

# BELMONT MARKET'S SEASON OF SAVINGS



IMPORTED  
**TOMATOES  
ON THE VINE**  
**\$1.99 lb.**



**RED  
POTATOES**  
5 lb. Bag **\$2.99 ea.**



**SAVE \$2.00 LB.**

**EYE ROUND  
ROAST** **\$6.99 lb.**



**CHAIRMAN'S RESERVE**

**BONELESS  
SIRLOIN PORK  
MINI ROAST**  
SAVE \$1.50 LB.  
**\$2.49 lb.**



**GRADE A**

**BONE-IN  
SPLIT CHICKEN  
BREAST  
FAMILY PACK**  
SAVE \$1.00 LB.  
**\$2.49 lb.**



**Ball Park**  
SAVE \$2.00 EA.  
**BEEF & BUN  
SIZE FRANKS**  
Assorted, 15 oz. **\$6.99 ea.**



**Ball Park**  
SAVE \$2.00 EA.  
**MEAT FRANKS &  
TURKEY FRANKS**  
Assorted, 15 oz. **\$4.99 ea.**



**Tyson**  
SAVE \$2.00 EA.  
**FROZEN  
CHICKEN**  
Assorted, 20-25 oz. **\$9.99 ea.**



**BELMONT BREAD**

**LARGE OLIVE  
FLATBREAD**  
SAVE \$1.00 EA.  
**\$5.49 ea.**



**REEL IN FANTASTIC SEAFOOD**



**FRESH  
SWORDFISH**  
**15.99 lb.**



**KING  
SALMON**  
**26.99 lb.**

**EFFECTIVE DATES: FEBRUARY 27<sup>TH</sup> - MARCH 5<sup>TH</sup>**  
Monday - Saturday - 7:00AM - 10:00PM  
Sunday - 7:00AM - 8:00PM

600 KINGSTOWN RD, WAKEFIELD, RI / (401) 789-4656  
[WWW.BELMONTMARKET.COM](http://WWW.BELMONTMARKET.COM)

**BELMONT  
MARKET**  
A Better Place to Shop Since 1947

"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  
**Seedless Grapes** **\$2.99 lb.**  
Red, Green & Black



Fresh  
**Strawberries** **2/\$5**  
Pint / 16 oz.



Imported  
**Bartlett Pears** **\$1.69 lb.**



US #1  
**Pink Lady Apples** **\$1.49 lb.**



US #1  
**Granny Smith Apples** **\$1.49 lb.**



California, USA  
**Navel Oranges** **\$1.49 lb.**



Del Monte  
**Juicy Pineapple** **\$2.99 ea.**



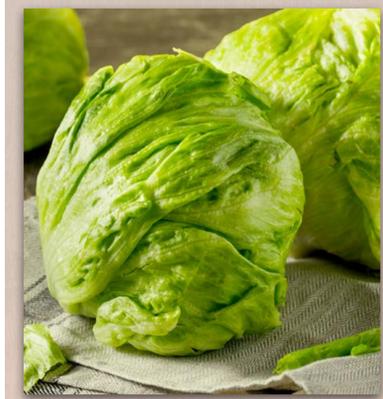
Imported  
**Clementines** **\$4.99 ea.**  
3 lb. Bag



Imported  
**Hass Avocados** **99¢ ea.**



Imported  
**English Cucumbers** **2/\$4**



California, USA  
**Iceberg Lettuce** **\$1.99 ea.**  
Cello Wrapped



Grimm Way  
**Baby Peeled Carrots** **2/\$3**  
16 oz.

