



WEEKLY SALES FLYER



Imported
Hot House Tomatoes
\$1.49 lb.



Connecticut, USA
Butter N' Sugar
Sweet Corn

5 FOR 4



Save \$5.00 LB.

Bone-In
Strip Steaks **\$14.99 lb.**

CR CHAIRMAN'S RESERVE

Baby Back Ribs & Pork Tenderloins **\$4.99 lb.**
Save \$2.00 lb.

GRADE A

Boneless Chicken Tenders **\$3.99 lb.**
Family Pack Save \$2.00 lb.

PERRI

Sweet or Hot Sausages & Patties **\$4.99 ea.**
16 oz. Save \$2.00 ea.




Fenway-Beef Franks or Beef Franks
14 oz. **\$6⁹⁹**
Save \$2.00 ea.

Fenway-Meat Franks or Meat Franks
14 oz. **\$5⁹⁹**
Save \$2.00 ea.




Smoked Bacon
16 oz. **\$6⁹⁹**
Save \$2.00 ea.

BELMONT  BREAD



Save \$1.00 ea.

Dinner Rolls 6-Pack **\$2⁹⁹**

REEL IN FANTASTIC SEAFOOD




Faroe Island Salmon
\$17⁹⁹ lb.




Cooked Lobster
\$59⁹⁹ lb.

EFFECTIVE DATES: JUNE 26TH - JULY 2ND
 Monday - Saturday - 7:00AM - 10:00PM
 Sunday - 7:00AM - 8:00PM
 600 KINGSTOWN RD, WAKEFIELD, RI / (401) 789-4656
 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
Bell Peppers
Red, Yellow & Orange

\$2.49 lb.



California, USA
Strawberries
16 oz.

\$2.99



California, USA
Yellow Nectarines

\$2.49 lb.



California, USA
Cotton Candy Grapes

\$4.99 lb.



Washington, USA
Large Sweet Cherries

\$3.99 lb.



US #1
Honeycrisp Apples

\$2.99 lb.



Mac's Pride
Peaches

\$1.99 lb.



Sweet Red
Watermelon Cuts
1/2 or 1/4

89¢ lb.



