



**WEEKLY SALES FLYER**



Native, Rhode Island  
**Butter N' Sugar  
Sweet Corn**  
**5<sup>lb</sup> for \$3.99**



Native, Rhode Island  
**Green or  
Yellow Squash** **99¢ lb.**



**Save \$8.00 LB.**

Choice or Higher  
Bone-In  
**Ribeye Steak** **\$16.99 lb.**



**CHAIRMAN'S RESERVE**



**Center Cut  
Boneless  
Pork Chops** **\$3.99 lb.**  
Save \$2.00 lb.



**GRADE A**



**Chicken Leg  
Quarters  
Family Pack** **99¢ lb.**  
Save 50¢ lb.





al fresco®



Fully Cooked  
Chicken  
Sausage  
11 oz.

**\$4<sup>99</sup>** ea.  
Save \$2.00 ea.

Since 1916  
**Nathan's**  
FAMOUS



Regular or  
Bun Size  
Beef  
Hot Dogs  
12 oz.

**\$7<sup>99</sup>** ea.  
Save \$2.00 ea.

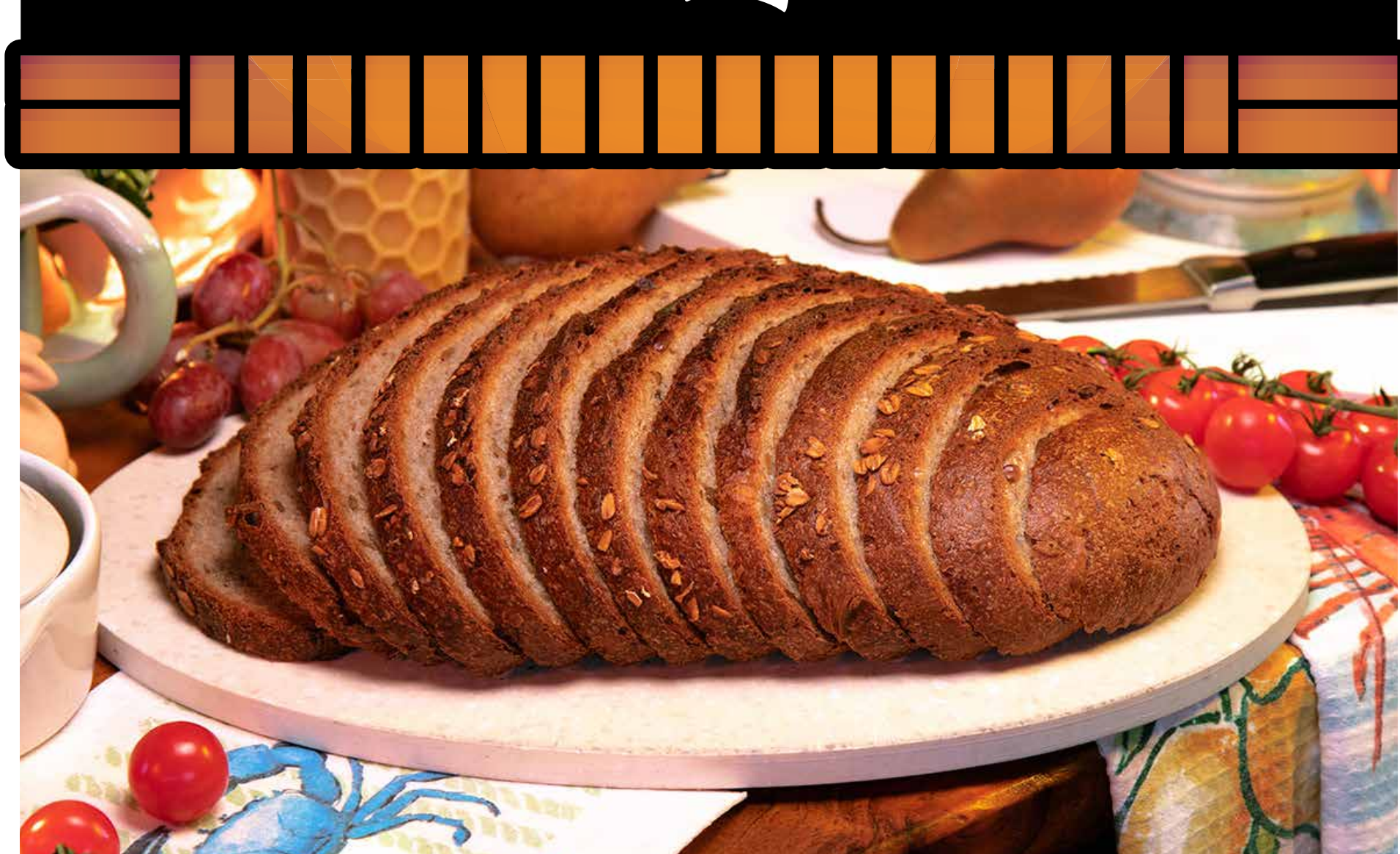
Since 1916  
**Nathan's**  
FAMOUS



Mini  
Corn Dogs  
24 oz.

**\$14<sup>99</sup>** ea.  
Save \$3.00 ea.

BELMONT  BREAD

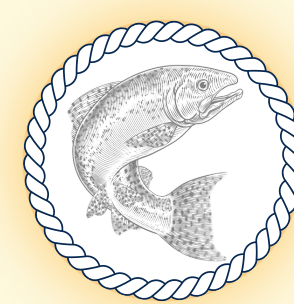


Save \$1.00 ea.

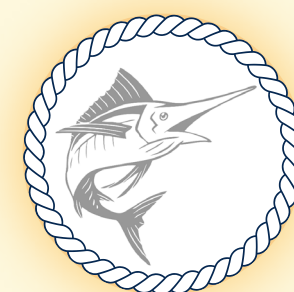
Multigrain  
Sandwich Loaf

**\$5<sup>99</sup>**

REEL IN FANTASTIC SEAFOOD



Faroe Island  
Salmon  
**\$17<sup>99</sup>** lb.



Swordfish  
**\$15<sup>99</sup>** lb.



DEEP  
SAVINGS!

