

BELMONT MARKET'S

SNACK BOWL LIX

SALES & SPECIALS



Local

NATIVE RHODE ISLAND
**HONEYCRISP
APPLES**

\$1.99 lb.



Imported
**FRESH HASS
AVOCADOS**

2/\$4

CERTIFIED ANGUS BEEF
SIRLOIN
STEAK TIPS

16.99 lb.

SAVE \$2.00 LB.



**Chairman Reserve
BABY BACK
PORK RIBS**
Bone-In

4.99 lb.

SAVE \$2.00 LB.

**Grade A
CUT CHICKEN
WINGS**

3.99 lb.

SAVE \$1.00 LB.

**Boar's Head
PICKLES**
26 oz.

3.99 ea.

SAVE \$1.50 EA.



**Boar's Head
BACON**
12 - 16 oz.

7.99 ea.

SAVE \$1.00 EA.

**Bell & Evans
FROZEN GLUTEN FREE
& REGULAR CHICKEN**
Assorted Varieties

8.99 ea.

SAVE \$1.00 EA.

**Bell & Evans
ORGANIC FROZEN
CHICKEN**
Assorted Varieties

9.99 ea.

SAVE \$1.00 EA.

BELMONT BREAD



**LARGE ITALIAN
TABLE LOAF**

6.49 ea.

FEATURED FAVORITE

REEL IN FANTASTIC SEAFOOD

<p>JUMBO SHRIMP 8-12</p> <p>10.99 lb.</p>	<p>SMALL SHRIMP PLATTER 2 LB.</p> <p>39.99 ea.</p> <p>REQUIRES 24 HR. NOTICE</p>
<p>MEDIUM SHRIMP PLATTER 3.5 LB.</p> <p>69.99 ea.</p> <p>REQUIRES 24 HR. NOTICE</p>	<p>LARGE SHRIMP PLATTER 5 LB.</p> <p>99.99 ea.</p> <p>REQUIRES 24 HR. NOTICE</p>

EFFECTIVE DATES: JANUARY 31ST - FEBRUARY 6TH
 Monday - Saturday - 7:00AM - 10:00PM
 Sunday - 7:00AM - 8:00PM
 600 KINGSTOWN RD, WAKEFIELD, RI / (401) 783-4656
 WWW.BELMONTMARKET.COM