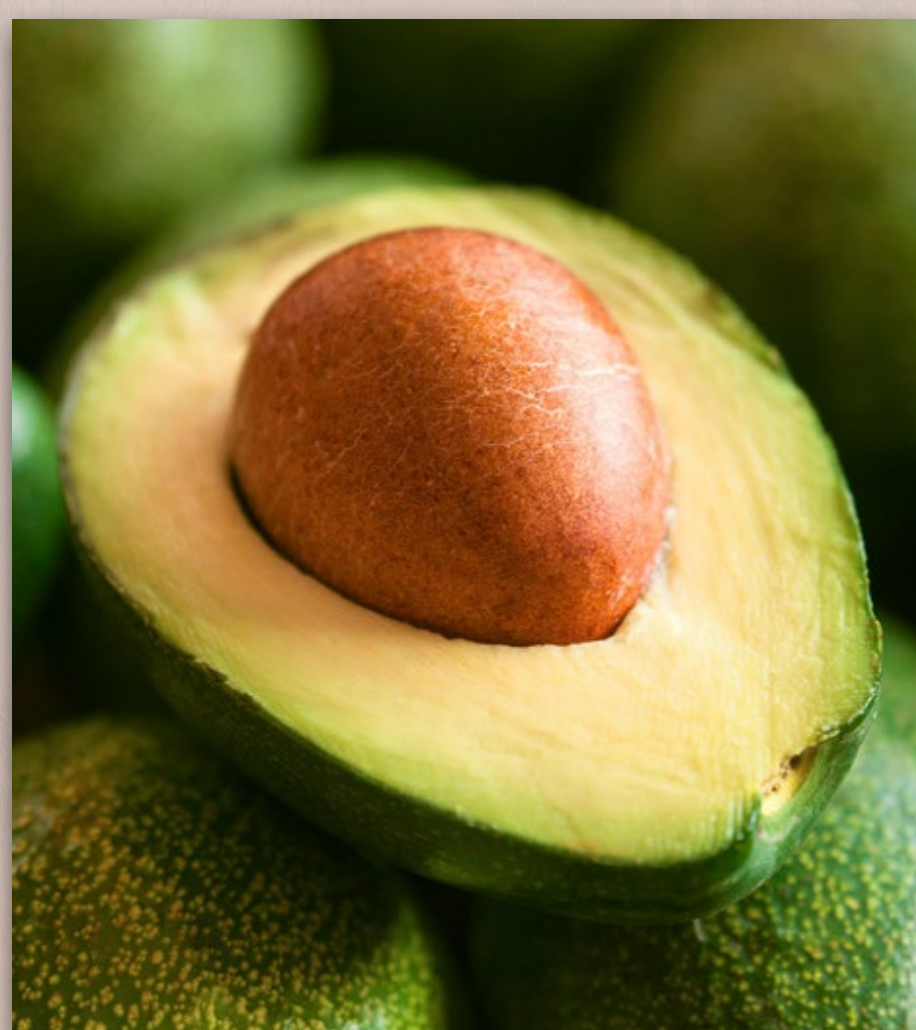
California
Black Plums

\$2.99 lb.



New Jersey, USA
Super Select Cucumbers

2 FOR 1



Imported
Hass Avocados

2 FOR 4



Georgia, USA
Vidalia Onion

\$1.29 lb.



Fancy Southern
Yellow & Green Squash

99¢ lb.

The Best **ORGANIC SELECTION**



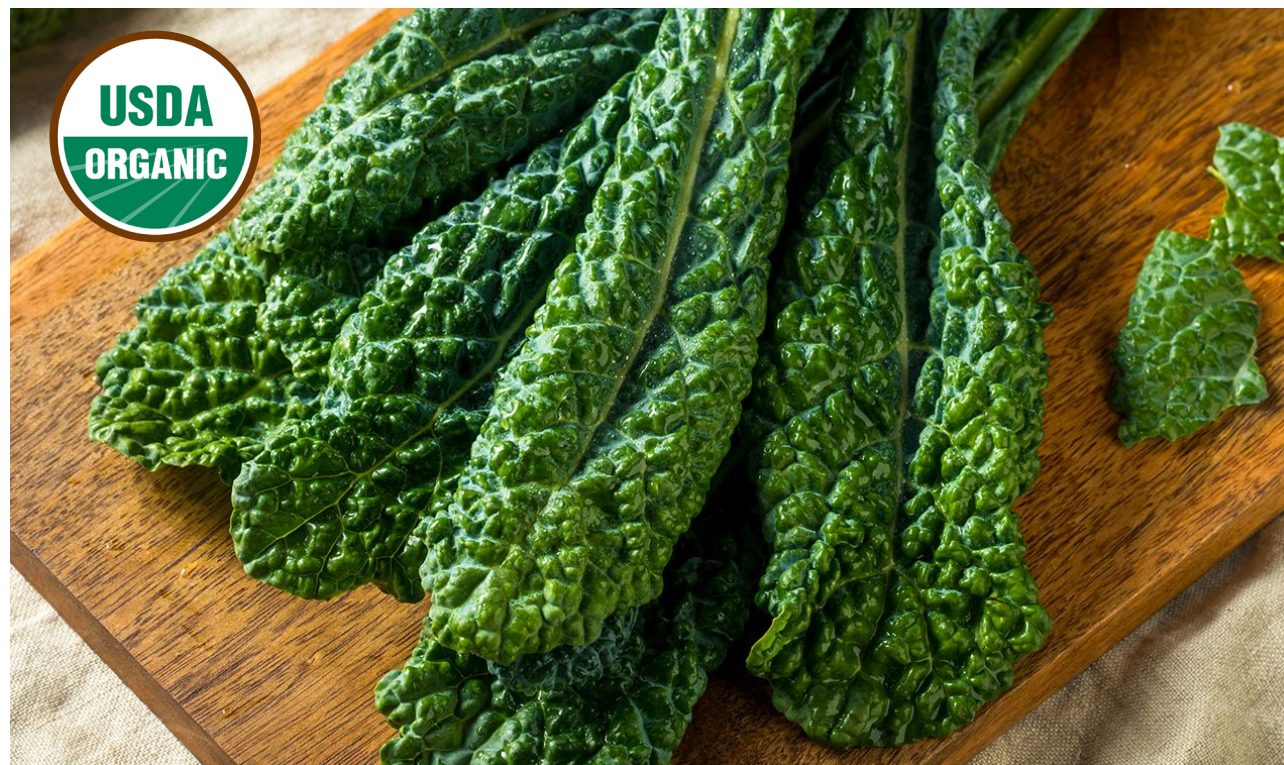
ORGANIC
Broccoli
\$3.99 ea.



