

BELMONT MARKET'S

SPRING TIME SAVINGS



GREEN OR YELLOW SQUASH
\$1.49 lb.



Georgia, USA
BUTTER N' SUGAR SWEET CORN 6/\$**3.90**



RIBEYE BURGERS

YOU SAVE \$7.00
Limit 2 - NO RAIN CHECKS. WHILE SUPPLIES LASTS

BEEF STEAK PATTIES

4-PACK **\$10.99** ea.
NET WT 21.28 OZ.



SAVE \$4.00 LB.
BONELESS SIRLOIN STEAKS **\$9.99 lb.**



SAVE \$2.00 LB.
SWEET OR HOT ITALIAN SAUSAGE **\$4.99 lb.**



SAVE \$2.00 EA.
CHICKEN SAUSAGE **\$6.99** ea.
14 - 16 oz.



Regular & Organic
BEEF HOT DOGS **ON SALE**
\$2.00 off
Assorted, 10 oz.



SAVE \$2.00 EA.
BACON **\$7.99** ea.
Assorted Flavors, 12 oz.



BELMONT BREAD

CIABATTA 4-PACK **3.99** ea.
SAVE \$1.00 EA.

REEL IN FANTASTIC SEAFOOD



COOKED LOBSTER MEAT
59.99 lb.



FAROE SALMON
17.99 lb.

EFFECTIVE DATES: JUNE 12TH - JUNE 18TH

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

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



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**



Asian Cut

Broccoli Crowns **\$1.69 lb.**

Imported

Red, Yellow & Orange Bell Peppers **\$2.99 lb.**



California, USA
Black Plums **\$2.99 lb.**



Mac's Pride
Fresh Peaches **\$1.99 lb.**



California, USA
Strawberry Pints **\$3.99**



Washington, USA
Large Cherries **\$5.99 lb.**



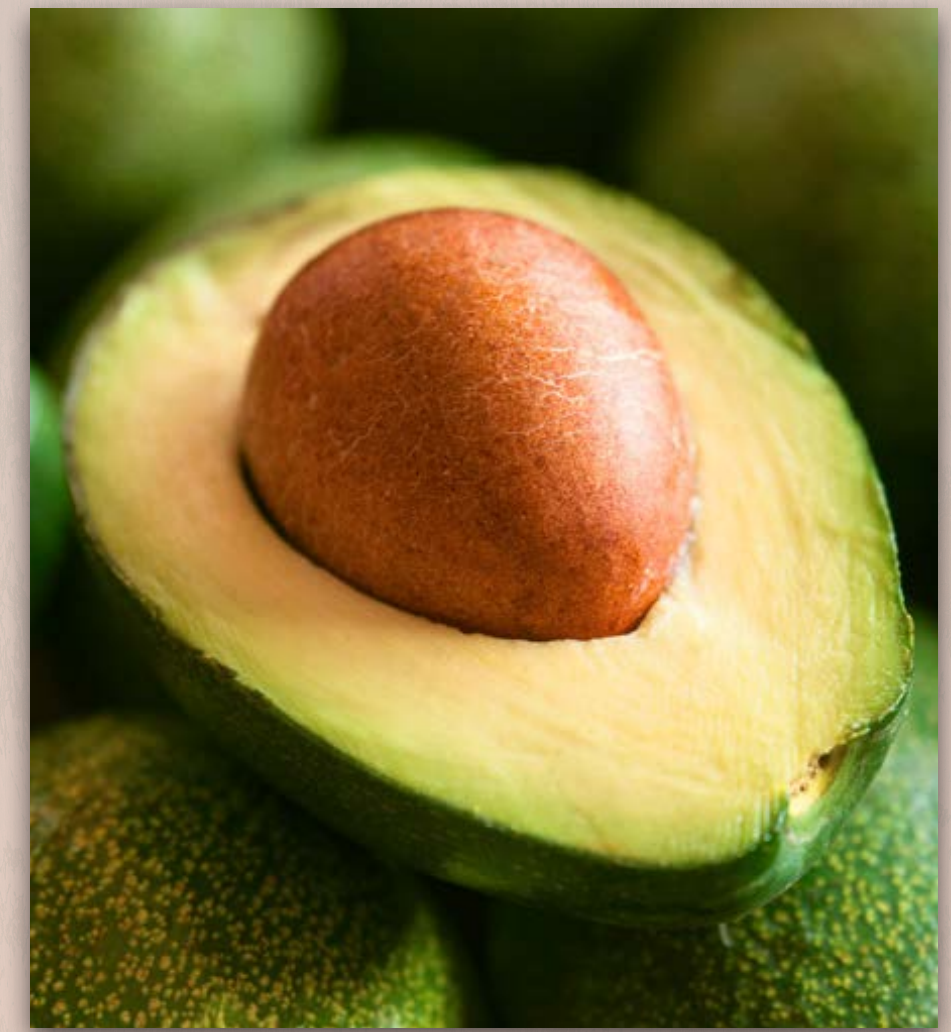
California, USA
Nectarines **\$2.99 lb.**