"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



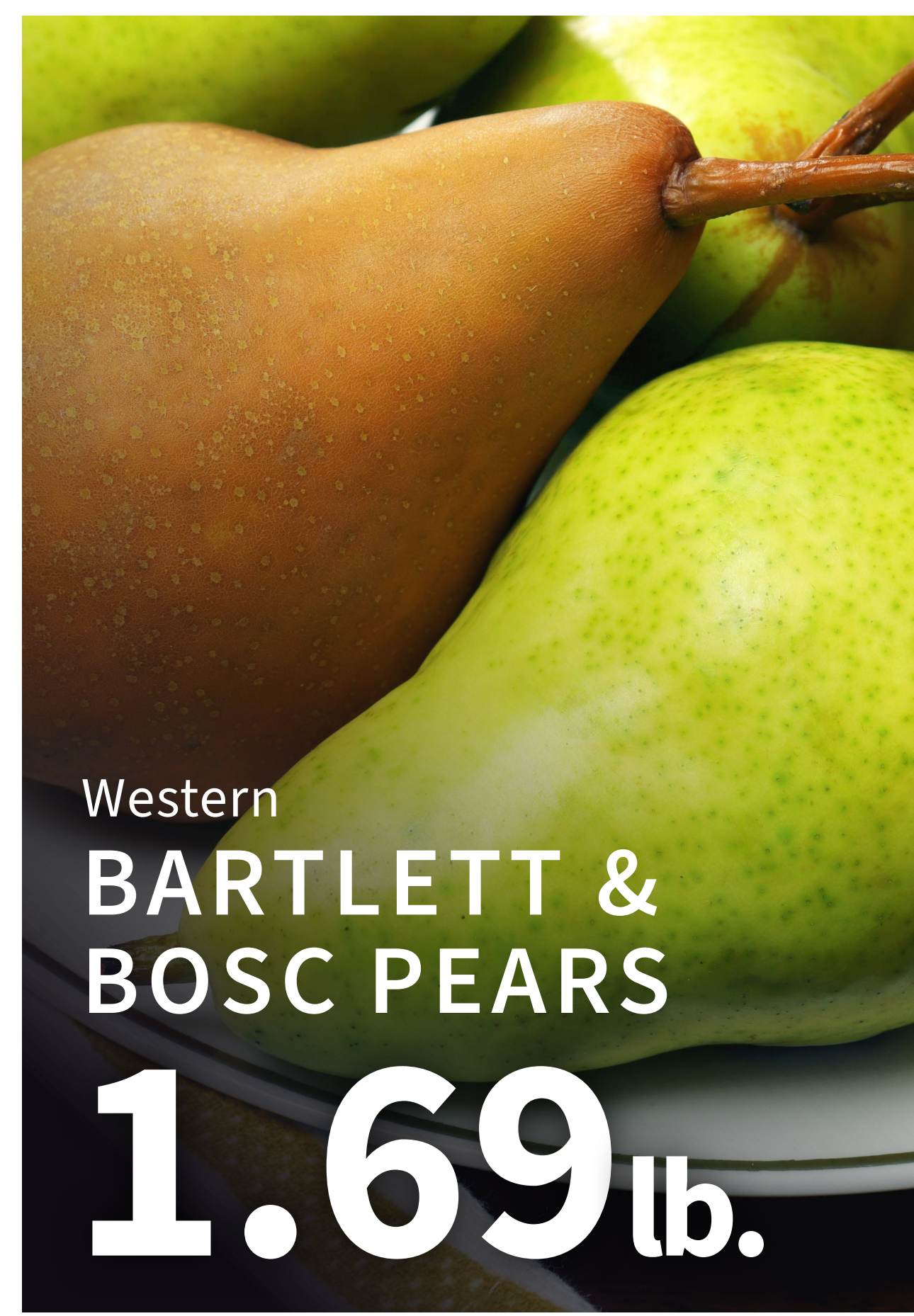
Imported
PEACHES

2.99 lb.



Imported
**BLUEBERRY
PINTS**

3.49 ea.



Western
**BARTLETT &
BOSC PEARS**

1.69 lb.



Imported
**FRESH
PLUMS**

2.99 lb.



California, USA
**NAVEL
ORANGES**

1.49 lb.



Imported
**FRESH
NECTARINES**

2.99 lb.



Imported
**SEEDLESS
GRAPES**
Red, Green & Black

2.99 lb.



Imported
**SWEET
ONION**

1.29 lb.



Grimmway
**PEELED
BABY CARROTS**
16 oz. Bag

2/\$3



California, USA
**BUNCH
CELERY**

1.49 ea.



California, USA
**BRUSSELS
SPROUTS**

1.89 lb.



Fresh
**ROMAINE
HEARTS**
3 Pack

1.99 ea.



Red Ripe
**PLUM ROMA
TOMATOES**

99¢ lb.



Imported
**SEEDLESS
ENGLISH
CUCUMBERS**

99¢ ea.



**RED
POTATOES**
5 lb. Bag

2.99 ea.

The Best ORGANIC SELECTION



Organic
**NAVEL
ORANGES**

1.99 lb.



Organic
**FRESH
GRAPEFRUIT**

2/\$4



Lady Moon
**ROMAINE
HEARTS**

3.99 ea.



Organic
**FRESH
AVOCADOS**

2/\$4



Organic
**FRESH
LEMONS**

75¢ ea.



Organic
**FRESH
LIMES**

75¢ ea.