SAVE \$3

Ancient Grain  
Sandwich Loaf

**\$3<sup>49</sup>**



SAVE \$3

Italian 3-Cheese  
Flatbread

**\$3<sup>49</sup>**

EFFECTIVE DATES: JULY 17<sup>TH</sup> - JULY 23<sup>RD</sup>

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**



California, USA  
**Seedless  
Grapes**  
Red, Green & Black

**\$3.49** lb.



Native,  
Rhode Island  
**Green Beans**

**\$2.49** lb.



California, USA  
**Yellow  
Nectarines**

**\$1.99** lb.



California, USA  
**Black  
Plums**

**\$1.99** lb.



Mac's Pride  
**Southern  
Peaches**

**\$2.49** lb.



**Blueberry  
Pints**

**\$2.99** ea.



**Whole  
Seedless  
Watermelons**

**\$5.99**



**Watermelon  
Cuts**  
½ or ¼

**89¢** lb.



US #1  
**Cosmic  
Crisp Apples**

**\$1.99** lb.



Canadian  
**Iceberg Lettuce**  
Cello Wrapped

**99¢**



California, USA  
**Romaine  
Hearts**  
3-Pack

**\$2.99** ea.



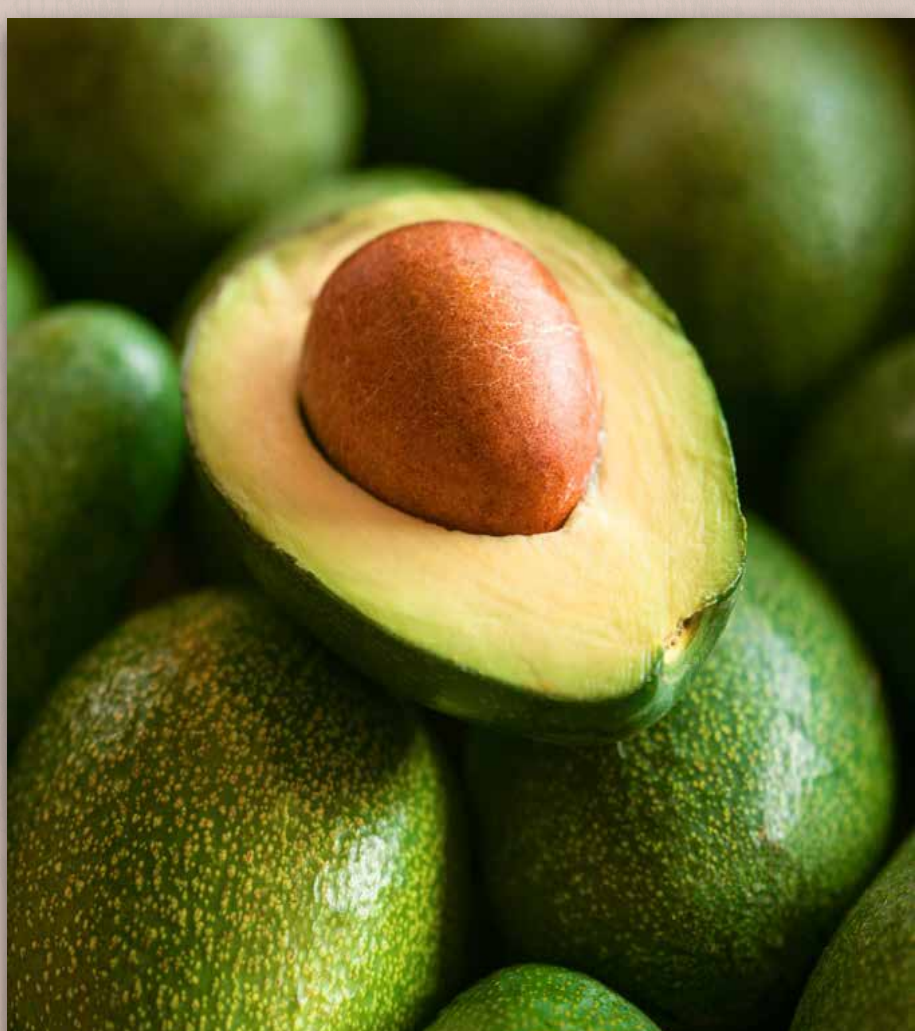
Georgia, USA  
**Sweet Vidalia  
Onions**