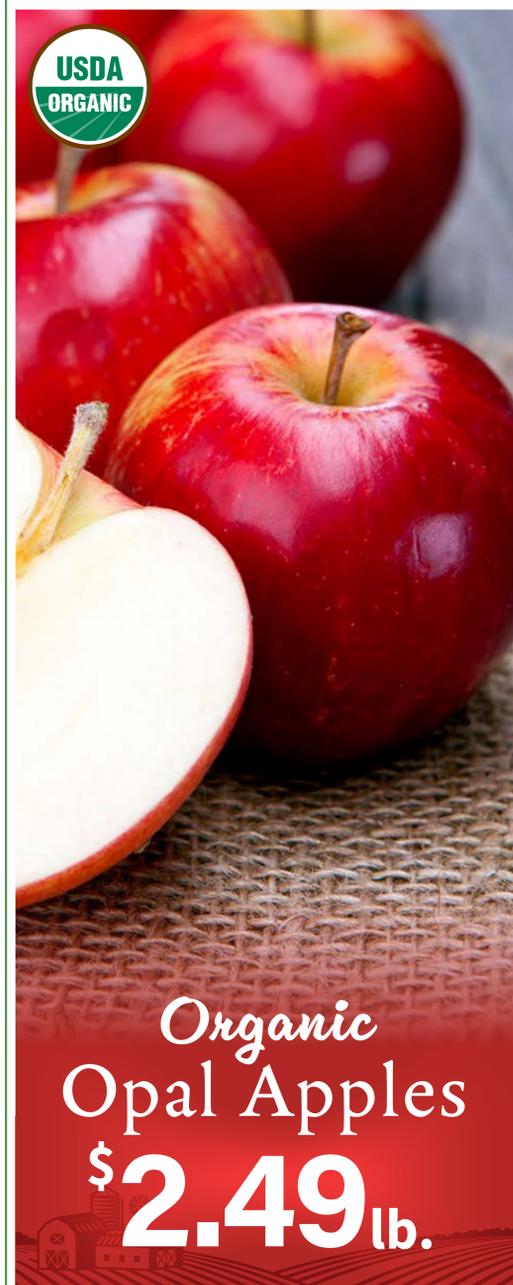


California, USA  
**Bunch Celery** **\$1.99 ea.**



Fancy  
**Green Cabbage** **49¢ lb.**

## The Best **ORGANIC SELECTION**



*Organic*  
**Opal Apples** **\$2.49 lb.**



*Organic*  
**Strawberries** **\$4.99 ea.**  
Pint



*Organic*  
**Mandarins** **\$5.99 ea.**  
2 lb. Bag



*Organic*  
**Cara Cara Oranges** **\$2.49 lb.**



*Organic*  
**Kiwis** **\$3.99 ea.**  
1 lb. Box



*Organic*  
**Fresh Asparagus** **\$4.99 lb.**



*Organic*  
**Romaine Lettuce** **\$2.99 ea.**

# Great Deals ON FAMILY FAVORITES

SAVE \$5.50



**Dunkin' BAGGED COFFEE**  
Assorted Varieties,  
11 - 12 oz.

**\$8.99**

SAVE UP TO \$2.29



**Post GRAPENUTS & SHREDDED WHEAT**  
Assorted Varieties,  
15 - 20.5 oz.

**2/\$7**

SAVE UP TO \$2.99



**Cheerios HONEY NUT & ORIGINAL CEREAL**  
Assorted Varieties,  
12 - 15.4 oz.

**2/\$8**

BUY-ONE-GET-ONE



**Thomas' ORIGINAL ENGLISH MUFFINS**  
13 oz.

**\$5.49**

SAVE \$2.79



**Nature Valley PROTEIN GRANOLA BARS**  
Assorted Varieties,  
6.5 - 7.1 oz.

**2/\$7**

SAVE 99¢



**Junkless GRANOLA BARS**  
Assorted Varieties,  
6.6 oz.

**2/\$7**

SAVE 99¢



**Near East RICE PILAF**  
Assorted Varieties,  
5.2 - 10 oz.

**2/\$4**

SAVE \$1.00



**Shake 'N Bake SHAKE 'N BAKE**  
Assorted Varieties,  
4.2 - 6 oz.

**\$3.99**

SAVE \$1.04



**Ronzoni PASTA**  
Assorted Varieties,  
12 - 16 oz.

**4/\$5**

SAVE \$1.29



**College Inn BROTH**  
Assorted Varieties,  
32 oz.

**2/\$5**

SAVE \$1.49



**Swanson STOCK**  
Assorted Varieties,  
32 oz.

**2/\$5**

SAVE 49¢



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

**2/\$3**

SAVE \$1.49



**Ragu PASTA SAUCE**  
Assorted Varieties,  
16 - 24 oz.

**2/\$5**

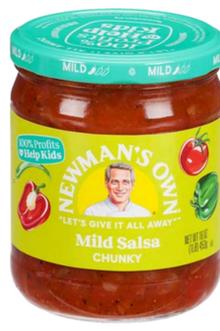
SAVE \$1.29



**Red Pack CANNED TOMATOES**  
Assorted Varieties,  
28 oz.

**2/\$4**

SAVE 79¢



**Newman's Own SALSA**  
Assorted Varieties,  
16 oz.

**2/\$7**

SAVE 79¢