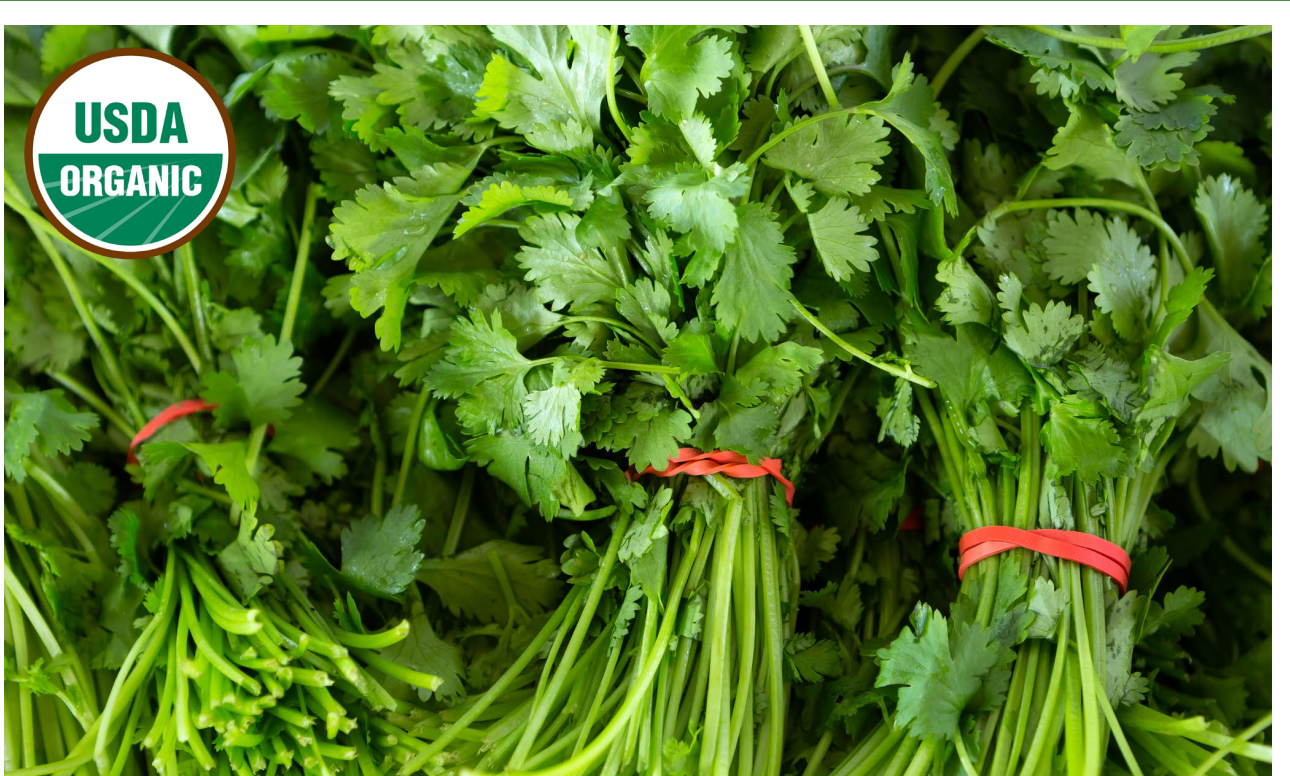
Organic
**YELLOW
ONIONS**

1.89 lb.



Organic
**RED
ONIONS**

1.89 lb.



Organic
**FRESH
CILANTRO**

1.89 ea.

Great Deals ON FAMILY FAVORITES

SAVE \$2.96



Post
HONEY BUNCHES OF OATS
Assorted Varieties,
10 - 14.75 oz.

3/\$7

SAVE \$3.49



General Mills
CHEERIOS
Assorted Varieties,
12 - 16.8 oz.

2/\$6

BUY-1 GET-1 FREE



Thomas'
SWIRL BREAD
Assorted Varieties,
16 oz.

\$4.79

SAVE \$5.50



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

\$5.99

SAVE 99¢



Campbell's
CHICKEN NOODLE & TOMATO SOUP
Assorted Varieties,
10.75 oz.

10/\$10

SAVE \$2.54



Annie's
MAC & CHEESE
Assorted Varieties,
5.5 - 6 oz.

4/\$5

SAVE \$1.44



StarKist
SOLID WHITE TUNA
Assorted Varieties,
5 oz.

4/\$5

SAVE \$1.49



Prego
PASTA SAUCE
Assorted Varieties,
14.5 - 24 oz.

2/\$5

SAVE UP TO \$2.53



Swanson
BROTH & STOCK
Assorted Varieties,
32 oz.

3/\$5

BUY-1 GET-1 FREE



Frito Lay
DORITOS
Assorted Varieties,
6 - 10.75 oz.

\$6.29

SAVE \$1.91



Kraft
SALAD DRESSING
Assorted Varieties,
16 fl oz.

\$3.99

SAVE \$1.20



Gold Medal
FLOUR
Assorted Varieties,
5 lb.

\$4.79

SAVE \$1.33



Bubly
8-PACKS
Assorted Varieties,
8 / 12 fl oz.

3/\$11

SAVE \$1.99



Coca-Cola
12-PACKS
Assorted Varieties,
12 / 12 fl oz.