Organic
Strawberries **\$3.99** ea.
16 oz.



Organic
Fresh Cherries **\$5.99** lb.



Organic
Lacinato Kale **\$2.49** ea.



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



Organic
Red Leaf Lettuce **\$2.99** ea.



Organic
Green Leaf Lettuce **\$2.99** ea.

Great Deals ON FAMILY FAVORITES



Green Mountain Coffee K-Cups
3.1 - 4 oz.
Assorted Varieties **\$6.99**
Save \$7.80



Folgers Ground Coffee
9.6 oz.
Assorted Varieties **\$6.99**
Save \$2.50



Kellogg's Rice Krispies Cereal
9 oz.
2 for 7
Save \$2.29



Quaker Life Cereal
13 oz.
Assorted Varieties **\$2.50**
Save \$2.79



General Mills Cheerios Cereal
12 - 15.4 oz.
Assorted Varieties **2 for 7**
Save Up To \$3.49



Nature Valley Granola Bars
*Excludes Protein Bars
4.6 - 8.94 oz.
Assorted Varieties **2 for 6**
Save \$2.29



Thomas' Bagels
18 oz.
Assorted Varieties **\$4.49**
Save \$1.00



Pepperidge Farm Farmhouse Rolls
13.5 - 20 oz.
Assorted Varieties **\$3.99**
Save \$1.00



Cheez-It Snack Crackers
7.5 - 12.4 oz.
Assorted Varieties **\$3.99**
Save \$2.00



Full Circle Market Organic Peanut Butter
16 oz.
Assorted Varieties **\$5.99**
Save 30¢



Full Circle Market Organic Grape Jelly
17 oz.
\$3.99
Save \$1.00



B&M Baked Beans
16 oz.
Assorted Varieties **2 for 2.50**
Save \$1.14



Full Circle Market Organic Specialty Beans
15.5 oz.
Assorted Varieties **2 for 2.50**
Save 54¢



Starkist Solid White Tuna
4-Packs
20 oz.
Assorted Varieties **\$4.99**
Save \$3.50



Mix & Match

Mix-&-Match Triscuit Snack Crackers
3.5 - 8.5 oz.
Assorted Varieties **2 for 7**
Save \$1.99

Mix-&-Match Wheat Thins Snack Crackers
3.5 - 8.5 oz.
Assorted Varieties **2 for 7**
Save \$1.99

Mix-&-Match Good Thins Snack Crackers
3.5 - 8.5 oz.
Assorted Varieties **2 for 7**
Save \$1.99



Hidden Valley Dip Mix
1 oz.
Assorted Varieties **\$1.99**
Save 40¢



Kraft Grated Cheese
8 oz.
Assorted Varieties **\$4.99**
Save \$2.00



Prince Pasta
12 - 16 oz.
Assorted Varieties **10 for 10**
Save \$1.29



Full Circle Market Organic Broth
32 oz.
Assorted Varieties **\$2.50**
Save 49¢



Heinz Cocktail Sauce
12 oz.
2 for 7
Save 29¢



Full Circle Market Organic Ketchup
20 oz.
\$2.50
Save 79¢



French's Yellow Mustard
20 oz.
\$2.50
Save \$1.49



Grey Poupon Mustard
8 - 10 oz.
Assorted Varieties **2 for 8**
Save 99¢



Sweet Baby Rays BBQ & Dipping Sauce
14 - 18 oz.
Assorted Varieties **3 for 5.50**
Save \$1.62



