

# BELMONT MARKET'S HARVEST THE SAVINGS



NORTH CAROLINA, USA

SWEET  
POTATOES

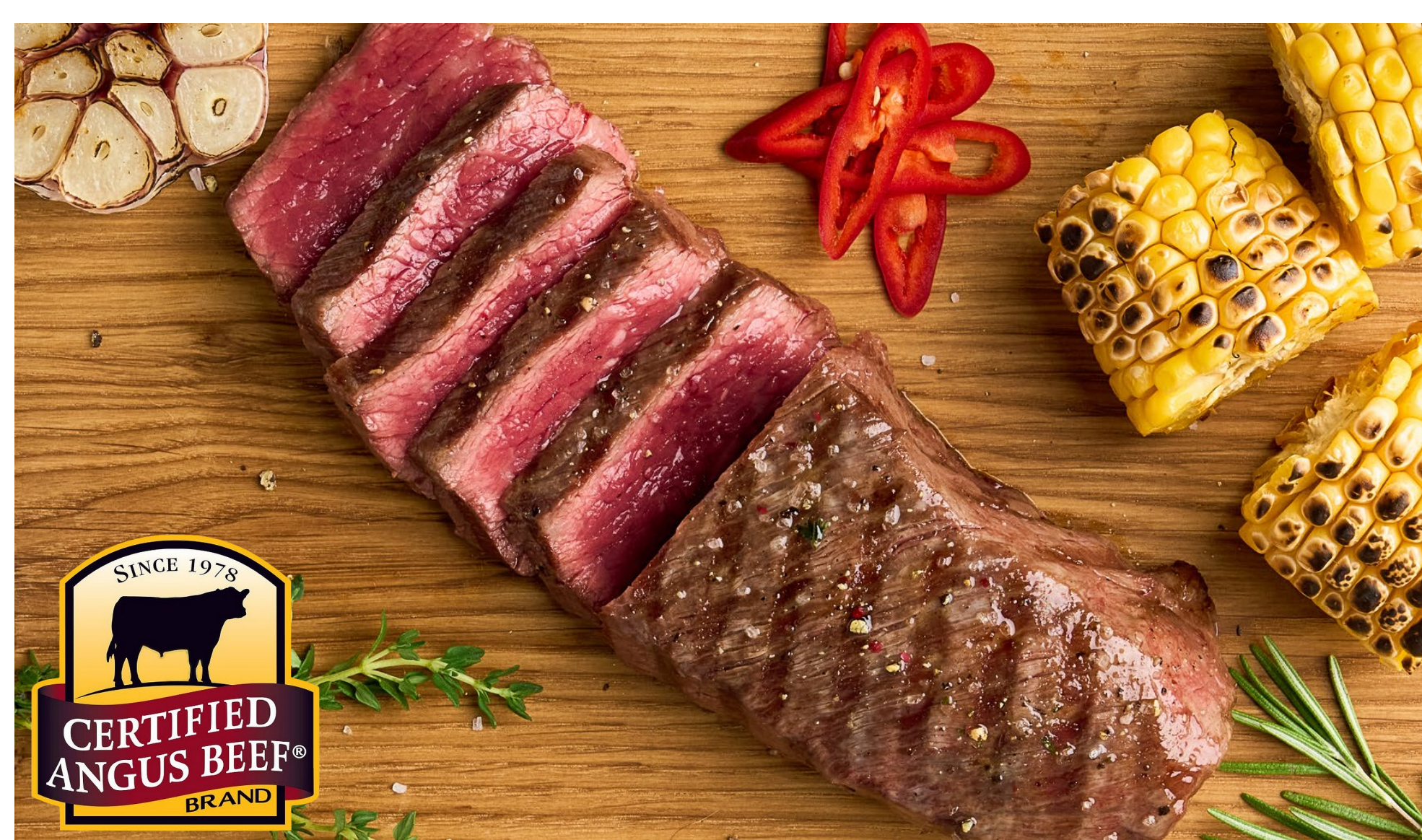
**1.29 lb.**



Georgia, USA

YELLOW OR GREEN  
SQUASH / ZUCCHINI

**1.49 lb.**



SAVE \$5.00 LB.