2/\$15

SAVE \$2.99



Fiora
PAPER TOWELS
6 Rolls,
Assorted Varieties

2/\$10

SAVE \$2.99



Fiora
BATH TISSUE
12 Double Rolls,
Assorted Varieties

2/\$10

Cool Savings ON DAIRY AND FROZEN FOODS



Kellogg's
EGGO FAMILY SIZE WAFFLE & PANCAKES
Assorted Varieties,
23.2 - 29.6 oz

\$6.59

SAVE \$7.49



Mystic Pizza
PIZZA
Assorted Varieties,
20.75 - 21.75 oz.

2/\$7.49

SAVE \$3.29



Turkey Hill
ICE CREAM
Assorted Varieties,
46 fl oz.

2/\$7

SAVE \$1.69



Cabot
SHREDDED CHEESE
Assorted Varieties,
8 oz.

2/\$5



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

2/\$7

SAVE 80¢



Bay's
ENGLISH MUFFINS
Assorted Varieties,
12 - 13 oz.

\$3.49

SAVE 74¢



Oikos
TRIPLE ZERO YOGURT
Assorted Varieties,
5.3 oz.

4/\$5

SAVE \$1.09



Daisy
SOUR CREAM SQUEEZE
14 oz.

2/\$5

SAVE \$1.50



Starbucks
ICED COFFEE
Assorted Varieties,
48 fl oz.

6.49

SAVE \$1.89



Silk
ALMOND MILK
Assorted Varieties,
64 fl oz.

2/\$6

SAVE 60¢



Pure Leaf
REAL BREWED ICED TEA
Assorted Varieties,
59 fl oz.

2.79

Your Favorite SPECIALTY GROCERY ITEMS

SAVE \$1.50



Mi Nina
TORTILLA CHIPS
Assorted Varieties,
12 oz.

5.29

SAVE 60¢



Green Mountain
SALSA
Assorted Varieties,
16 oz.

5.59

SAVE \$1.30



Compagnia Sanremo
SICILIAN SODA
Assorted Varieties,
25.4 fl oz.

3.69

SAVE \$1.70



Wellington
ASSORTED CRACKERS BOX
Assorted Varieties,
8.8 oz.

6.19

SAVE 60¢



Tate's
COOKIES
Assorted Varieties,
6.5 - 7 oz.

5.99

SAVE 99¢



Daily Pantry
ORGANIC BROTHS
Assorted Varieties,
32 fl oz.

2/\$6

SAVE \$2.00



Char Crust
DRY RUB PACKS
Assorted Varieties,
4 oz.

6.99

SAVE \$1.80



Laurel Hill
ORGANIC OLIVES
4.1 - 4.6 oz.

4.19

Come See What's FRESH



SLIDER ROLLS
12-Pack

6.99



MINI SOURDOUGH
BOULE

2.99



CORN BREAD
8" Square

5.99



KITCHEN SINK
COOKIES
12-Pack

6.99

PREPARED FOODS

SAVE \$
Freshly Prepared
**BELMONT
ACAI BOWL**
10.99ea.



SAVE \$1.00 EA.
Freshly Prepared
**CLASSIC
ITALIAN
MEATBALLS**
10.99ea.

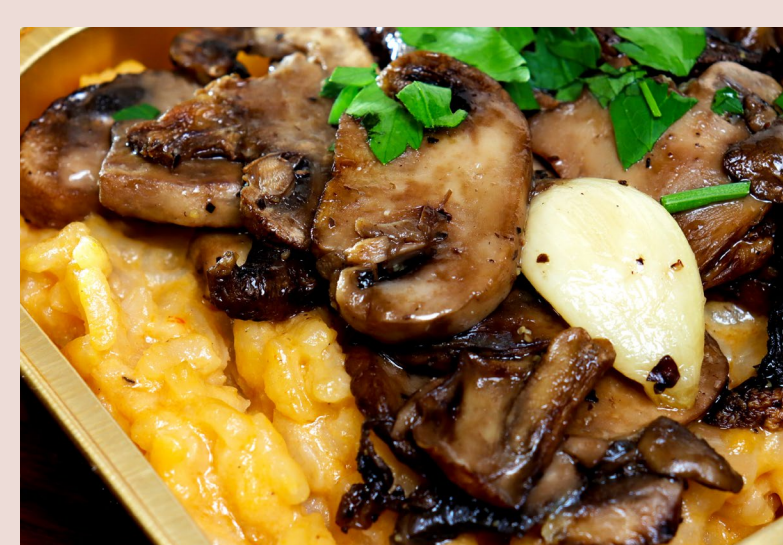


ONE DAY SALE ITEM

Freshly Prepared
**LEMON DILL
SALMON**
17.99lb.