1/4 or 1/2
Watermelon Cuts **89¢ lb.**



US #1
Honeycrisp Apples **\$2.49 lb.**



Imported
Hass Avocados **2/\$4**



North Carolina
Sweet Potatoes **99¢ lb.**



Georgia, USA
Vidalia Onions **\$1.29 lb.**



Imported
Hot House Tomatoes **\$1.99 lb.**



Imported
Cluster Tomatoes **\$1.99 lb.**

The Best **ORGANIC SELECTION**



Organic Blackberries **\$2.99 ea.**
8 oz.



Organic Blueberries **\$4.99 ea.**
Pints



Organic Fresh Broccoli **\$3.99 ea.**



Organic Celery Hearts **\$3.99 ea.**



Mini Seedless Cucumbers **\$3.49 ea.**
6-Pack



Cherry Tomatoes **\$2.99 ea.**
On The Vine!

Great Deals ON FAMILY FAVORITES

DEEP SAVINGS!



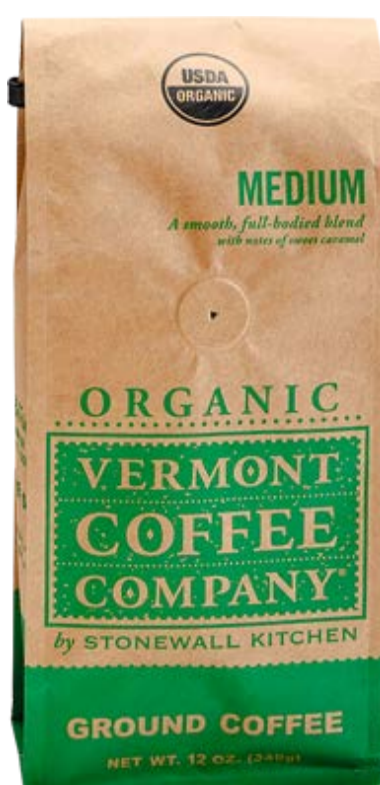
RAO'S
HOMEMADE



MARINARA 24oz.

ON SALE
\$5.99
YOU SAVE \$6.50 EA.

SAVE 50¢



Vermont Coffee Co.
ORGANIC GROUND COFFEE
Assorted Varieties,
10 - 12 oz.

\$13.99

SAVE \$7.00



Starbucks
COFFEE
Assorted Varieties,
12 oz.

\$8.99

SAVE \$5.50



Starbucks
COFFEE
K-CUPS
Assorted Varieties,
3.5 - 4.4 oz.

\$8.99

SAVE \$3.00



Kashi
CEREAL
Assorted Varieties,
12.7 - 18 oz.

\$3.99

SAVE UP TO \$2.79



General Mills
CHEERIOS
Assorted Varieties,
8.9 - 11.2 oz.

2/\$6

SAVE \$1.70



Thomas'
ENGLISH
MUFFINS
Assorted Varieties,
12 oz.

\$3.99

SAVE 40¢



Teddie
PEANUT
BUTTER
Assorted Varieties,
16 - 18 oz.

\$3.99

SAVE \$1.69



Mott's
APPLE SAUCE
6-Packs
Assorted Varieties,
23.4 - 24 oz.