Certified Angus Beef  
BONELESS  
STRIP STEAK

**16.99 lb.**



SAVE UP TO \$1.50 LB.

Chairman Reserve  
BONE-IN CENTER CUT  
PORK CHOPS

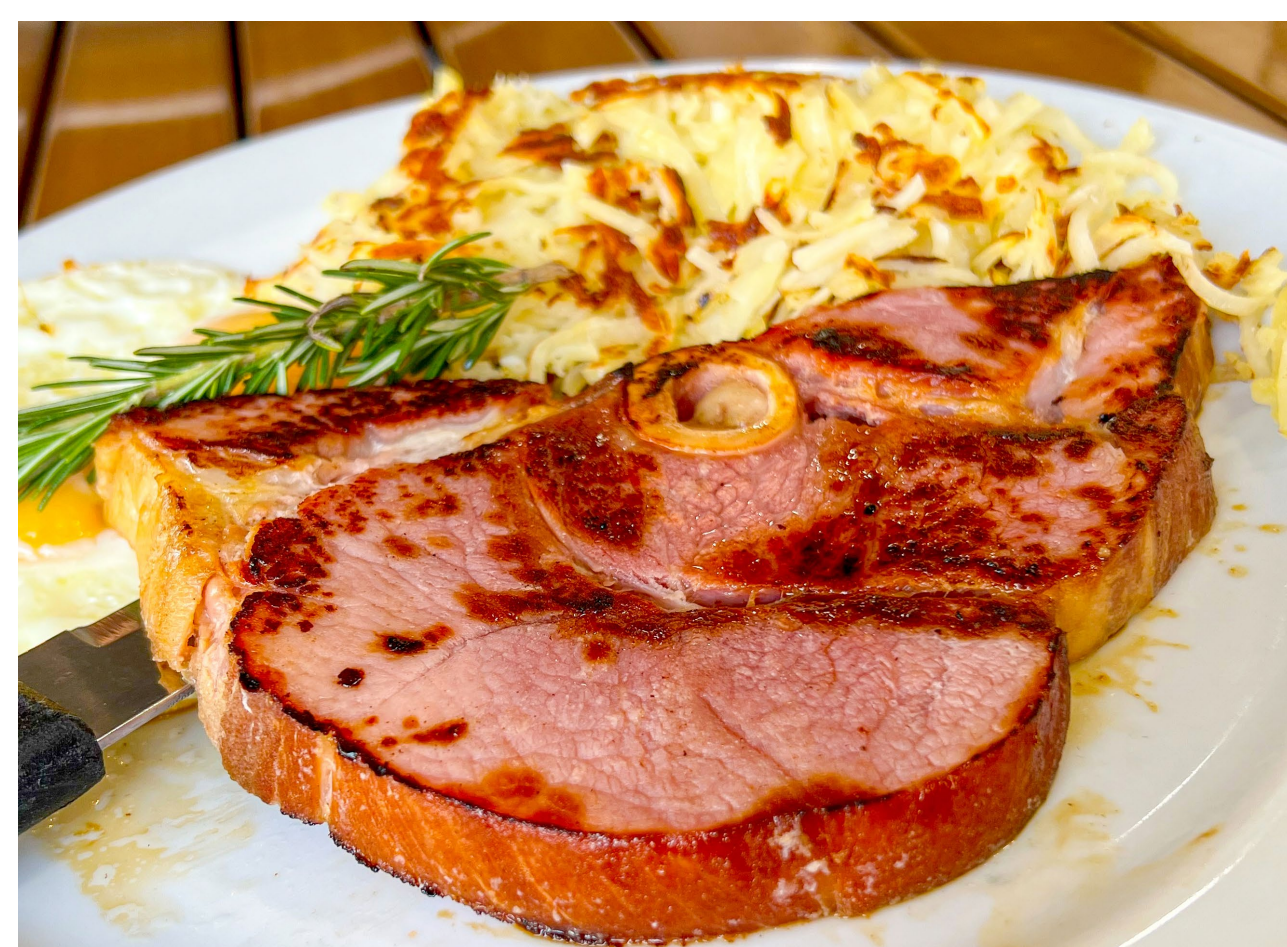
**3.99 lb.**



SAVE \$1.50 LB.