**B&M BAKED BEANS**  
Assorted Varieties,  
28 oz.

**2/\$5**

SAVE \$3.00



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

**\$5.99**

SAVE \$2.00



**Hellmann's MAYONNAISE**  
Assorted Varieties,  
20 oz.

**\$5.99**

SAVE UP TO \$23.80



**Filippo Berio OLIVE OIL**  
Assorted Varieties,  
50.7 fl oz.

**\$12.99**

SAVE UP TO \$1.00



**Full Circle Market ORGANIC MUSTARD**  
Assorted Varieties,  
12 oz.

**\$2.99**

SAVE UP TO \$1.00



**Grey Poupon MUSTARD**  
Assorted Varieties,  
8 - 10 oz.

**\$3.99**

SAVE \$1.79



**Toasted CRACKERS**  
Assorted Varieties,  
8 oz.

**2/\$7**

SAVE \$2.19



**Town House CRACKERS**  
Assorted Varieties,  
8.7 - 13.8 oz.

**2/\$7**

SAVE \$1.79



**Club CRACKERS**  
Assorted Varieties,  
11.7 - 13.7 oz.

**2/\$7**



SAVE 99¢

**Quaker RICE CRISPS**  
Assorted Varieties,  
3.03 - 3.52 oz.

**2/\$5**

SAVE 80¢



**UTZ CHIPS**  
Assorted Varieties,  
9 - 10.75 oz.

**\$3.99**

SAVE \$1.50



**Doritos TORTILLA CHIPS**  
Assorted Varieties,  
9 - 10.75 oz.

**\$3.99**

SAVE 64¢



**Polar SELTZER 2-LITERS**  
Assorted Varieties,  
67.6 fl oz.

**4/\$5**

SAVE 1.50



**Culture Pop SODA 4-PACKS**  
Assorted Varieties,  
12 fl oz. / 4pk / 48 fl oz.

**\$6.49**

SAVE 69¢



**Coca-Cola SODA 2-LITERS**  
Assorted Varieties,  
67.6 fl oz.

**2/\$5**

SAVE \$2.30



**Pepsi SODA 12-PACKS**  
Assorted Varieties,  
12 fl oz. / 12pk / 144 fl oz.

**\$7.99**

# Great Deals ON FAMILY FAVORITES

SAVE \$6.00

SAVE \$4.00



Charmin  
**BATH TISSUE**  
16 Mega Rolls  
Assorted Varieties,  
3328 - 3520 ct.

**\$17.99**



Downy  
**FABRIC SOFTENER**  
Assorted Varieties,  
140 fl oz

**\$12.99**

SAVE 50¢

SAVE \$2.80

SAVE \$1.30



Dawn  
**DISH SOAP**  
Assorted Varieties,  
16 - 30.8 oz.

**\$5.49**



Tide  
**LIQUID DETERGENT**  
Assorted Varieties,  
73 - 84 fl oz.

**\$12.99**



Tide  
**DETERGENT PODS**  
Assorted Varieties,  
31 - 37 oz.