**\$1.29** lb.



Imported  
**Seedless  
English  
Cucumbers**

**2 FOR 3**



Imported  
**Hass  
Avocados**

**2 FOR 3**



**Grape  
Tomatoes**  
Pints

**2 FOR 5**



**Heirloom  
Grape Tomatoes**  
Pints

**2 FOR 5**



# The Best **ORGANIC SELECTION**



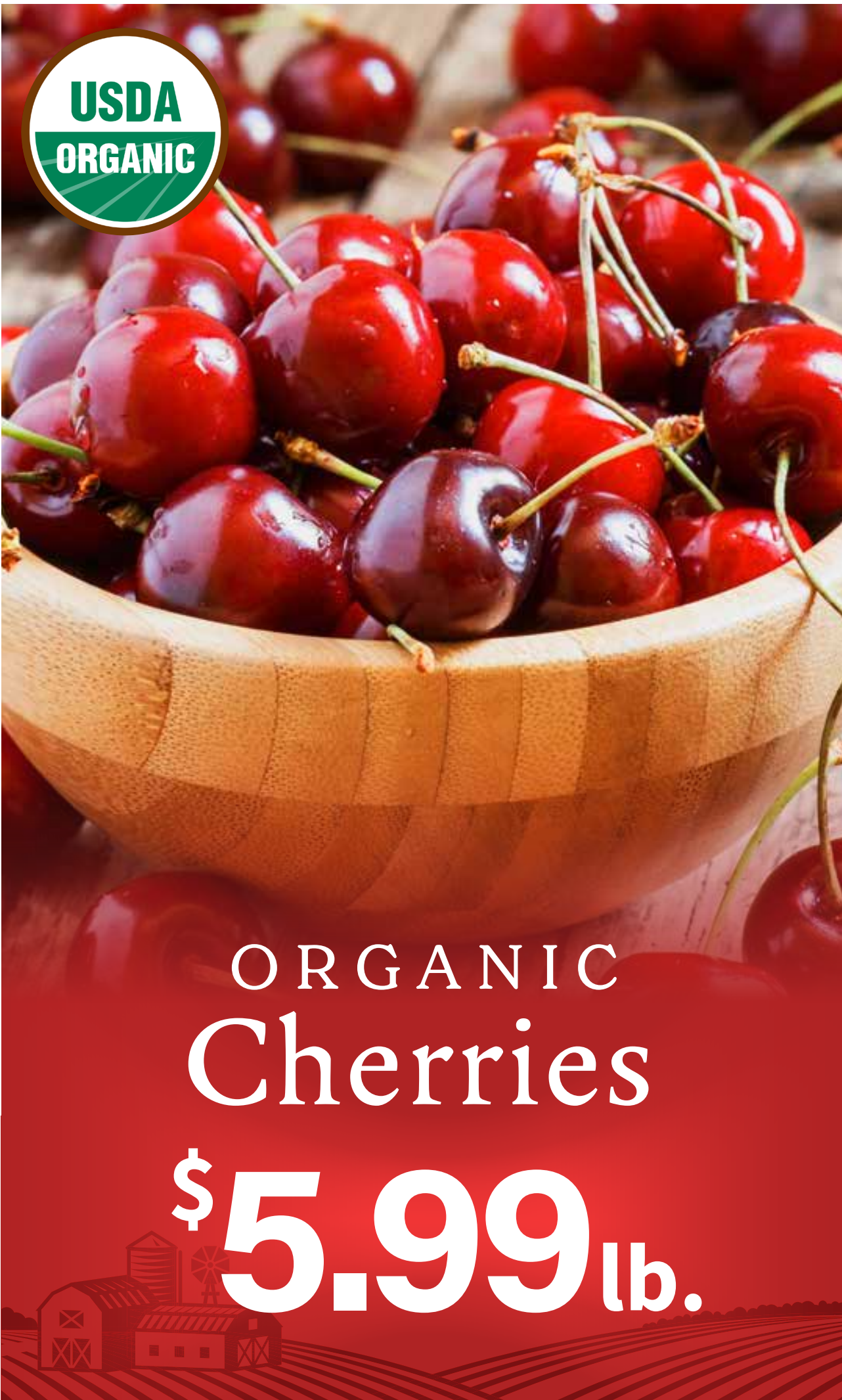
*Organic*  
**Seedless  
Green Grapes** **\$3.99 lb.**