Belmont Market  
GRADE A BONELESS  
CHICKEN TENDERLOIN

**3.99 lb.**



SAVE \$1.00 EA.

Niman Ranch - 8 oz.  
APPLEWOOD SMOKED  
UNCURED HAM STEAK

**6.49 ea.**



SAVE \$1.00 EA.

Niman Ranch  
ALL NATURAL  
SNACK PACKS  
Assorted Varieties, 2.75 - 3 oz.

**6.99 ea.**



SAVE \$1.00 EA.

Niman Ranch  
ALL NATURAL  
BACON  
Assorted Varieties, 12 oz.

**11.99 ea.**



SAVE \$2.00 EA.

Purdue  
BREADED CHICKEN, DINO  
NUGGETS, OR TENDERS  
24 - 29 oz.

**9.99 ea.**

## REEL IN FANTASTIC SEAFOOD

Fresh  
ATLANTIC  
COD LOIN

**16.99 lb.**



Fresh  
FROG LEGS

**9.99 lb.**



EFFECTIVE DATES: NOVEMBER 1<sup>ST</sup> - NOVEMBER 7<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

**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  
**BLUEBERRIES**  
Pint  
**2.99** ea.



Shanghai  
**BABY BOK CHOY**  
**2.49** lb.



**Local**  
Native, Rhode Island  
**MACINTOSH APPLES**  
**1.49** lb.



**Local**  
Native, Rhode Island  
**CORTLAND APPLES**  
**1.49** lb.



**Local**  
Native, Rhode Island  
**MACOUN APPLES**  
**1.49** lb.



**Local**  
Native, Rhode Island  
**GOLDEN DELICIOUS**  
**1.49** lb.



**SEEDLESS CLEMENTINES**  
3 lb. Bag **5.99** ea.



California, USA  
**SEEDLESS GRAPES**  
Red, Green & Black **2.99** lb.



Ocean Spray  
**CRANBERRIES**  
**2/\$5**



California, USA  
**LARGE POMEGRANATE**  
**2.99** ea.



California, USA  
**ROMAINE HEARTS**  
3-Pack **2.99** ea.



