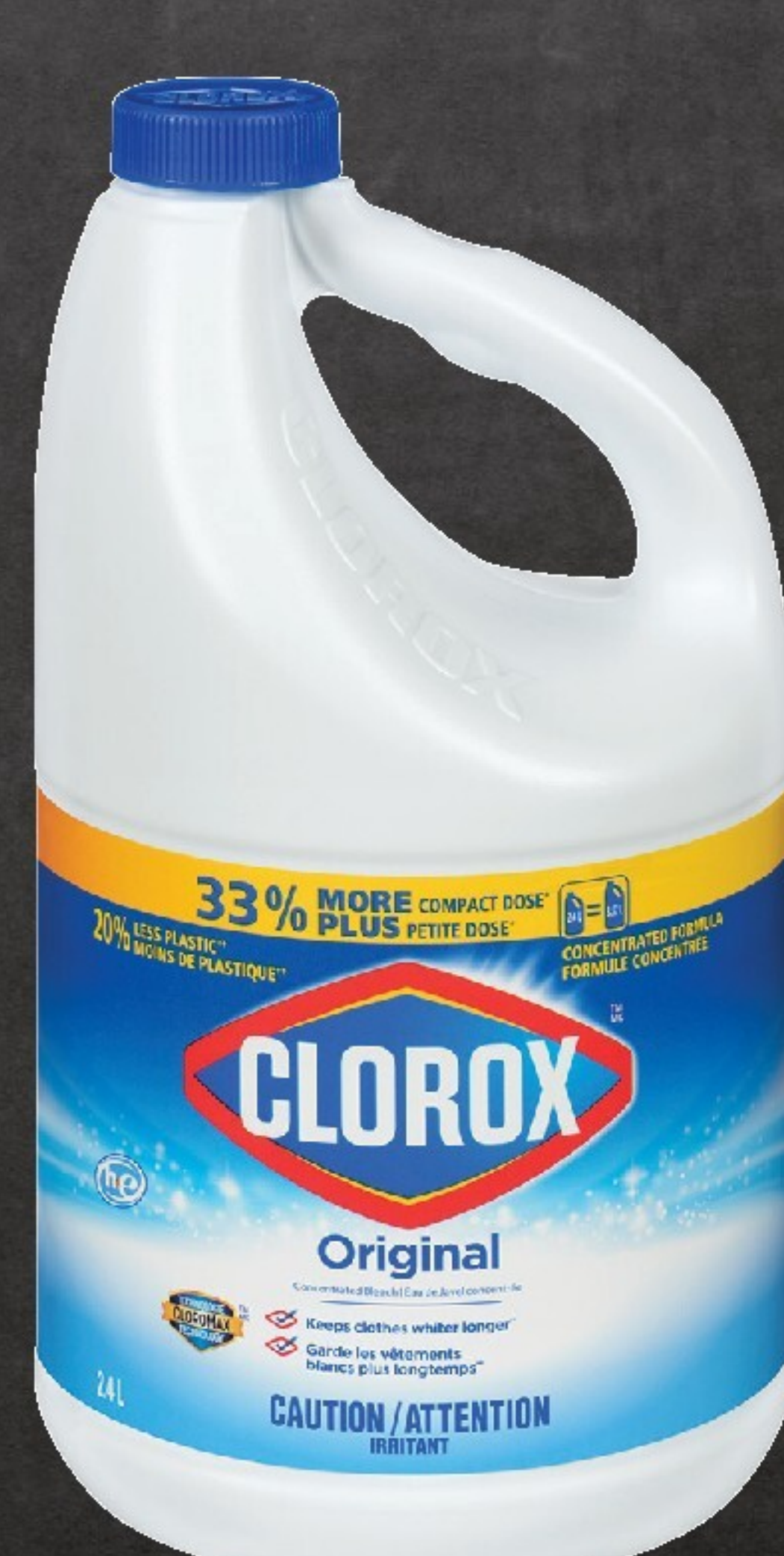
SOS SOAP PADS 10 pk

2⁹⁹



DAWN EZ SQUEEZE 443mL • Assorted

3⁷⁷



CLOROX ORIGINAL BLEACH 2.4L

5⁹⁹

Gourmet our way



MARINATED PORK SIDE RIBS
13.21 kg

SAVE \$3.49/lb
5⁹⁹
lb



LEAN GROUND PORK ITALIAN MEATBALLS
15.41 kg



MARINATED CHICKEN WINGS
13.21 kg

SAVE \$2.62/lb
5⁹⁹
lb

6⁹⁹
lb
SAVE \$4.99/lb

From the Ocean to your plate.