*Organic*  
**Seedless  
Red Grapes** **\$3.99 lb.**



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



*Organic*  
**Fresh  
Celery** **\$2.49 ea.**



*Organic*  
**Green  
Squash** **\$2.99 lb.**



*Organic*  
**Red  
Bell Peppers** **\$3.99 lb.**



*Organic*  
**Yellow  
Bell Peppers** **\$3.99 lb.**



# Great Deals ON FAMILY FAVORITES



**Dunkin' Coffee K-Cups**  
3.5 - 3.7 oz.  
Assorted Varieties

**\$6.99**  
Save \$3.50



**Dunkin' Bagged Coffee**  
11 - 12 oz.  
Assorted Varieties

**\$6.99**  
Save \$7.50



**Chock Full o'Nuts Ground Coffee**  
10.2 - 11 oz.  
Assorted Varieties

**\$7.99**  
Save \$1.50



**Thomas' Bagels**  
18 - 20 oz.  
Assorted Varieties

**\$4.49**  
Save \$1.00



**Cheerios Cereal**  
8.9 - 10.8 oz.  
Assorted Varieties

**2 FOR 4**  
Save Up To \$3.99



**Quaker Chewy Granola Bars**  
6.3 - 7.4 oz.  
Assorted Varieties

**2 FOR 7**  
Save \$1.49



**Full Circle Market Organic Maple Syrup**  
12 fl oz.

**\$7.49**  
Save 80¢



**Barilla Pasta**  
16 oz.  
Assorted Varieties

**2 FOR 3**  
Save 79¢



**Francesco Rinaldi Pasta Sauce**  
23.5 - 24 oz.  
Assorted Varieties

**3 FOR 7**  
Save 96¢



**Filippo Berio Pasta Sauce**  
24 oz.  
Assorted Varieties

**\$4.99**  
Save \$3.00



**B&M Baked Beans**  
28 oz.  
Assorted Varieties

**2 FOR 4**  
Save \$1.29



**Gravy Master**  
5 fl oz.

**\$3.99**  
Save \$1.30



**Gulden's Mustard**  
12 oz.  
Assorted Varieties

**3 FOR 5**  
Save Up To \$1.12



**Full Circle Market Mustard**  
12 oz.  
Assorted Varieties

**\$2.99**  
Save Up To \$1.00



**Ken's Steak House Dressing**  
24 fl oz.

**\$4.99**  
Save 50¢



**Doritos Tortilla Chips**  
9.25 - 10.7 oz.  
Assorted Varieties

**\$3.99**  
Save \$1.50



**On the Border Tortilla Chips**  
8 - 11 oz.  
Assorted Varieties

**\$3.99**  
Save 30¢



**V8 Splash Juices**  
64 fl oz.  
Assorted Varieties

**3 FOR 8**  
Save \$1.32



**Polar Seltzer 12-Pack**  
12 fl oz. / 12pk  
Assorted Varieties

**2 FOR 10**  
Save 99¢



**Culture Pop Probiotic Soda Singles**  
12 fl oz.  
Assorted Varieties

**2 FOR 3**  
Save 79¢



**Coca-Cola Soda 2-Liter**  
67.62 fl oz.  
Assorted Varieties

**2 FOR 5.50**  
Save 64¢



**Pepsi Soda 2 liters**  
67.62 fl oz.  
Assorted Varieties

**2 FOR 4**  
Save \$1.99



**Chips Ahoy! Cookies**  
9.5 - 13 oz.  
Assorted Varieties

**2 FOR 7**  
Save \$1.79

**Chips Ahoy!**



**Oreo Cookies**  
9.21 - 14.03 oz.  
Assorted Varieties

**2 FOR 7**  
Save \$2.49



Great Deals ON FAMILY FAVORITES

  
Sparkle  
Paper Towel  
4-Double Rolls  
440 ct.  
**\$5<sup>99</sup>**  
Save \$3.00



  
Scott  
Bathroom  
Tissue  
8-Rolls  
8000 ct.  
**\$7<sup>99</sup>**  
Save \$2.00

  
Angel Soft  
Bathroom  
Tissue  
8-Mega Rolls  
2560 ct.  
**\$5<sup>99</sup>**  
Save \$4.00

  
Scotties  
Facial Tissue  
54 - 110 oz.  
Assorted Varieties  
**\$1<sup>79</sup>**  
Save 60¢

  
Friskies  
Purina  
Cat Food  
3.15 lb.  
Assorted Varieties  
**\$5<sup>99</sup>**  
Save 80¢

  
Off!  
Deep Woods  
Insect  
Repellent  
Spray  
6 oz.  
**\$6<sup>99</sup>**  
Save \$2.30



Cool Savings ON DAIRY AND FROZEN FOODS

  
Luigi's  
Italian Ice  
36 fl oz.  
Assorted Varieties  
**2<sup>00</sup> for \$6**  
Save \$1.79

  
Popsicles  
Popsicles  
21.6 - 29.7 fl oz.  
Assorted Varieties  
**\$4<sup>99</sup>**  
Save \$2.50

  
Friendly's  
Ice Cream  
\*Excluded Pistachio  
48 fl oz.  
Assorted Varieties  
**2<sup>00</sup> for \$5**  
Save \$3.99

  
Reddi Whip  
Whipped  
Topping  
13 oz.  
**\$4<sup>99</sup>**  
Save \$2.30

  
Sargento  
String Cheese  
12 oz.  
**\$4<sup>49</sup>**  
Save \$1.80

  
Cabot  
Shredded  
Cheese  
8 oz.  
Assorted Varieties  
**2<sup>00</sup> for \$6**  
Save \$1.69