**HEIRLOOM GRAPE TOMATOES**  
Pint **2/\$3**

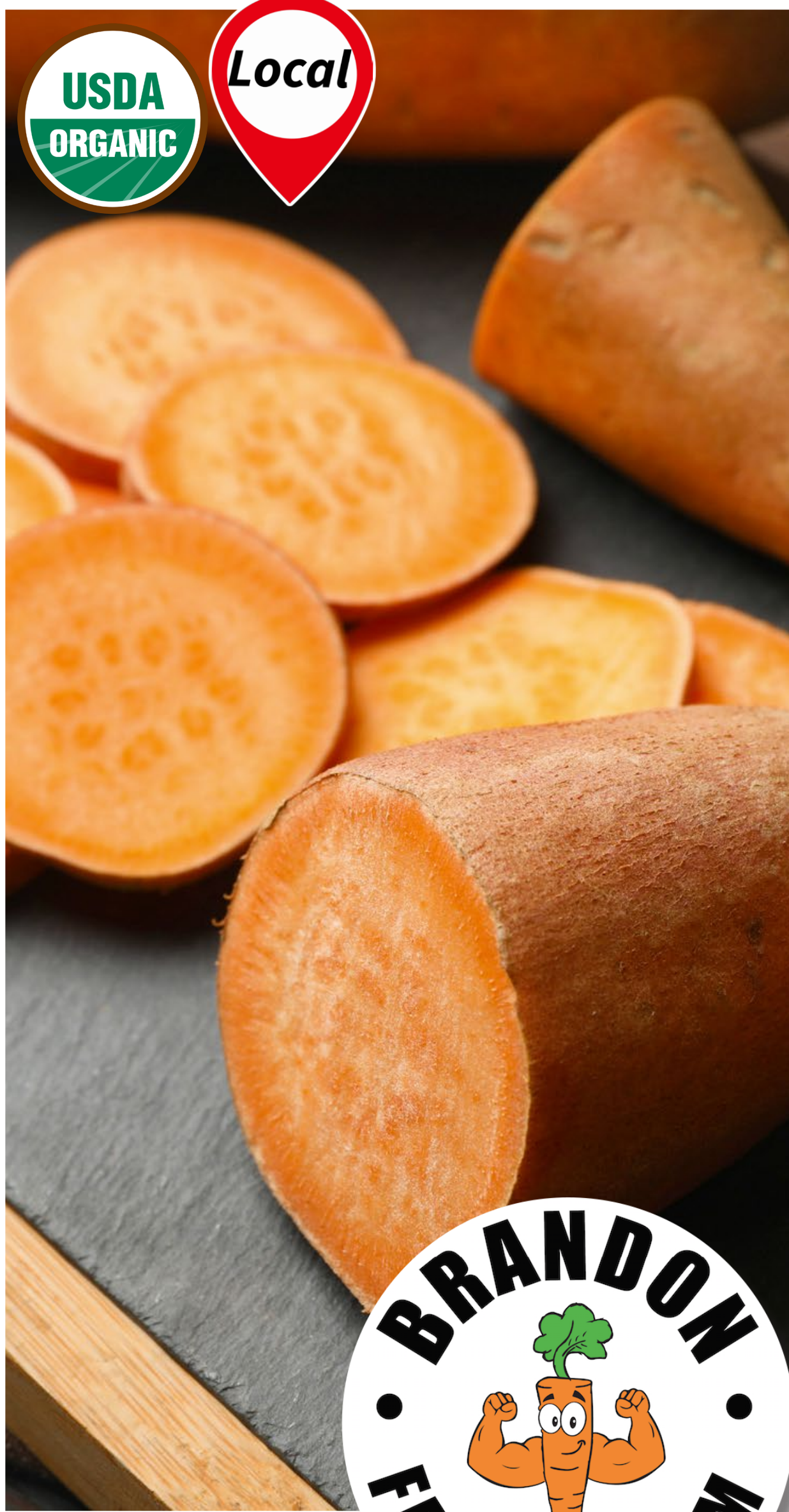


**YELLOW COOKING ONIONS**  
2 lb. Bag **1.29** ea.



Imported  
**SEEDLESS ENGLISH CUCUMBERS**  
**2/\$4**

## The Best **ORGANIC SELECTION**



**USDA ORGANIC** **Local**  
Organic  
**NATIVE RI SWEET POTATOES**  
**2.99** lb.



**USDA ORGANIC**  
Organic  
**GALA APPLES**  
**2.99** lb.



**USDA ORGANIC**  
Organic  
**FRESH CANTALOUPE**  
**4.99** ea.



**USDA ORGANIC**  
Organic  
**BUTTERNUT SQUASH**  
**1.49** lb.



**USDA ORGANIC**  
Organic  
**ROMAINE HEARTS**  
**4.99** ea.



**USDA ORGANIC**  
Organic  
**FRESH CELERY**  
**2.99** ea.



**USDA ORGANIC**  
Organic  
**GRAPE TOMATOES**  
**3.99** ea.



# Great Deals ON FAMILY FAVORITES

SAVE \$2.99



General Mills  
**CHEERIOS**  
Assorted Varieties,  
8.9 - 10.8 oz.

**2/\$5**

BUY-1 GET-1 FREE



Thomas'  
**ENGLISH MUFFINS**  
Assorted Varieties,  
11 - 13 oz.

**5.29**

SAVE 99¢



Skippy  
**PEANUT BUTTER**  
Assorted Varieties,  
15 - 16.3 oz.

**2/\$5**

SAVE \$2.50



Diamond  
**ALMONDS**  
Assorted Varieties,  
6 oz.

**3.99**

SAVE \$1.93



Annie's  
**MAC & CHEESE**  
Assorted Varieties,  
5.25 - 6 oz.

**3/\$5**

SAVE \$1.29



Redpack  
**CANNED TOMATOES**  
Assorted Varieties,  
28 oz.

**2/\$4**

SAVE 69¢



Libby's  
**VEGETABLES**  
Assorted Varieties,  
14.5 - 15 oz.

**10/\$10**

SAVE \$1.00



Newman's  
Own  
**SALAD DRESSING**  
Assorted Varieties,  
16 fl oz.