Ken's Salad Dressing
16 fl oz.
Assorted Varieties **\$2.50**
Save \$1.79



A1 Steak Sauce
10 oz.
Assorted Varieties **\$5.99**
Save \$1.30



Newman's Own Salsa
16 oz.
Assorted Varieties **\$2.99**
Save \$1.30



Vlasic Relish
9 - 10 fl oz.
Assorted Varieties **2 for 4**
Save \$1.99



Vlasic Pickles
16 - 24 fl oz.
Assorted Varieties **\$2.50**
Save Up To \$2.49



Hellmann's Mayonnaise
30 fl oz.
Assorted Varieties **\$5.49**
Save \$3.50



Wickles Dirty Dill Pickles
24 fl oz.
Assorted Varieties **\$5.99**
Save \$1.50



Full Circle Market Organic Sweet Relish
10 fl oz.
\$2.99
Save 40¢



Hellmann's Mayonnaise
20 fl oz.
Assorted Varieties **\$5.49**
Save \$2.50

Great Deals ON FAMILY FAVORITES



Frank's RedHot Hot Sauce
12 fl oz.
Assorted Varieties

2 FOR 8
Save \$1.69



Tabasco Hot Sauce
5 fl oz.
Assorted Varieties

\$3.29
Save \$1.50



Jet Puffed Marshmallows
12 oz.

2 FOR 3
Save \$1.29



6-Packs Hershey's Chocolate Bars
8.7 - 9.3 oz.
Assorted Varieties

\$6.99
Save \$3.00



Jello Pudding & Gelatin
0.3 - 3.4 oz.
Assorted Varieties

2 FOR 3
Save 29¢



Duncan Hines Brownie Mix
18 - 18.3 oz.
Assorted Varieties

2 FOR 4
Save \$1.19



Food Club Granulated Sugar
4 lb.

\$3.99
Save 50¢



Carnation Evaporated Milk
12 fl oz.
Assorted Varieties

2 FOR 4
Save 59¢



Filippo Berio Olive Oil
50.7 fl oz.
Assorted Varieties

\$14.99
Save Up To \$21.80



McCormick Seasoning Grinders
0.77 - 2.5 oz.
Assorted Varieties

\$2.50
Save \$1.49



McCormick Grill Mates Seasoning
2.12 - 3.5 oz.
Assorted Varieties

2 FOR 4
Save \$2.29



Utz Chips
7.75 - 8 oz.
Assorted Varieties

\$3.99
Save \$1.00



Tostitos Tortilla Chips
9 - 14 oz.
Assorted Varieties

\$2.99
Save \$2.50



Ocean Spray Cranberry Cocktail Juice
64 fl oz.
Assorted Varieties

2 FOR 6
Save \$1.29



Gatorade 8-Packs,
20 fl oz.
20 fl oz. / 8 pk
160 fl oz.
Assorted Varieties

\$7.99
Save \$2.50



Coca-Cola Soda 12-Pack
12 fl oz. / 12pk
144 fl oz.
Assorted Varieties

2 FOR 16
Save \$1.99



Culture Pop Probiotic Soda Singles
12 fl oz.
Assorted Varieties

2 FOR 3
Save 79¢



Polar Seltzer 12-Packs
12 fl oz. / 12pk
144 fl oz.
Assorted Varieties

3 FOR 13
Save \$1.66

We squeezed over 52 real raspberries & 1/2 a lime

into this 8-pack of sparkling water.