  
Cabot  
Bar Cheese  
7 - 8 oz.  
Assorted Varieties  
**2<sup>00</sup> for \$6**  
Save \$1.69

  
Farmhouse  
Cage Free  
Large Brown  
Eggs 12-Pack  
12-count  
**\$2<sup>99</sup>**  
Save \$1.80

  
Breakstone's  
Cottage Cheese  
16 oz.  
Assorted Varieties  
**2<sup>00</sup> for \$6**  
Save Up To \$1.79

  
Daisy  
Sour Cream  
8 oz.  
**\$1<sup>79</sup>**  
Save 40¢

  
Cabot  
Greek Yogurt  
32 oz.  
Assorted Varieties  
**\$5<sup>49</sup>**  
Save \$1.10

  
Dannon  
Activia Yogurt  
16 oz.  
Assorted Varieties  
**2<sup>00</sup> for \$6**  
Save \$1.29

  
Land O' Lakes  
Spreadable  
Butter  
13 - 15 oz.  
Assorted Varieties  
**\$3<sup>99</sup>**  
Save Up To \$2.00

  
Minute Maid  
Zero-Sugar  
Lemonade  
52 fl oz.  
Assorted Varieties  
**\$2<sup>99</sup>**  
Save 60¢

  
Florida  
Natural  
Orange  
Juice  
52 fl oz.  
Assorted Varieties  
**2<sup>00</sup> for \$7**  
Save \$2.49



CALIFIA FARMS®

  
Califia Farms  
Organic Non-  
Dairy Milks  
48 fl oz.  
Assorted Varieties  
**\$4<sup>99</sup>**  
Save Up To \$1.60

  
Califia Farms  
Cold Brew  
Coffee  
48 fl oz.  
Assorted Varieties  
**\$4<sup>49</sup>**  
Save \$2.10

Your Favorite SPECIALTY GROCERY ITEMS

  
Big Tree Farm  
Organic  
Coconut  
Aminos  
10 fl oz.  
Assorted Varieties  
**\$5<sup>99</sup>**  
Save \$1.00

  
Coco Goods  
Organic  
Refined  
Coconut Oil  
15 oz.  
**\$5<sup>19</sup>**  
Save \$1.80

  
Bono  
Sicilian Extra  
Virgin PDO  
Olive Oil  
16.9 fl oz.  
**\$17<sup>49</sup>**  
Save \$4.50

  
Colavita  
Balsamic  
Vinegar  
17 fl oz.  
**\$5<sup>99</sup>**  
Save \$1.00

  
D&A  
Spice Mills  
1.24 - 3.10 oz.  
Assorted Varieties  
**\$4<sup>69</sup>**  
Save 80¢

  
Alessi  
Calabrian  
Chili Crisps  
in Oil  
3.5 oz.  
**\$3<sup>99</sup>**  
Save \$2.00

  
Tonnino  
Yellowfin  
Tuna Fillets  
in Olive Oil  
6.7 oz.  
Assorted Varieties  
**\$8<sup>19</sup>**  
Save \$1.80

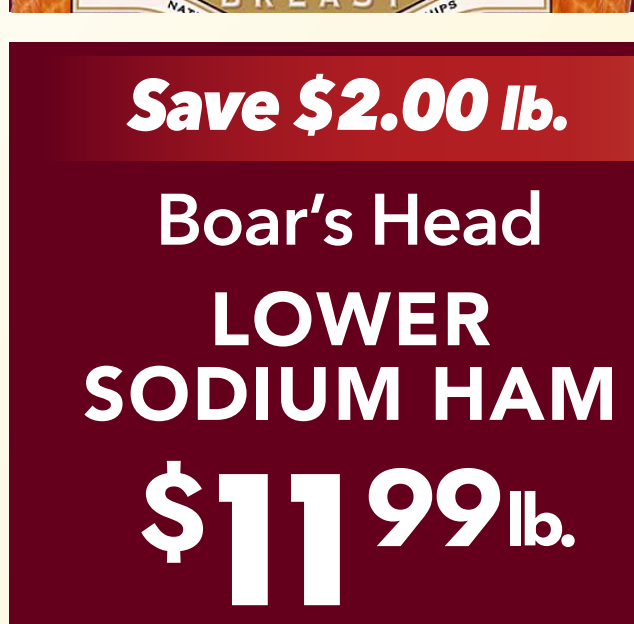
  
Mary's Gone  
Crackers  
Organic  
Crackers  
4 oz.  
Assorted Varieties  
**\$3<sup>49</sup>**  
Save Up To \$2.00