**3.99**

SAVE UP TO \$1.30



Frito Lay  
**PARTY SIZE**  
Assorted Varieties,  
8.13 - 15.5 oz.

**5.99**

SAVE 40¢



Food Club  
**CUT YAMS / SWEET POTATOES**  
15 oz.

**1.99**

SAVE \$1.79



Nature Valley  
**GRANOLA BARS**  
Assorted Varieties,  
7.4 - 8.94 oz.

**2/\$7**

SAVE \$3.50



Hellmann's  
**MAYONNAISE**  
Assorted Varieties,  
30 fl oz.

**5.49**

SAVE 74¢



Coca-Cola  
Brand  
**2-LITERS**  
Assorted Varieties,  
2 Liters

**2/\$4.50**

SAVE \$1.99



Polar  
**12-PACKS**  
Assorted Varieties,  
12 / 12 fl oz.

**3/\$12**

SAVE \$2.99



Fiora  
**BATH TISSUE**  
12 Double Rolls,  
Assorted Varieties

**2/\$10**

SAVE \$2.99



Fiora  
**PAPER TOWELS**  
6 Rolls,  
Assorted Varieties

**2/\$10**

## Cool Savings ON DAIRY AND FROZEN FOODS



SAVE 39¢

Eggo  
**WAFFLES, PANCAKES, FRENCH TOAST**  
Assorted Varieties,  
9.8 - 14.8 oz.

**2/\$7**

SAVE \$1.50



Newman's Own  
**PIZZA**  
Assorted Varieties,  
15 - 17 oz.

**7.49**

SAVE \$2.80



Breyers  
**ICE CREAM**  
Assorted Varieties,  
48 fl oz.

**4.99**

SAVE \$1.99



Tropicana  
**ORANGE JUICE**  
Assorted Varieties,  
46 fl oz.

**2/\$8**

SAVE \$1.79



Sargento  
**CHEESE SHREDS**  
Assorted Varieties,  
7 - 8 oz.

**2/\$6**

SAVE \$2.30



Fage  
**GREEK YOGURT**  
35.3 oz.

**5.99**

SAVE \$1.19



Planet Oat  
**OATMILK**  
Assorted Varieties,  
52 fl oz.

**2/\$6**



SAVE \$2.00

Starbucks  
**ICED COFFEE**  
Assorted Varieties,  
48 fl oz.

**5.99**

SAVE \$1.29



Fage  
**SOUR CREAM**  
16 oz.

**2/\$4**

SAVE \$1.00



Farmer's Cow  
**LARGE BROWN EGGS**  
12 count

**2.99**

SAVE 50¢



Cabot  
**WHIPPED CREAM**  
14 oz.

**4.69**

## Your Favorite SPECIALTY GROCERY ITEMS

SAVE 60¢

Fever Tree  
**4-PACK BOTTLES**  
Assorted Varieties,  
4 / 6.8 fl oz.

**5.39**



SAVE \$1.60

Muir Glen  
**CHILI STARTER**  
Assorted Varieties,  
28 oz.

**4.99**



SAVE \$1.00

Sigdal Bakeri  
**NORWEGIAN CRISP BREAD**  
Assorted Varieties,  
8.29 oz.

**4.59**



SAVE \$1.40

Bonne Maman  
**HAZELNUT CHOCOLATE SPREAD**  
Assorted Varieties,  
8.8 oz.

**5.29**



SAVE \$7.30

Colavita  
**EXTRA VIRGIN OLIVE OIL**  
34 fl oz.

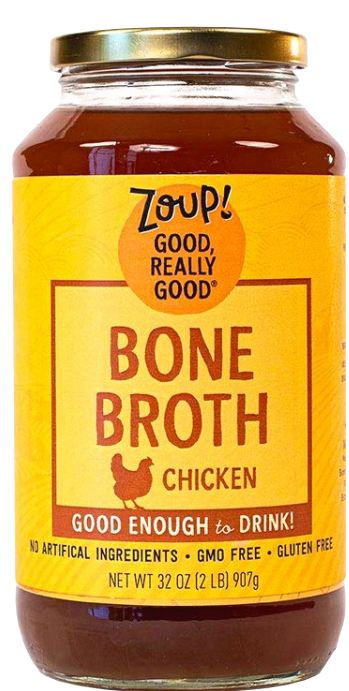
**29.99**



SAVE \$2.30

Zoup!  
**BONE BROTH & BONE BROTH**  
Assorted Varieties,  
32 fl oz.