LAND & SEA TRADITIONAL NEWFOUNDLAND FISH CAKES
330g

2/\$7



10⁹⁹

MIRABEL COOKED SHRIMP
400g • 71-90 ct



SQUID RINGS
1 lb • Frozen
Reg. 9.99

SAVE \$2.00
7⁹⁹



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



COLEMANS

TOUTONS & MOLASSES

A Newfoundland Tradition

TOUTON DOUGH
600g

3⁴⁹



CROSBY'S
FANCY
MOLASSES
675g

4⁹⁹

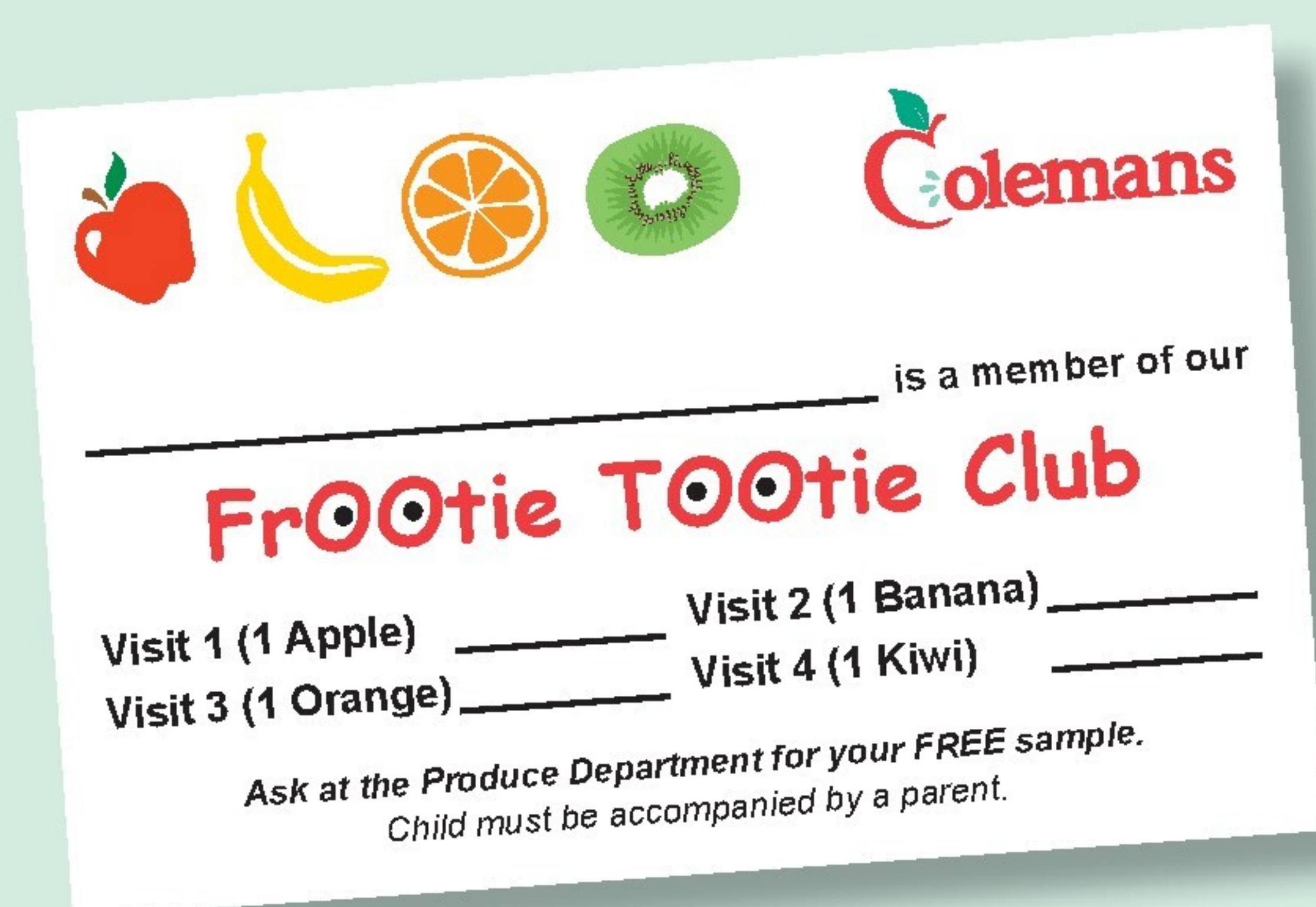


TOUTON DOUGH IS STORE MADE AND ALWAYS FRESH!

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



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

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

- Reduced carbs
- No sugar added
- No hydrogenated fat
- Only natural sour doughs





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



**STOP
FOOD
WASTE**



Day

REPURPOSE LEFTOVERS

MAKE A SOUP WITH
WHATEVER IS LEFT
IN YOUR KITCHEN

#StopFoodWasteDay



STOP FOOD WASTE DAY IS APRIL 29TH

**Scratch
and save!**

from **10%** to

**50%
off***

NEW SPRING STOCK

APRIL 23rd-26th

IN-STORE ONLY!

*Exceptions may apply.



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26 Caribou Road

MOUNT PEARL
6 Centennial Square

ST. JOHN'S
370 Newfoundland Drive

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