## FROM THE DELI



**Save \$4.00 lb.**  
Boar's Head  
HICKORY OR  
MESQUITE  
SMOKED TURKEY  
**\$11.99 lb.**



**Save \$2.00 lb.**  
Boar's Head  
LOWER  
SODIUM HAM  
**\$11.99 lb.**



**Save \$2.00 lb.**  
Boar's Head  
EVERROAST  
CHICKEN  
**\$11.99 lb.**

## PERFECT PAIRINGS

**Save \$1.00**  
Old Amsterdam  
Reserve  
Gouda  
5.64 oz.  
**\$10.99**



**Save \$1.00**  
Cabot  
Pimento  
Cheese  
Spread  
7 oz.  
**\$5.99**

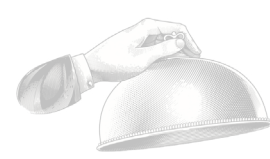
**Save \$1.00**  
Bear Pond Farm  
Pesto  
Assorted, 6.3 oz.  
**\$7.99**



## PREPARED FOODS

ONE DAY SALE ITEM

Freshly Prepared



Scallop  
Nantucket  
**\$19.99 ea.**



**Save \$1.00 ea.**

Freshly Prepared

Stuffed  
Shells  
**\$9.99 ea.**



**Save \$1.00 ea.**

Freshly Prepared  
Strawberry  
& Banana  
Oat Bowl  
**\$6.99 ea.**



**Save \$1.00 ea.**

Freshly Prepared  
Vegan  
Chipotle Lime  
Quinoa  
**\$9.99 ea.**



**Save \$1.00 lb.**

Asian  
Chicken  
Slaw  
**\$8.99 lb.**

**Save \$1.00 lb.**

Cucumber  
Garbanzo  
Salad  
**\$7.99 lb.**

## BELMONT'S BAKED GOODS



Woodgrilled  
Take-N-Bake  
Cheese Pizza  
**14.99**



Woodgrilled  
Take-N-Bake  
Pepperoni &  
Cheese Pizza  
**16.99**



Boston Coffee Cake  
Blueberry  
Blitz  
Coffee Cake  
**\$8.99**



Boston Coffee Cake  
Marble  
Madness  
Coffee Cake  
**\$8.99**

EXPLORE OUR DAILY ROTATING MENU ON OUR WEBSITE.

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

REHEATING INSTRUCTIONS ONLINE IF NEEDED.

**DEEP SAVINGS!**



**BELGIOIOSO®**

**Parmesan Romano  
Grated Cheese**  
8 oz  
**\$3.49**

**SAVE \$3.50**







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



Garden of Life  
Men's Multivitamin  
120 count

**35<sup>49</sup>**  
Save \$6.00



BlueBonnet  
Magnesium Glycinate  
120 count

**24<sup>29</sup>**  
Save \$6.00



Herb Pharm  
Everyday 10 Mushrooms  
90 count

**26<sup>99</sup>**  
Save \$3.00



Traditional Medicinals  
Breathe Easy  
16 count

**5<sup>89</sup>**  
Save \$3.00



Himalaya  
Moringa 1000 mg  
60 capsules

**12<sup>59</sup>**  
Save \$2.00



NOW  
P-5-P  
90 count

**17<sup>99</sup>**  
Save \$4.00



Jahmu  
Vegan Golden Milk  
4.5 oz.

**17<sup>00</sup>**  
Save \$3.00



Wish Garden  
Serious V-Fighter  
2 oz.

