

# BELMONT MARKET'S HARVEST THE SAVINGS



FRESH CUT  
**BROCCOLI CROWNS**  
**1.69 lb.**



California, USA  
**LOOSE BRUSSELS SPROUTS**  
**1.69 lb.**



**SAVE \$4.00 LB.**  
Certified Angus Beef  
**PORTERHOUSE & T-BONE STEAKS**  
**14.99 lb.**



**SAVE \$3.00 LB.**  
Certified Angus Beef  
**BONELESS SIRLOIN STRIP STEAKS**  
**18.99 lb.**



**SAVE UP TO \$1.00 LB.**  
Belmont's Own - Grade A  
**BONELESS SKINLESS CHICKEN THIGHS**  
**2.99 lb.**



**SAVE \$2.00 LB.**  
**BABY BACK PORK RIBS**  
**4.99 lb.**



**SAVE \$1.00 LB.**  
Certified Angus Beef  
**GROUND HAMBURGER**  
93% Lean **7.99 lb.**



**SAVE \$1.00 EA.**  
Cook Perfect  
**MEAT BALLS**  
24 - 16 oz. **8.99 ea.**



**SAVE \$1.00 EA.**  
Applegate  
**BACON**  
Assorted Varieties, 8 oz. **7.99 ea.**

## REEL IN FANTASTIC SEAFOOD

Fresh  
**SWORDFISH**  
**14.99 lb.**

Fresh  
**CHOPPED CLAMS**  
**9.99 lb.**

**EFFECTIVE DATES: OCTOBER 11<sup>TH</sup> - OCTOBER 17<sup>TH</sup>**

Monday - Saturday - 7:00AM - 10:00PM  
Sunday - 7:00AM - 8:00PM  
Holidays - 7:00AM - 8:00PM

600 KINGSTOWN RD, WAKEFIELD, RI / (401) 789-4656

[WWW.BELMONTMARKET.COM](http://WWW.BELMONTMARKET.COM)

**BELMONT MARKET**

"Not responsible for typographical or photo errors. In fairness to our customers we reserve the right to limit quantities. Meat Department Items are not cooked."

# The Freshest PRODUCE



Imported  
**BELL PEPPERS**  
Red, Yellow & Orange

**2.99 lb.**



Native, R.I.  
**SUGAR PUMPKINS**

**89¢ lb.** 



 Native, R.I.  
**GALA APPLES**

**1.49 lb.**



 Native, R.I.  
**MACINTOSH APPLES**

**1.49 lb.**



 Native, R.I.  
**CORTLAND APPLES**

**1.49 lb.**



 Native, R.I.  
**MACOUN APPLES**

**1.49 lb.**



Chiquita / Dole  
**BANANAS**

**69¢ lb.**



Ocean Spray  
**CRANBERRIES**  
12 oz.

**2/\$4**



Seedless  
**CLEMENTINES**  
3 lb. Bag

**5.99 ea.**



Maine Back Yard  
**HOT HOUSE TOMATOES**

**1.49 lb.**



California, USA  
**ROMAINE HEARTS**  
3 Pack

**2.99 ea.**



Imported  
**SEEDLESS ENGLISH CUCUMBERS**

**1.99 ea.**



 Quonset View  
**ALL PURPOSE POTATOES**  
5 lb. Bag

**2.99 ea.**



Imported  
**HASS AVOCADOS**

**2/\$3**

# The Best ORGANIC SELECTION



 Organic  
**GREEN SEEDLESS GRAPES**

**3.99 lb.**



 Organic  
**GALA APPLES**

**2.49 lb.**



 Organic  
**BABY BOK CHOY**

**3.99 lb.**



 Organic  
**BABY CARROTS**

**1.99 ea.**



 Organic  
**FRESH CELERY**

**2.49 ea.**



 Organic  
**ROMAINE LETTUCE**

**2.49 ea.**



 Organic  
**BEEFSTEAK TOMATOES**

**3.99 lb.**



## Great Deals ON FAMILY FAVORITES

SAVE \$1.50

Peter Pan  
PEANUT  
BUTTER  
Assorted Varieties,  
16.3 oz.



2.99

SAVE \$3.00

Dunkin'  
GROUND  
COFFEE  
Assorted Varieties,  
10 - 12 oz.



7.99

SAVE 99¢

Kashi  
CEREAL  
Assorted Varieties,  
9.4 - 14 oz.



2/\$9

SAVE 79¢



Ken's  
SALAD  
DRESSING  
Assorted Varieties,  
16 fl oz.

2/\$4

SAVE UP TO \$8.00



Filippo  
Berio  
OLIVE OIL  
Assorted Varieties,  
25.3 fl oz.