Spindrift Sparkling Water 8-Packs
12 fl oz. / 8pk / 96 fl oz.
Assorted Varieties

\$5.99
Save \$3.00

Great Deals ON FAMILY FAVORITES



FiORA
Paper Towels
EXTRA STRONG
EXTRA ABSORBENT

6 DOUBLE
12 REGULAR ROLLS

FiORA Paper Towel Extra Strong 6-Double Rolls 660 ct.

\$6.99
Save \$2.50



FiORA
Bath Tissue
EXTRA SOFT
EXTRA STRONG

12 DOUBLE ROLLS

FiORA Bathroom Tissue 12-Double Rolls 2568 ct.

\$6.99
Save \$3.00

FiORA





Cottonelle
Bathroom Tissue
6-Mega Rolls
1464 - 1704 ct.
Assorted Varieties

\$7.99
Save \$2.00



Dixie
Ultra
3X
30 PLATES
8 1/2 INCHES

Dixie Plates 20 - 48 ct. Assorted Varieties

2 FOR 5
Save \$2.09



SOLO
Squared
30 - 50 ct.
Assorted Varieties

Solo Plastic Cups 30 - 50 ct. Assorted Varieties

2 FOR 9
Save 99¢



Vani
EVE
vanity fair
ENTERTAIN

40 - 100 ct.
Assorted Varieties

Vanity Fair Napkins 40 - 100 ct. Assorted Varieties

2 FOR 6
Save \$1.29



Scotties
everyday comfort
2 Ply
210 Tissues

Scotties Facial Tissue 210 ct.

\$3.99
Save 40¢



CLOROX
DISINFECTING WIPES
3-IN-1
CLEANS, DEODORIZES, FRESHENS
FRESH SCENT
75 CT

Clorox Disinfecting Wipes 75 ct. Assorted Varieties

\$4.99
Save \$1.50



all
free-clear
30 fl. oz.

All Liquid Detergent 30 fl. oz.

\$7.99
Save \$1.30



Windex
Cleaner
23 fl. oz.
Assorted Varieties

Windex Cleaner 23 fl. oz. Assorted Varieties

\$4.49
Save 30¢

Cool Savings ON DAIRY AND FROZEN FOODS



BIRDS EYE
Broccoli Stir-Fry
14.4 oz.

Birds Eye Vegetables 9 - 14.4 oz. Assorted Varieties

\$2.50
Save \$1.29



Popsicle
JOLLY RANCHER
FUDGSICLE
NO SUGAR ADDED

21.6 - 29.7 fl. oz.
Assorted Varieties

Popsicles Popsicles 21.6 - 29.7 fl. oz. Assorted Varieties

2 FOR 8
Save \$3.49



TURKEY HILL
Cookies 'N Cream
PREMIUM ICE CREAM

46 fl. oz.
Assorted Varieties

Turkey Hill Ice Cream 46 fl. oz. Assorted Varieties

\$2.50
Save \$4.29



Cool Whip
ORIGINAL
WHIPPED TOPPING
8oz

Cool Whip Wipped Topping 8 oz. Assorted Varieties

\$2.50
Save 99¢



Little Rhody Egg Farms

BROWN EGGS ARE LOCAL EGGS AND LOCAL EGGS ARE FRESH
DISTRIBUTED BY LITTLE RHODY FOODS
FOSTER, FL 02825
PERISHABLE
KEEP REFRIGERATED

18 GRADE A LARGE EGGS

DEEP SAVINGS!

18-Pack Large Brown Eggs

\$1.99
Save 90¢



too good
BLENDED
2g SUGAR
vanilla

Too Good Greek Yogurt 32 oz.