**6.69**



SAVE 80¢

Al Dente  
**FETTUCINE**  
\*EXCLUDES SQUID INK  
Assorted Varieties,  
12 oz.

**3.69**



SAVE \$1.80

Smart Juice  
**ORGANIC JUICE**  
Assorted Varieties,  
33.8 fl oz.

**6.89**



# Come See What's FRESH



**ROASTED GARLIC  
CIABATTA LOAF**

**4.99**



**DELICIOUS  
LEMON LOAF**

**7.99**



**CHOCOLATE  
FUDGE CAKE**  
7-Inch Cake

**15.99**

SAVE \$1



**VERY  
BERRY PIE**  
9-Inch Pie

**15.99**

SAVE \$1



**MINI  
CUPCAKES**  
12-Pack

**5.99**

**PREPARED FOODS**

SAVE \$1.00 EA.

Freshly Prepared  
**CLASSIC  
ITALIAN  
MEATBALLS**

**10.99ea.**



SAVE \$1.00 EA.

Freshly Prepared  
**GENERAL  
TSO'S  
CHICKEN BOWL**

**12.99ea.**



**ONE DAY SALE ITEM**

Freshly Prepared  
**BAKED COD**

**18.99lb.**



SAVE \$1.00 LB.

**VEGAN  
BAKED BEANS**

**6.99lb.**



SAVE \$1.00 LB.

**CUCUMBER  
GARBANZO  
SALAD**

**7.99lb.**

SAVE \$1.00 LB.

**CLASSIC  
CHICKEN SALAD**

**9.99lb.**

SAVE \$2.40 LB.

Boar's Head  
**LOW SODIUM  
TURKEY**

**11.99lb.**



SAVE \$1.00 LB.

Belmont Market's  
**BAKED  
HAM**

**7.99lb.**



SAVE \$1.00 LB.

Boar's Head  
**EVERROAST  
CHICKEN**

**11.99lb.**



SAVE \$1.00

Switzerland  
**LE  
GRUYÈRE**  
6 oz.


**8.99**



SAVE \$1.00

Stonefire  
**SEA SALT  
NAAN CRISP**  
6 oz.

**3.99**



SAVE \$1.00

Sartori  
**ROSEMARY &  
OLIVE ASIAGO**  
5.3 oz.

**6.99**




## 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



**Aura Cacia  
ESSENTIAL  
OILS**  
Assorted Varieties, 0.25 fl. oz.

SAVE 50¢

**4.99**



**Hydro Flask  
TRAVEL MUG  
WIDE MOUTH**  
Assorted Varieties, 20 oz.

SAVE \$4.00

**27.59**



**Natural Factors  
SALMON OIL**  
90 Count

SAVE \$4.00

**24.99**



**Belmont Wellness  
MEN'S ORGANIC  
MULTIVITAMIN**  
60 Count

SAVE \$4.00

**40.29**

## THE HERB WYFE



**Charlotte's Web  
CBD CREAM**  
1 oz.

SAVE \$3.00

**16.99**



**The Herb Wyfe of Belmont Market  
Immuni Tea**  
2 oz.

SAVE \$2.00

**6.00**



**OmegaFactors  
Wild Alaskan  
Salmon Oil**  
100% PURE SALMON OIL  
1000 mg - 90 Softgels  
OMEGA-3 EPA & DHA 150 mg



**Belmont Wellness  
Men's Multi**  
SUPPORTS OPTIMAL HEALTH,  
ENERGY & WELL-BEING  
DIETARY SUPPLEMENT  
GLUTEN FREE • NON-GMO • VEGAN  
60 Tablets



**Clearpath Herbs  
LUNG  
SUPPORT**  
2 oz.

SAVE \$3.00

**21.00**



**Traditional Medicinal  
HERBAL COLD  
CARE TEA**  
ELDERFLOWER SPICE  
16 Count

SAVE \$2.00

**4.99**

## Belmont FLORAL

We have beautiful flowers, plants and bouquets!