10.99

SAVE \$2.00



Filippo  
Berio  
PASTA  
SAUCE  
Assorted Varieties,  
24 oz.

5.99

SAVE \$1.29



Francesco  
Rinaldi  
PASTA  
SAUCE  
Assorted Varieties,  
15 - 24 oz.

2/\$4

SAVE 79¢



Keebler  
READY PIE  
CRUST  
Assorted Varieties,  
6 oz.

2/\$6

SAVE 1.34



Pillsbury  
BROWNIE  
MIX  
Assorted Varieties,  
18.4 oz.

4/\$5

SAVE \$1.00



McCormick  
VANILLA  
EXTRACT  
2 oz.

8.99

SAVE \$1.50



Frito Lay  
LAY'S  
CHIPS  
Assorted Varieties,  
7.75 - 8 oz.

3.49



SAVE 74¢

Coke  
2-LITERS  
Assorted Varieties,  
2 Liter

2/\$4.50

SAVE \$3.00



Pepsi  
12 PACK  
CANS  
Assorted Varieties,  
12 / 12 fl oz.

6.99

SAVE \$1.30



UTZ  
TORTIYAHS!  
Assorted Varieties,  
8 - 12 oz.

3.99

## Cool Savings ON DAIRY AND FROZEN FOODS



SAVE \$2.80

Turkey Hill  
ICE CREAM  
Assorted Varieties,  
46 fl oz.

3.99

SAVE \$1.19



Cool Whip  
COOL WHIP  
Assorted Varieties,  
8 oz.

2/\$4

SAVE \$2.30



Yummy  
CHICKEN NUGGETS  
Assorted Varieties,  
18 - 21 oz.

5.99

SAVE 99¢



Fage  
GREEK  
YOGURT  
Assorted Varieties,  
4.4 - 5.3 oz.

10/\$10



SAVE \$1.49

Florida's Natural  
ORANGE  
JUICE  
Assorted Varieties,  
52 fl oz.

2/\$7

SAVE \$1.00



Califia Farms  
NON-DAIRY  
MILK  
Assorted Varieties,  
48 fl oz.

3.99

SAVE 49¢



Cabot  
sour  
CREAM  
Assorted Varieties,  
16 oz.

2/\$5

SAVE UP TO \$1.49



Maria & Ricardo's  
TORTILLAS  
11.57 - 13.5 oz.

2/\$6

SAVE 50¢



Hood  
COTTAGE  
CHEESE  
Assorted Varieties,  
24 oz.

4.49

SAVE 49¢



Newman's Own  
LEMONADES  
& DRINKS  
Assorted Varieties,  
59 fl oz.

2/\$6

SAVE \$1.50



Vital Farms  
BUTTER  
Assorted Varieties,  
8 oz.

3.49

## Your Favorite SPECIALTY GROCERY ITEMS

SAVE \$1.50

Mariner  
Biscuit Co.  
STONED  
WHEAT  
CRACKERS  
Assorted Varieties,  
8 oz.

3.29



SAVE 70¢

Lake  
Champlain  
CHOCOLATE  
BARS  
Assorted Varieties,  
3 - 3.25 oz.

4.19



SAVE 10¢

Ghirardelli  
CHOCOLATE  
BARS  
\*EXCLUDES WHITE  
CHOCOLATE  
Assorted Varieties,  
4 oz.

3.69



SAVE \$1.60

Popcorn  
Indiana  
POPCORN  
Assorted Varieties,  
4.4 - 4.75 oz.

4.39



SAVE \$1.30

Brianna's  
ORGANIC  
DRESSINGS  
Assorted Varieties,  
10 fl oz.

4.99



SAVE 30¢

Alessi  
SOUP MIX  
Assorted Varieties,  
6 oz.

2.89



SAVE \$1.30

Laurel Hill  
OLIVES  
4.1 - 4.6 oz.

4.69



SAVE UP TO \$1.10

Green  
Mountain  
SALSA  
Assorted Varieties,  
16 oz.

5.59



# Come See What's FRESH



PEANUT BUTTER COOKIES  
12-Pack

**7.99**



La Brea  
THREE CHEESE BREAD

**5.99**



VERY BERRY  
PIE  
9" Pie

**15.99**



STRAWBERRY  
CREME CAKE  
7" Cake

**20.99**

## PREPARED FOODS

SAVE \$1.00

Freshly Prepared  
**VEGAN  
ROASTED  
MUSHROOMS  
& FARRO WITH  
BRUSSELS  
SPROUTS**  
**8.99ea.**



SAVE \$

Freshly Prepared  
**GENERAL  
TSO'S  
CHICKEN**  
**8.99ea.**



SAVE \$1.00

**BEEF TACO  
BOWL**  
**11.99ea.**



SAVE \$1.00

**CHIPOTLE  
BACON  
CHICKEN SALAD**  
**9.99lb.**

SAVE \$1.00

**TORTELLINI  
MOZZARELLA  
SALAD**  
**8.99lb.**

## ONE DAY SALE ITEM

Freshly Prepared  
**LEMON DILL  
SALMON**  
**18.99lb.**



SAVE \$2.40 LB.

