

BELMONT

MARKET

A BETTER PLACE TO SHOP SINCE 1948

SUMMERTIME SAVINGS

WEEKLY SALES FLYER

Native, Rhode Island
**Butter N' Sugar
Sweet Corn**
5^{lb} for 3⁹⁹

Native, RI
**Zucchini &
Summer Squash**
\$1⁴⁹ lb.

Save \$5.00 LB.

**Flank
Steak**
\$12⁹⁹ lb.

CHAIRMAN'S RESERVE

Boneless
Pork
Spare Ribs

\$2⁴⁹ lb.
Save \$1.50 lb.

GRADE

Chicken
Tenderloins
Family Pack

\$3⁹⁹ lb.
Save \$2.00 lb.

Bacon
Classic Sliced / Hardwood Smoked
\$5⁴⁹
Save \$3.50

DEEP SAVINGS!

DEEP SAVINGS WHILE SUPPLIES LASTS. NO RAINCHECKS.




Polska Kielbasa
14 oz.

\$6⁹⁹
Save \$2.00




97% Fat Free
Beef Hot Dogs
9.43 - 10.3 oz.

\$6⁹⁹
Save \$2.00




Snacking Packs
2.76 - 2.8 oz.

\$2⁹⁹
Save \$1.00

BELMONT



BREAD



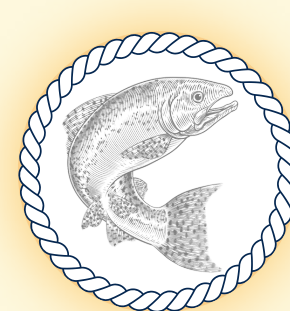
Save \$1.00 ea.

Rye Sandwich Loaf

\$5⁴⁹

REEL IN FANTASTIC SEAFOOD





Faroe Island Salmon

\$17⁹⁹ lb.





Halibut

\$27⁹⁹ lb.



DEEP SAVINGS!

SAVE \$3

Large Honey & Fig Flatbread

\$3⁴⁹



SAVE \$3

Belgioioso 3-Cheese Classic

\$3⁴⁹

EFFECTIVE DATES: AUGUST 7TH - AUGUST 13TH

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

Sunday - 7:00AM - 8:00PM

VICTORY DAY - 7:00AM - 8:00PM

600 KINGSTOWN RD, WAKEFIELD, RI / (401) 789-4656

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**



Fresh Cucumbers

2^{for} 1



Native, RI
Red Ripe Tomatoes

\$2⁹⁹ lb.



California, USA
Seedless Grapes
Red, Green & Black

\$3⁹⁹ lb.



Imported
Cara Cara Oranges

\$1⁹⁹ lb.



Orange Flesh
Honeydew Melons

\$5⁹⁹ ea.



Washington, USA
Fuji Apples

\$1⁴⁹ lb.



Washington, USA
Royal Gala Apples

\$1⁴⁹ lb.



California, USA
Large Sweet Cantaloupes

\$3⁹⁹ ea.



Whole
Seedless Watermelons

\$5⁹⁹ ea.



1/4 or 1/2
Watermelon Cuts

89¢ lb.



Imported
Hass Avocados

2^{for} 4



Georgia, USA
Sweet Vidalia Onions

\$1⁴⁹ lb.



California, USA
Romaine Lettuce

\$1⁴⁹ ea.



Loose
Yukon Gold or Red Potatoes

\$1⁴⁹ lb.



The Best **ORGANIC SELECTION**



ORGANIC
Blueberry
Pints
\$3.99 ea.



Organic
Blackberries
Half Pint **\$2.99** ea.



Organic
Raspberries
Half Pint **\$2.99** ea.



Organic
Fresh Cauliflower
\$3.99 ea.



Organic
Seedless Mini Cucumbers
\$3.99 ea.



Organic
Romaine Hearts
\$3.99 ea.



Organic
Cherry Rainbow Tomatoes
\$3.99 ea.