SAVE \$1.00 EA.
Freshly Prepared
**VEGAN
RISOTTO**
7.99ea.



SAVE \$1.00 LB.

**TARRAGON
CHICKEN
SALAD**
9.99lb.

SAVE \$1.00 LB.

**QUINOA &
ALMOND SALAD**
8.99lb.



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

Top Seedz
**MAPLE
SEEDS**
6 oz.

7.99



SAVE \$1.00

Kerrygold
**IRISH
CHEDDAR
DUBLINER**
7 oz.

6.99



SAVE \$1.00

La Terrafina
**CHEESE
ARTICHOKE
DIP**
10 oz.

5.99



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



Himalaya
HELLO PEACE
STRESS RELIEF
60 Count

SAVE \$3.00
16.99



Belmont Wellness
**KIDS CALM
CHEWABLES**
MIXED FRUIT
MELAONIN FREE
30 Count

SAVE \$1.50
8.49



Host Defense
**MYCO-
BOTANICAL
ENERGY**
60 Capsules

SAVE \$4.00
32.99



Clearpath Herbs
LIVER TONICS
2 oz.

SAVE \$3.00
21.00



Amazing Herbs
**GROUND
BLACK SEEDS**
16 oz.

SAVE \$4.00
21.99



Vital Proteins
BEEF GELATIN
UNFLAVORED
16.4 oz.

SAVE \$5.00
33.89



GAIA
**MIGHTY
LUNGS**
60 Count

SAVE \$4.00
29.99



Earth Essence Herbs
**PATCHOULI
SPRITZER**
4 oz.

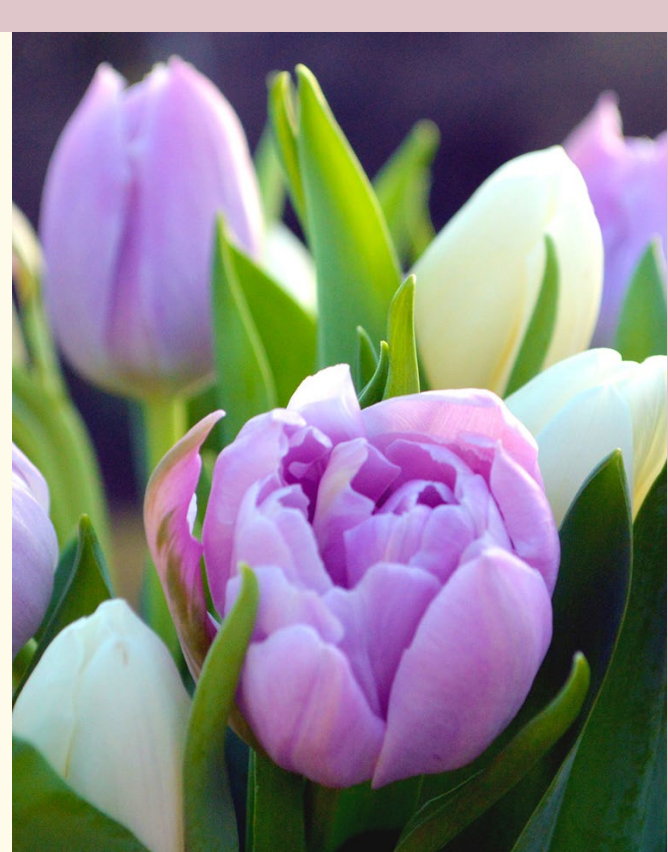
SAVE \$3.00
15.99

VALENTINES DAY IS FRIDAY, FEBRUARY 14TH

Discover our alluring Valentine's Day floral collection to perfect your romantic celebration with bouquets, centerpieces, and flowering plants.

**TULIP
BUNCHES**

10.99



**SINGLE
RED ROSE**

INCLUDES GREENS
& BABIES BREATH

5.99



**CYCLAMEN
6" PLANT**

21.99



**DOZEN
RED ROSES
BOUQUET**

34.99



**PINE TREE FARMS
FRUIT NUT & SEED
BELL**

6.49



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
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.ROSIEAPP.COM/BELMONT