**21<sup>99</sup>**  
Save \$3.00

SPRUCE UP WITH FESTIVE FLOWERS

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

Local  
Sunflowers  
**\$10<sup>99</sup>**



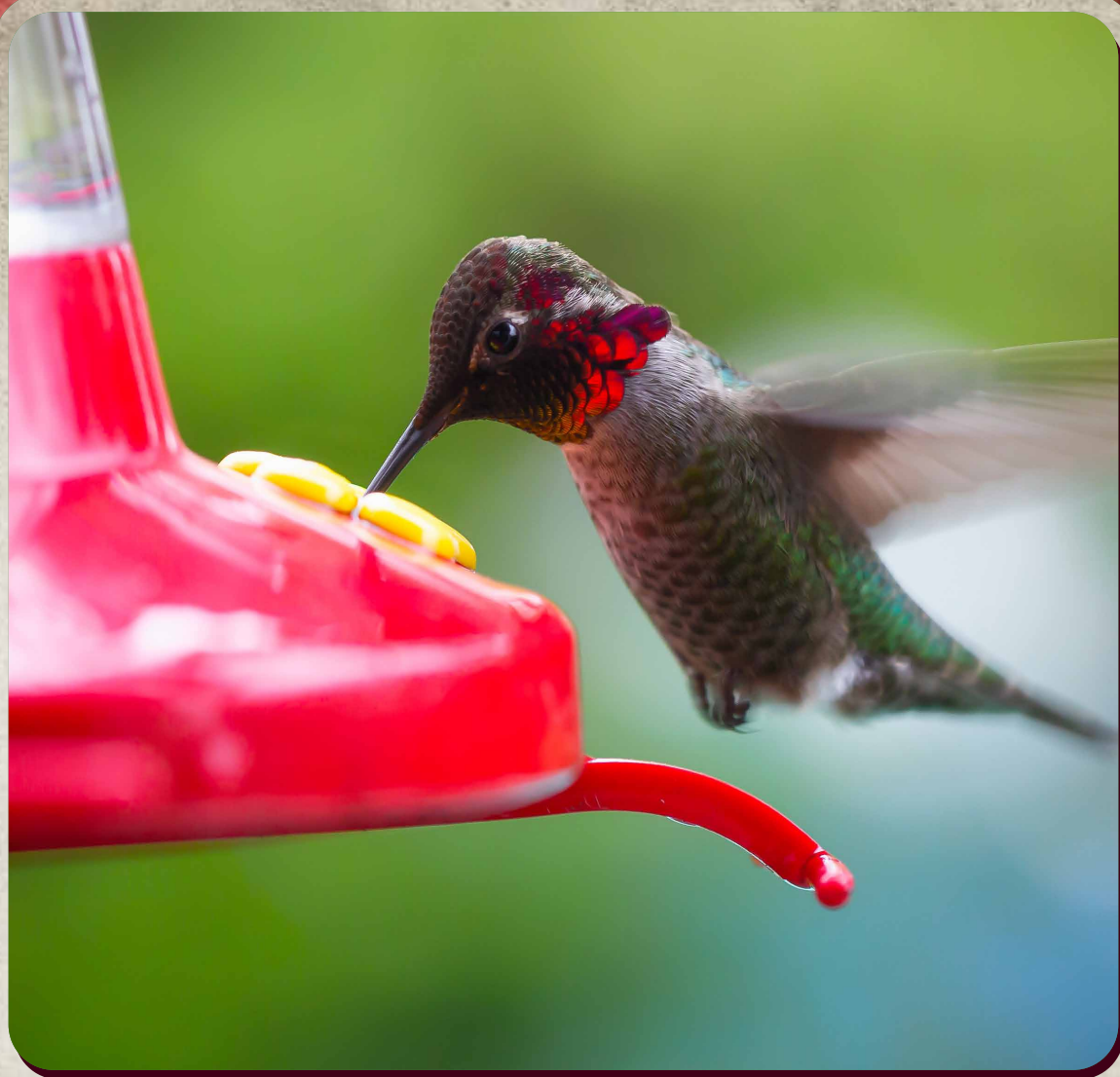
Kalanchoe  
4" Plant  
**\$10<sup>99</sup>**



Summer Party  
Mix Bouquet  
**\$29<sup>99</sup>**



Bird's Choice  
Hummingbird  
& Oriole Nectar  
**\$2<sup>99</sup>**







# 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)