2/\$6

SAVE 49¢



Pop-Tarts
TOASTED
PASTRY
Assorted Varieties,
13.5 oz.

2/\$7

SAVE \$1.49



Quaker
CHEWY
GRANOLA
BARS
Assorted Varieties,
6.3 - 6.7 oz.

2/\$7

SAVE \$2.03



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

\$1.66

SAVE 79¢



B&M
BAKED
BEANS
Assorted Varieties,
28 oz.

2/\$5

SAVE \$1.04



Ronzoni
PASTA
Assorted Varieties,
12 - 16 oz.

4/\$5

SAVE \$1.66



Prego
PASTA
SAUCE
Assorted Varieties,
23 - 24 oz.

3/\$7

SAVE \$1.40



Near East
RICE PILAF
Assorted Varieties,
5.2 - 6.75 oz.

\$1.59

SAVE \$1.06



Success
WHITE
RICE
Assorted Varieties,
14 oz.

3/\$7

SAVE 99¢



Chi-Chi's
FLOUR
TORTILLAS
Assorted Varieties,
12 - 17.5 oz.

2/\$5

SAVE \$2.49



Nabisco
OREO'S
Assorted Varieties,
9.21 - 14.03 oz.

2/\$7

SAVE \$1.50



Frito Lay
RUFFLES
Assorted Varieties,
8 oz.

\$3.99

SAVE \$1.00



Utz
CHIPS
Assorted Varieties,
7.5 - 8 oz.

\$3.99

SAVE 79¢



Culture
Pop
SODA
SINGLES
Assorted Varieties,
12 fl oz.

2/\$3

SAVE \$1.50



Coca-Cola
SODA
12-PACKS
Assorted Varieties,
12pk.

\$8.49

SAVE \$1.99



Pepsi
SODA
2-LITERS
Assorted Varieties,
2 Liters

2/\$4

SAVE 29¢



Polar
SELTZER
WATER
1-LITERS
Assorted Varieties,
1 Liters

10/\$10

Cryopak
EcoPulp Cooler

100% recyclable

revolutionary cooling technology

10-Day Water Resistance!

\$9.99ea.



TURTLE APPROVED!

SAVE \$2.50



Capri Sun
JUICE
PACKETS
Assorted Varieties,
60 fl oz.

\$2.99

SAVE \$1.49



Ocean
Spray
100%
JUICES
Assorted Varieties,
64 fl oz.

2/\$7

SAVE \$1.29



V8
VEGETABLE
JUICE
Assorted Varieties,
46 fl oz.

2/\$7

SAVE \$2.50



Wesson
OIL
Assorted Varieties,
24 fl oz.

\$2.99

SAVE \$3.00



Scott
BATHROOM
TISSUE
12-Rolls
12,000 ct.

\$10.99

SAVE \$4.00



Arm &
Hammer
LAUNDRY
DETERGENT
Assorted Varieties,
45.5 fl oz.

\$3.99

Cool Savings ON DAIRY AND FROZEN FOODS

SAVE \$1.80



Eggo's WAFFLES & PANCAKES Family Pack
Assorted Varieties,
29.6 oz.

\$5.99

SAVE \$2.80



Out Shine BARS
Assorted Varieties,
15 fl. oz.

\$3.99

SAVE \$3.89



Hood ICE CREAM
Assorted Varieties,
48 fl. oz.

SAVE \$2.99



Hood ICE CREAM SANDWICHES
Assorted Varieties,
30 - 37 fl. oz.

SAVE \$2.64



Birds Eye VEGETABLE
Assorted Varieties,
10 oz.

4/\$5

SAVE \$2.69



McCain FRIES & ONION RINGS
Assorted Varieties,
14 - 32 oz.

2/\$6

SAVE \$1.29



Stouffer's MEALS
Assorted Varieties,
8.8 - 12.63 oz.

2/\$7

SAVE \$1.60



Nellie's LARGE BROWN EGGS
12-count

\$4.99

SAVE \$2.19



Cabot SHREDDED CHEESE
Assorted Varieties,
7 - 8 oz.