\$5.99
Save \$1.50



Chobani
Greek Yogurt
4-Packs
21.2 oz.
Assorted Varieties

Chobani Greek Yogurt 4-Packs 21.2 oz. Assorted Varieties

2 FOR 9
Save \$2.79



PHILADELPHIA
no PRESERVATIVES
5 GRADE A BARS
original

8 oz.
Assorted Varieties

Philadelphia Cream Cheese Bars 8 oz. Assorted Varieties

2 FOR 6
Save \$1.69



LAND O LAKES
Farmer-Owned
1700+ FARMERS
STAYS
BUTTER

16 oz.
Assorted Varieties

Land O' Lakes Butter 16 oz. Assorted Varieties

\$4.29
Save \$1.70



Breakstone's
ALL NATURAL
SOUR CREAM

16 oz.
Assorted Varieties

Breakstone's Sour Cream 16 oz. Assorted Varieties

\$2.59
Save \$1.20



Heluva Good
Dips
8 oz.
Assorted Varieties

Heluva Good Dips 8 oz. Assorted Varieties

2 FOR 4
Save \$1.19



Kraft
Natural Cheese
Sharp Cheddar

7 - 8 oz.
Assorted Varieties

Kraft Shredded Cheese 7 - 8 oz. Assorted Varieties

\$4
Save 79¢



Cracker Barrel
EXTRA SHARP WHITE
GOUDA

7 - 8 oz.
Assorted Varieties

Cracker Barrel Cheese Bars 7 - 8 oz. Assorted Varieties

2 FOR 4
Save \$2.69



GARELICK
1% lowfat milk
TITANIUM-ART

Garelick Farms Milk Half Gallons 64 fl. oz.

\$3.59
Save 30¢



Hood
New Look!
Half & Half
32 fl. oz.

Hood Half & Half 32 fl. oz.

\$2.99
Save \$1.50





CABOT
CREAMERY
Whipped Cream
7 oz.

Cabot Whipped Topping 7 oz.

\$2.79
Save 80¢



STARBUCKS
ICED COFFEE
MEDIUM ROAST
UNSWEETENED
BLACK

Starbucks Iced Coffee 40 - 48 fl. oz. Assorted Varieties

\$5.99
Save \$2.00



Tropicana
Some Pulp
PURE PREMIUM
Orange Juice

46 fl. oz.
Assorted Varieties

Tropicana Orange Juice 46 fl. oz. Assorted Varieties

\$4.49
Save 80¢



NEWMAN'S OWN
100% Fruit & Help Kids
LET'S GIVE IT ALL AWAY!
Old Fashioned
Lemonade

59 fl. oz.
Assorted Varieties

Newman's Own Drinks 59 fl. oz. Assorted Varieties

\$2.59
Save 90¢

Your Favorite SPECIALTY GROCERY ITEMS



HERO
CLASSIC LOW CARB BREAD
15.9 oz.

Hero Bread Classic Low Carb Bread 15.9 oz.

\$8.49
Save \$1.50



RXBAR
No B.S.
3 Egg Whites
6 Almonds
5 Cashews
2 Dates

1.83 oz.
Assorted Varieties

Rx Bars Protein Bars 1.83 oz. Assorted Varieties

2 FOR 4
Save 99¢



Annie's
ORGANIC
GRASS-FED
MACARONI & CLASSIC CHEDDAR

6 oz.
Assorted Varieties

Annie's Organic Mac & Cheese 6 oz. Assorted Varieties

2 FOR 6
Save \$1.99 ea.



MARY'S GONE
CRACKERS
ORIGINAL
CRACKERS
GLUTEN FREE
VEGAN
WHOLE GRAIN

7 oz.
Assorted Varieties

Mary's Gone Crackers Family Size 7 oz. Assorted Varieties

\$5.99
Save Up To \$3.00



AVONAISE
original
ORGANIC
EGG YOLK
VINEGAR
AVOCADO

12 oz.

Avonaise Organic Mayonnaise 12 oz.

\$9.49
Save \$2.50



Honey Cup
Since 1978
Unusually Sharp
Mustard
NET WT. 8 OZ. 227g

8 oz.

Honey Cup Mustard Dip 8 oz.