Great Deals ON FAMILY FAVORITES



**Eight O'clock
Ground Coffee**
10.5 - 11.5 oz.
Assorted Varieties

\$8.99
Save \$5.80



**Great Grains
Cereal**
13.5 - 16 oz.
Assorted Varieties

\$4.49
Save \$2.30



**Ball Park
Hot Dog &
Hamburg Rolls 8-Packs**
13 - 16 oz.
Assorted Varieties

2 for \$7
Save 69¢



**Quaker
Rice Crisps
Gluten Free**
3.03 - 3.52 oz.
Assorted Varieties

2 for \$5
Save 99¢



**Nature Valley
Granola Bars**
*Excludes Protein Bars
7.2 - 8.94 oz.
Assorted Varieties

2 for \$5
Save \$2.79



**Cheez-It
Crackers**
7 oz.
Assorted Varieties

2 for \$5
Save \$1.09



**Goldfish
Snack
Crackers**
6.6 oz.
Assorted Varieties

\$2.99
Save 70¢



**Starkist
Solid White
Tuna 4-Packs**
20 oz.
Assorted Varieties

\$4.99
Save \$3.50



**Annie's
Mac &
Cheese**
5.25 - 6 oz.
Assorted Varieties

2 for \$3
Save \$2.19



**Kraft
Mac &
Cheese**
5.5 - 7.25 oz.
Assorted Varieties

10 for \$10
Save \$1.19



**Filippo Berio
Olive Oil Tins**
33.8 fl. oz.
Assorted Varieties

\$11.99
Save Up To \$12.00



**Sticky Fingers
BBQ Sauce**
15.9 - 16.5 oz.
Assorted Varieties

\$3.49
Save \$1.80



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

\$7.99
Save 30¢



**Golden
Blossom
Honey Bear**
12 oz.

\$5.99
Save \$1.50



**Heinz
Ketchup**
20 oz.

\$2.99
Save \$1.60



**Newman's
Own
Salad
Dressing**
16 fl. oz.
Assorted Varieties

2 for \$6
Save \$1.99



**Pace
Picante**
16 oz.
Assorted Varieties

2 for \$6
Save 99¢



**Red Pack
Canned
Tomatoes**
28 oz.
Assorted Varieties

2 for \$4
Save \$1.39



**Rotel
Tomatoes**
10 oz.
Assorted Varieties

\$2.99
Save \$1.00



**Betty Crocker
Brownie Mix**
16.3 oz.
Assorted Varieties

\$2.49
Save 30¢



**Frito Lay
Lay's Chips**
7.75 - 8 oz.
Assorted Varieties

\$2.99
Save \$1.30



**Orville
Redenbacher
Microwave
Popcorn 6-Packs**
19.74 oz.

\$4.99
Save \$2.00



**V8
Vegetable
Juice**
46 fl. oz.
Assorted Varieties

2 for \$7
Save \$1.29



**Arizona
Drink
Gallons**
128 fl. oz.
Assorted Varieties

3 for \$7
Save \$1.66



**Celsius
Energy
Drinks**
12 oz.
Assorted Varieties

2 for \$4
Save 69¢



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

2 for \$5.50
Save 64¢



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

2 for \$3
Save 79¢



**Polar
Seltzer
1-Liter**
33.8 fl. oz.
Assorted Varieties

10 for \$10
Save 29¢

Great Deals ON FAMILY FAVORITES



Bounty
Paper Towel
4-Double Rolls
328 ct.

\$7.99

Save \$5.00



Tide
Laundry
Detergent
73 - 84 fl. oz.
Assorted Varieties

\$12.99

Save \$2.80



Cascade
Platinum
Plus Pods
5 - 7.4 oz.
Assorted Varieties

\$4.99

Save \$2.00



Simply
Bleach
81 fl. oz.
Assorted Varieties

\$4.99

Save 70¢



Clorox
Bathroom
Cleaner
30 fl. oz.
Assorted Varieties

\$5.49

Save 50¢



Clorox
Toilet Wand
Starter Kit
1.04 oz.

\$13.99

Save 50¢

Cool Savings ON DAIRY AND FROZEN FOODS



Rao's
Brick Oven
Pizza
19 - 20.8 oz.
Assorted Varieties

\$6.99

Save \$7.50



Turkey Hill
Ice Cream
46 fl. oz.
Assorted Varieties

2 for \$5

Save \$4.29



Hood
Ice Cream
Sandwiches
30 - 37.5 oz.
Assorted Varieties

\$3.99

Save \$1.50



Cabot
Whipped
Cream
14 oz.

\$4.79

Save 70¢



Olivio
Spread
15 oz.

\$3.99

Save \$1.00



Nellies
Large Brown
Eggs 18-Pack
18 count

\$6.99

Save \$1.50



Crystal Farms
Shredded
Cheese
7 - 8 oz.
Assorted Varieties

2 for \$5

Save \$1.49



Crystal Farms
Bar Cheese
7 - 8 oz.
Assorted Varieties

2 for \$5

Save \$1.49



Califia
Non-Dairy
Milk
48 fl. oz.
Assorted Varieties

\$3.99

Save \$1.30



Cafe Bustelo
Iced Espresso
40 fl. oz.
Assorted Varieties

\$5.99

Save 60¢



Dole
Juice Blends
52 fl. oz.
Assorted Varieties

\$4.49

Save \$1.00



Tropicana
Orange
Juice
46 fl. oz.
Assorted Varieties

\$4.49

Save 80¢



Cabot
Sour Cream
16 oz.