Boar's Head  
**OVINGOLD  
TURKEY**  
**11.99lb.**



SAVE \$2.00 LB.

Boar's Head  
**HONEY  
MAPLE HAM**  
**11.99lb.**



SAVE \$1.00 LB.

Boar's Head  
**SWEET B'S  
BBQ CHICKEN**  
**11.99lb.**

SAVE \$1.00

Columbus  
**PRE-SLICE  
PROSCIUTTO**  
3 oz.  
**6.99**



SAVE \$1.00

Yancey's  
Fancy  
**CHEESE  
CURDS**  
6 oz.  
**4.99**



SAVE \$1.00

Boar's Head  
**FRENCH  
ONION DIP**  
12 oz.  
**4.99**



Experience the freshest flavors at our sushi haven!

Our skilled chefs use only the finest, highest-grade ingredients to craft a wide array of rolls, sashimi, and sushi. From basic to exotic, we have options for everyone, including both vegetarians and vegans.



## HEALTH & WELLNESS



Olipop  
**DIGESTIVE  
HEALTH SODA**  
12 fl. oz.

SAVE 50¢  
**2.49**



Dr. Bronner's  
**ORGANIC  
HAND  
SANITIZER**  
2 fl. oz.

SAVE 90¢  
**4.39**



Bluebonnet  
**CALCIUM  
MAGNESIUM  
& VITAMIN D3**  
90 Chewables

SAVE \$3.00  
**16.99**



Badger  
**MASSAGE OIL**  
Assorted Varieties, 4 fl. oz.

SAVE \$3.00  
**14.99**

## THE HERB WYFE



Herb Pharm  
**PROSTATE  
HEALTH**  
1 oz.

SAVE \$4.00  
**13.99**



Oregon Wild Harvest  
**MILK THISTLE  
& DANDELION**  
90 Capsules

SAVE \$3.00  
**31.99**



Host Defense  
**MYCO SHIELD  
SPRAY CINNAMON  
FLAVOR**  
1 oz.

SAVE \$3.00  
**16.99**



The Herb Wyfe  
**BRINING  
SPICE**  
1 oz.

SAVE \$3.00  
**2.99**

# Belmont FLORAL

We have beautiful flowers, plants and bouquets!

LOCAL  
SUNFLOWERS  
**10.99**



SUCCULENT  
PLANT  
**9.99**



GARDEN MIX  
BOUQUET  
**29.99**



LIZZIE MAE'S  
FRUIT, BERRY, NUT  
MEDLEY  
**9.99**



# BELMONT MARKET Gift Baskets



## Celebrate Any Occasion!

Our unique gift baskets are perfect for birthdays, retirement, weddings, sympathy, anniversaries, holiday, housewarming and more! Choose from a great assortment year-around.

VISIT US IN-STORE, CALL 401-789-4656,  
OR SHOP ONLINE AT [SHOP.BELMONTMARKET.COM](http://SHOP.BELMONTMARKET.COM)  
TO ORDER NOW



## FRESH MADE FROM SCRATCH BELMONT MARKET BREAD

**Home-style Sandwich Loaves,  
Whole Grain Baguettes, Italian  
and Flat bread Styles**

Belmont Bread, with the help of our bread baker, we are working to incorporate more regionally grown and milled grains, into our products in an effort to not only make unique and interesting breads, but also to help rebuild a piece of our regional heritage that has been all but lost over the last century.

## SAVE TIME AND SHOP ONLINE!

Our convenient hours and scheduled delivery make it easy for you to do your grocery shopping on your own time. You can pick up your order or have it delivered, even to Block Island!

[SHOP.ROSEAPP.COM/BELMONT](http://SHOP.ROSEAPP.COM/BELMONT)



# NOW HIRING!

SCAN TO VIEW



AVAILABLE POSITIONS



## We're Hiring For All Positions For All Departments

Join our team today! We're proud to offer competitive wages, a great work environment and flexible hours.

APPLY IN-PERSON OR ONLINE AT [BELMONTMARKET.COM](http://BELMONTMARKET.COM)