2/\$5

SAVE \$1.69



Cabot SLICES
Assorted Varieties,
8 oz.

2/\$6

SAVE \$2.19



Cabot BAR CHEESE
Assorted Varieties,
7 - 8 oz.

2/\$5

SAVE \$2.00



Babybel MINI CHEESE SNACKS
Assorted Varieties,
8.5 oz

\$6.99

SAVE 49¢



Cabot SOUR CREAM
16 oz.

2/\$5

SAVE 79¢



Cabot COTTAGE CHEESE
16 oz.

2/\$6

SAVE 74¢



Chobani GREEK YOGURT
Assorted Varieties,
5.3 oz.

4/\$5

SAVE \$1.29



Jello GELS & PUDDINGS
Assorted Varieties,
12.5 - 14.5 oz.

2/\$6

SAVE 80¢



Cabot WHIPPED CREAM
Assorted Varieties,
7 oz.

\$2.79

SAVE \$1.60



Califia NON-DAIRY MILKS
Assorted Varieties,
48 fl. oz.

\$3.99

SAVE \$1.70



STÖK COLD BREW COFFEE
Assorted Varieties,
48 fl. oz.

\$4.99

SAVE \$2.30



Florida Natural ORANGE JUICE
Assorted Varieties,
89 fl. oz.

\$6.99

SAVE 79¢



Shamrock ROCKIN PROTIEN DRINKS
Assorted Varieties,
12 fl. oz.

2/\$5

Your Favorite SPECIALTY GROCERY ITEMS

DEEP SAVINGS!

BRIANNAS[®]

Home Style Dressings

Select Flavors, 12 fl. oz. - no rainchecks, while supplies last



on sale!
TWO for \$5.00

SAVE UP TO \$4.00



Cascadian Farm ORGANIC GRANOLA
Assorted Varieties,
11 oz.

\$5.19

SAVE \$2.00



Food For Life ORGANIC SPROUTED ENGLISH MUFFIN
16 oz.

\$5.49

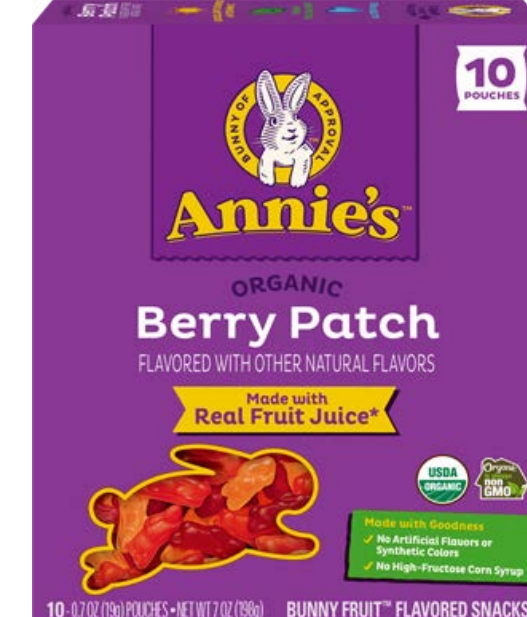
SAVE 30¢



Twining's TEA BAGS
Assorted Varieties,
20 count

\$4.69

SAVE \$3.00



Annie's Homegrown ORGANIC FRUIT SNACKS
Assorted Varieties,
7 oz.

\$5.99

SAVE \$1.30



Laurel Hill ORGANIC CAPERS
3.5 oz.

\$3.69

SAVE \$3.00



Primal Kitchen DIPPING SAUCE
Assorted Varieties,
10 oz.

\$7.69

SAVE \$2.00



Woodstock ORGANIC KETCHUP
32 oz.

\$4.89

SAVE \$1.40



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

\$5.19

FROM THE DELI

SAVE \$4.00 LB.

Boar's Head
OVENGOLD 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

Athenos
FETA CHEESE BLOCK
8 oz.
\$4.99

SAVE \$1.00

Del Duca
GENOA SALAMI
9 oz.
\$9.99

SAVE \$1.00

Finlandia
PRE-SLICED CHEESE
Assorted, 7 oz.
\$6.99

PREPARED FOODS

ONE DAY SALE ITEM

Freshly Prepared

Chipotle Shrimp
\$16.99lb.