\$4.89
Save 50¢



SFOGLINI
PASTA
SHAPE ARTISTRY
CAVATELLI
SLOW COOKED

16 oz.
Assorted Varieties

Sfogliani Organic Pasta 16 oz. Assorted Varieties

\$4.59
Save \$1.60



CARBONE
ROASTED GARLIC
PASTA SAUCE

24 oz.
Assorted Varieties

Carbone Pasta Sauce 24 oz. Assorted Varieties

\$8.59
Save \$2.00

FROM THE DELI



Save \$4.00 lb.

Boar's Head
**HONEY MAPLE
TURKEY**

\$11.99 lb.

Save \$2.00 lb.

Boar's Head
**DELUXE
HAM**

\$11.99 lb.



Save \$2.00 lb.

Boar's Head
**CLASSIC
CHICKEN**

\$11.99 lb.

PERFECT PAIRINGS

Save \$1.00

Dodoni
**Holloumi
Grilling Cheese**
7.9 oz.

\$10.99



Save \$1.00

Supreme
Brie Bites
4.4 oz.

\$8.99



Save \$1.00

Boar's Head
**Feta Dip &
French Onion Dip**
12 oz.

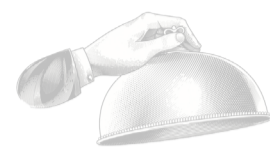
\$4.99



PREPARED FOODS

ONE DAY SALE ITEM

Freshly Prepared



**Baked
Cod**

\$18.99 lb.



Save \$1.00 ea.

Freshly Prepared

**Coconut
Shrimp**

\$9.99 ea.



Save \$1.00 ea.

Freshly Prepared
**General Tso's
Chicken
Bowl**

\$12.99 ea.



Save \$1.00 lb.

Freshly Prepared
**Vegan
Coleslaw**

\$5.99 lb.



Save \$1.00 lb.

**Balsamic
Chicken
Salad**

\$9.99 lb.



Save \$1.00 lb.

**Pesto
Orzo Salad**

\$9.99 lb.



BELMONT'S BAKED GOODS



SAVE \$1.50

**Strawberry
& Cream Bar** **\$10.49**



SAVE \$1.00

**Sugar
Cookies** **\$6.99**
12-Packs



Dessert Shells **\$2.99**
4.75 oz.



Lady Fingers **\$2.99**
3 oz.

EXPLORE OUR DAILY ROTATING MENU ON OUR WEBSITE.

www.BelmontMarket.com/Menus

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.



DEEP SAVINGS!



Siete
MADE WITH AVOCADO OIL
MAÍZ
CORN TORTILLA CHIPS
dairy free mexican
Street Corn

Siete Tortilla Chips
7.5 oz.
Assorted Flavors

\$3.99
Save \$3.50

Helios First Aid



WORK
SPORT
HIKING
GARDENING

DEEP SAVINGS!

\$7.99
Save \$6.00

HEALTH & WELLNESS



Liquid IV Hydration Sticks
Assorted Flavors

\$2.29
Save 50¢



Siete Potato Chips
5.5 oz.
Assorted Flavors

\$4.49
Save \$1.00

THE HERB WYFE



Host Defense Chaga Agarikon
60-count

\$31.99
Save \$3.00



GAIA Herbs Cordyceps Mushrooms
40-count

\$28.99
Save \$3.00



Boiron Calendula Cream
2.5 oz.

\$11.49
Save \$2.00



Olipop Prebiotic Soda
12 fl. oz.
Assorted Flavors

\$2.49
Save 50¢



Herb Pharm Lemon Balm Calm
60-count

\$26.99
Save \$3.00



Traditional Medicinals Rosy Mood Tea
16-count

\$6.39
Save \$2.50

SPRUCE UP WITH FESTIVE FLOWERS

EXPLORE OUR FLORAL COLLECTION TO PERFECT YOUR CELEBRATION WITH BOUQUETS, CENTERPIECES, AND FLOWERING PLANTS.

Sunflower Bunches

\$10.99



Celebrate America Bouquet

\$19.99




Kalanchoe 4" Plants

\$10.99



Summer Party Mix Bouquet

\$29.99



Bird's Choice Hummingbird & Oriole Nectar

\$2.99

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
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