**\$12.99**

## Cool Savings ON DAIRY AND FROZEN FOODS

SAVE \$1.46

SAVE \$2.29

SAVE \$3.29

SAVE 80¢



Birds Eye  
**VEGETABLES** 3/\$7  
Assorted Varieties,  
9 - 14.4 oz.



Smucker's  
**UNCRUSTABLES** 2/\$6  
Assorted Varieties,  
8 oz.



Turkey Hill  
**ICE CREAM & SHERBERT** 2/\$7  
Assorted Varieties,  
46 fl oz.



Swiss Miss  
**PUDDING** \$3.49  
Assorted Varieties,  
24 oz.

SAVE \$1.50

SAVE \$2.46

SAVE \$1.99

SAVE \$1.00



Babybel  
**CHEESE SNACKS** \$6.99  
Assorted Varieties,  
8.5 oz.



Kraft  
**SHREDDED CHEESE** 3/\$7  
Assorted Varieties,  
7 - 8 oz.



Eggland Best  
**LARGE WHITE EGGS** 2/\$6  
Assorted Varieties,  
1 Dozen



Land O Lakes  
**WHIPPED BUTTER** \$2.99  
Assorted Varieties,  
8 oz.

SAVE 79¢

SAVE 49¢

SAVE 99¢

SAVE \$1.60



Cabot  
**COTTAGE CHEESE** 2/\$6  
Assorted Varieties,  
16 oz.



Cabot  
**SOUR CREAM** 2/\$5  
16 oz.



Dannon  
**TOO GOOD YOGURT** 10/\$10  
Assorted Varieties,  
5.3 oz.



Wide Awake  
**COLD BREW COFFEE** \$5.99  
Assorted Varieties,  
48 fl oz.

SAVE 39¢

SAVE 79¢

SAVE 40¢

SAVE 40¢



Gold Peak  
**ICED TEA** 2/\$6  
Assorted Varieties,  
52 fl oz.



Shamrock  
**ROCKIN' PROTIEN MILK** 2/\$5  
Assorted Varieties,  
12 fl oz.



Garelick  
**LACTOSE FREE MILK** \$4.09  
Assorted Varieties,  
96 fl oz.



Garelick  
**TRUMOO ZERO SUGAR CHOCOLATE MILK** \$4.89  
64 fl oz.

## Your Favorite SPECIALTY GROCERY ITEMS

SAVE 30¢

SAVE \$1.20

SAVE \$1.30

SAVE \$1.30



If You Care  
**BAKING CUPS** \$2.39  
60 count



Stonewall  
Kitchen  
**CORNBREAD MIX** \$6.29  
16 oz.



Lake Champlain  
**ORGANIC CHOCOLATE BARS** \$5.19  
Assorted Varieties,  
2.7 - 3.25 oz.



Popcorn  
Indiana  
**BAGGED POPCORN** \$4.69  
Assorted Varieties,  
4.75 - 7 oz.

SAVE \$3.20

SAVE \$4.60

SAVE \$3.70

SAVE 30¢



Il Colle del Gusto  
**PISTACCHIOSA PISTACHIO SPREAD** \$11.79  
8.8 oz.



Neola  
**EXTRA VIRGIN COOKING OLIVE OIL** \$13.39  
16.9 fl oz.



Neola  
**WHITE BALSAMIC VINEGAR** \$11.29  
8.45 fl oz.



Kitchen Basics  
**STOCK** \$3.99  
\*Excludes Turkey & Organic  
Assorted Varieties,  
32 fl oz.