**FALL TULIP  
BUNCHES**

**16.99**



**KALANCHOE  
Plants**

**10.99**



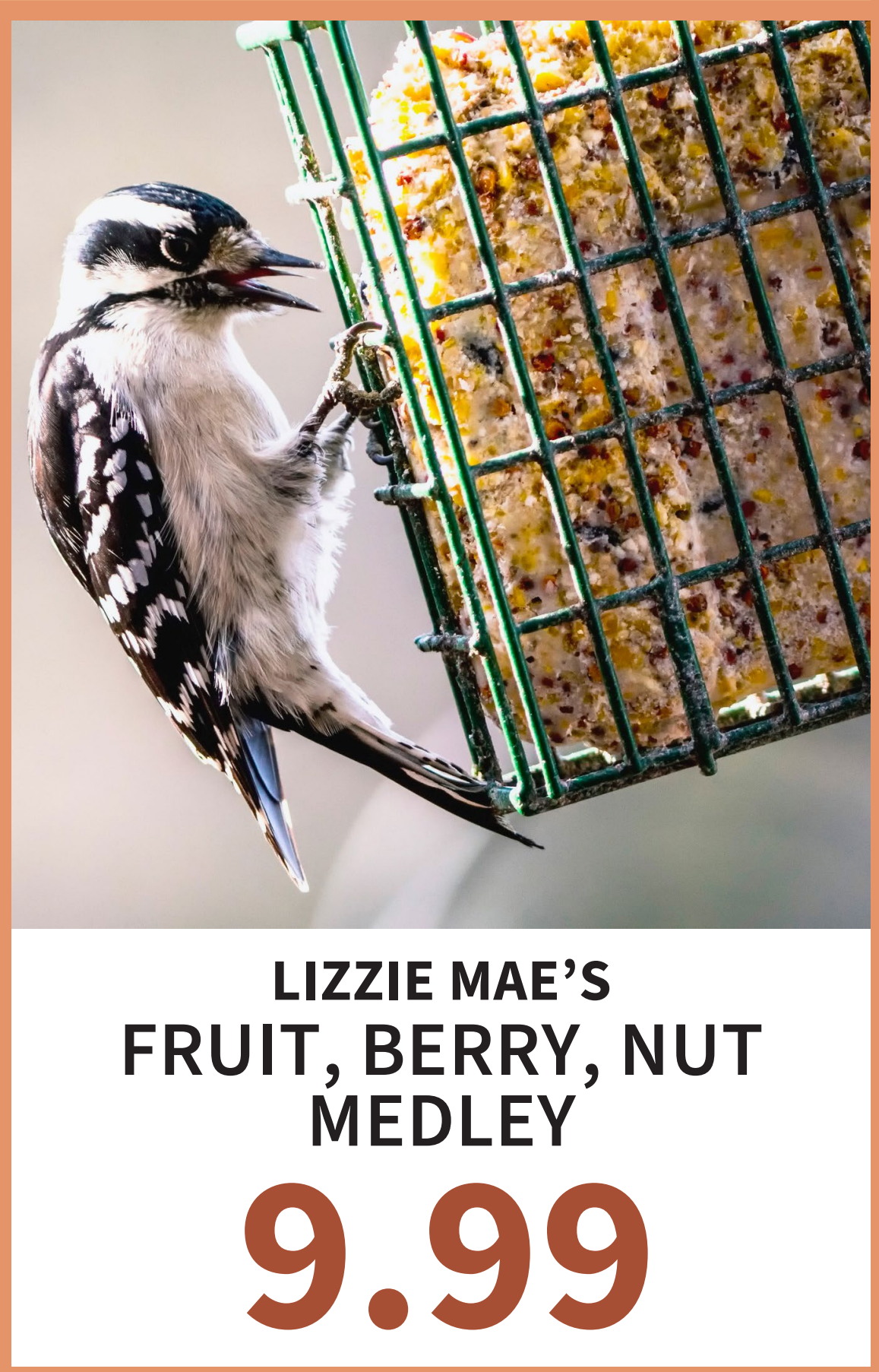
**GARDEN MIX  
BOUQUET**

**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.ROSIAPP.COM/BELMONT](http://SHOP.ROSIAPP.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)