SAVE \$1.00 EA.

Freshly Prepared
Beef Taco Bowl
\$11.99ea.

SAVE \$1.00 EA.

Freshly Prepared
Vegan Risotto
\$8.99ea.

SAVE \$1.00 EA.

Freshly Prepared
Classic Italian Meatballs
\$10.99ea.

SAVE \$1.00 LB.

Cilantro Coleslaw
\$6.99lb.

SAVE \$1.00 LB.

Almond Quinoa Salad
\$8.99lb.

BELMONT'S BAKED GOODS

SAVE \$1.00

Lemon Blueberry Cookies
— 12-Pack
\$6.99

SAVE \$1.00

Tiramisu Squares
\$10.99

French Vanilla Pound Cake
\$7.99

Buttermilk Biscuits
— 5-Pack
\$3.99

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.



HEALTH & WELLNESS

GAIA Herbs
ECHINACEA SUPREME
60 count
SAVE \$3.00
31.99

Mushroom Wellness
by HERB PHARM
LION'S MANE
BLEND WITH REISHI
DIETARY SUPPLEMENT
90 count
SAVE \$3.00
26.99

ORGANIC
Wild Harvest Feverfew
90 count
SAVE \$3.00
21.99

The Herb Wyfe
Thyme
1 oz.
SAVE \$1.50
2.49

THE HERB WYFE

Dr. Bronner's
LIQUID MAGIC SOAP
Assorted Scents, 32 fl oz.
SAVE \$4.00
17.99

simply tera's
pure whey protein
20g protein
0 added sugar
0 RBGH
4 ingredients
dark chocolate
12 oz.
SAVE \$5.00
22.69

Bluebonnet
LADIES MULTIVITAMIN
60 count
SAVE \$4.00
29.69

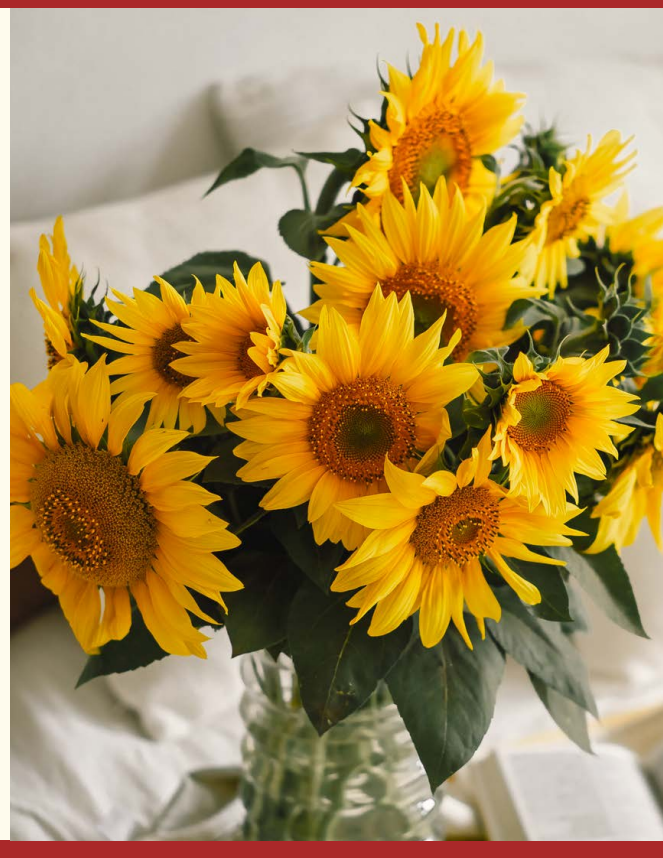
Wedderspoon
Organic Mānuka Honey Drops
WITH ECHINACEA
24 count
SAVE \$1.50
10.99

SPRUCE UP WITH FESTIVE FLOWERS

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

SUNFLOWER BUNCHES

10.99



KALANCHOE 4" PLANT

10.99



VINTAGE GARDEN BOUQUET

29.99



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