FROM THE DELI

**SAVE \$3.00 LB.**  
 Boar's Head  
**LOWER SODIUM TURKEY**  
**\$11.99lb.**

**SAVE \$2.00 LB.**  
 Boar's Head  
**TAVERN HAM**  
**\$11.99lb.**

**SAVE \$2.00 LB.**  
 Boar's Head  
**FIRESMITH CHICKEN**  
**\$11.99lb.**

PERFECT PAIRINGS

**SAVE \$1.00**  
 Garden Fresh  
**JACK'S SPECIAL SALSA MEDIUM**  
 16 oz.  
**\$3.99**

**SAVE \$1.00**  
 John Wm. Macy  
**MELTING PARMESAN CHEESE STICKS**  
 4 oz.  
**\$4.99**

**SAVE \$1.00**  
 Kerrygold  
**CHEDDAR CHEESE**  
 Assorted Varieties,  
 7 oz.  
**\$7.99**

PREPARED FOODS

**ONE DAY SALE ITEM**  
 Freshly Prepared  
**Baked Haddock**  
**\$18.99lb.**

**SAVE \$1.00 EA.**  
 Freshly Prepared  
**Shrimp Scampi Dinner**  
**\$13.99ea.**

**SAVE \$1.00 EA.**  
 Freshly Prepared  
**Vegan Tempeh "Sausage" Dinner**  
**\$11.99ea.**

**SAVE \$1.00 EA.**  
 Freshly Prepared  
**General Tso's Bowl**  
**\$12.99ea.**

**SAVE \$1.00 LB.**  
**Quinoa Tabouli**  
**\$8.99lb.**

**SAVE \$1.00 LB.**  
**Egg Salad**  
**\$8.99lb.**

BELMONT'S BAKED GOODS

**SAVE \$1.00**  
**The Father's Table Variety Cheesecake**  
 16 oz.  
**\$8.99**

**SAVE \$1.00**  
**Triple Chocolate Cookies**  
 12-pack  
**\$6.99**

**Chocolate Mousse Cup**  
 8 oz.  
**\$5.99**

**Lare Cookies**  
 Single  
**\$2.99**

EXPLORE OUR DAILY ROTATING MENU ON OUR WEBSITE.

[www.BelmontMarket.com/Menu](http://www.BelmontMarket.com/Menu)

REHEATING INSTRUCTIONS ONLINE IF NEEDED.



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

**Clearpath Herbs**  
**BLOOD SUGAR BALANCE**  
 2 oz.  
**SAVE \$3.00**  
**21.00**

**Traditional Medicinal**  
**IMMUNE ZOOM TEA**  
 16 bags  
**NEW!**  
**ORGANIC**  
**Immune Zoom**  
 Supports Immune Function\*  
**LEMON GINGER**  
**SAVE \$2.50**  
**6.39**

**Town Farm Tonics**  
**HERBAL ELECTROLYTE MIX**  
 16 oz.  
**SAVE \$3.00**  
**28.99**

**GAIA Herbs**  
**SINUS & LUNG SUPREME**  
 60 count  
**SAVE \$3.00**  
**31.99**

THE HERB WYFE

**Bluebonnet**  
**Brewer's Yeast Powder**  
 UN-FLAVORED  
 1 lb.  
**NON-BITTER**  
**SAVE \$5.00**  
**26.99**

**Yerba Prima**  
**PSYLLIUM WHOLE HUSKS POWDER**  
 12 oz.  
**Doctor Recommended Gentle, Soothing Fiber For Regularity For Heart Health\***  
**Colon Cleanser**  
**SAVE \$3.00**  
**14.89**

**LifeSeasons**  
**CLINICAL IMMUNITY QUICK START**  
 60 capsules  
**SAVE \$4.00**  
**16.49**

**Dr. Bronner's**  
**ORGANIC SUGAR SOAP**  
 Assorted, 8 oz.  
**SAVE \$2.00**  
**9.89**

SPRUCE UP WITH FESTIVE FLOWERS

Explore our floral collection to perfect your celebration with bouquets, centerpieces, and flowering plants.

**TULIP BUNCHES**  
**12.99**

**CYCLAMEN 4" PLANT**  
**10.99**



WINTER GARDEN MIX BOUQUET

**19.99**



HIGH ENERGY BLUEBIRD NUGGETS

**6.99**

# 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.BELMONTMARKET.COM](http://SHOP.BELMONTMARKET.COM)