2 for \$5

Save 49¢



Cabot
Cottage
Cheese
16 oz.

2 for \$6

Save 79¢



Cabot
Snack Sticks
10-Packs
7.5 oz.

\$4.49

Save \$1.00



Chobani
Greek Yogurt
5.3 oz.
Assorted Varieties

3 for \$4

Save 66¢

Your Favorite SPECIALTY GROCERY ITEMS



That's It!
Fruit Bar
Variety Packs
7 oz.
Assorted Varieties

\$10.49

Save \$1.20



Graza
Cooking
Olive Oil
25.3 fl. oz.

\$15.49

Save \$4.50



San J
Organic
Tamari Soy
Sauce
Gluten Free
10 fl. oz.

\$7.59

Save 90¢



Ginger People
Organic
Minced
Ginger
6.7 oz.

\$7.29

Save 70¢



Ajumma
Republic
Gochujang
Chili Sauce
11 oz.

\$5.49

Save \$1.40



A Taste
of Thai
Fish Sauce
7 fl. oz.

\$2.89

Save 50¢



Pereg
Rice
16 oz.
Assorted Varieties

\$4.39

Save Up To \$1.20 ea.



Terra Chips
Veggie Chips
5 oz.
Assorted Varieties

\$4.49

Save 80¢

FROM THE
DELI



Save \$4.00 lb.
Boar's Head
HONEY
MAPLE
TURKEY
\$11.99 lb.



Save \$2.00 lb.
Boar's Head
SMOKEMASTER
HAM
\$11.99 lb.



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

PERFECT
PAIRINGS

Save \$1.00
Buitoni
Five Cheese
Tortellini
20 oz.
\$10.99



Save \$1.00
Red Apple
Smoked
Cheddar
8 oz.
\$5.99

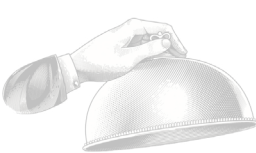


Cabot
Cracker Cut
Cheddar Cheese
Assorted, 10 oz.
Save \$1.00
\$8.99

PREPARED FOODS

ONE DAY SALE ITEM

Freshly Prepared



Stuffed
Flounder
\$14.99 lb.



Save \$1.00 ea.

Freshly Prepared

Chicken
Francese
Dinner
\$11.99 ea.



Save \$1.00 ea.

Freshly Prepared
Teriyaki
Salmon
Bowl
\$14.99 ea.



Save \$1.00 ea.

Freshly Prepared
Vegan
Lentil
Bolognese
\$11.99 ea.



Save \$1.00 lb.

Tomato
Mozzarella
\$10.99 lb.

Save \$1.00 lb.

Lemon
Farro
Salad
\$8.99 lb.

BELMONT'S BAKED GOODS



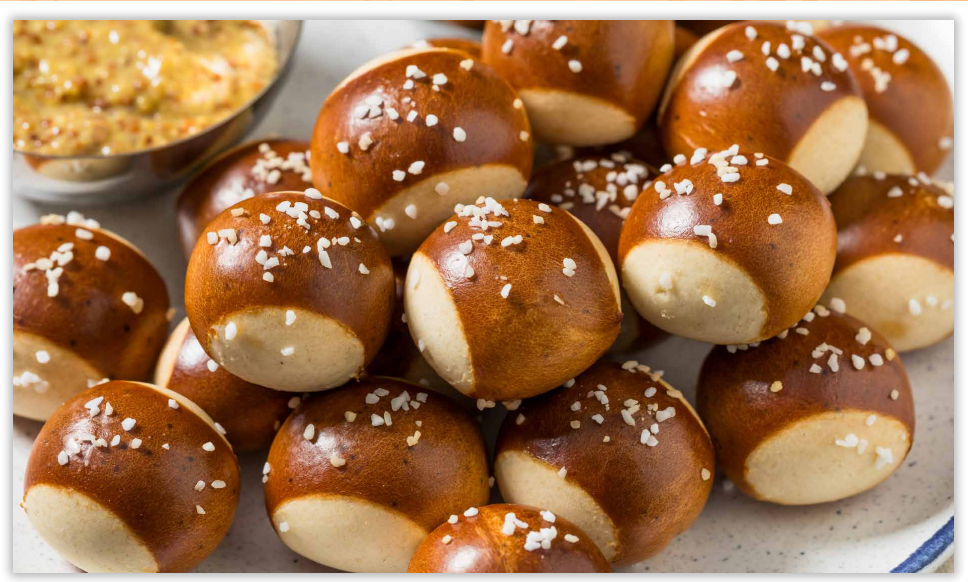
SAVE \$1.00

French Vanilla
Pound Cake \$6.99



SAVE \$1.00

Cinnamon
Buns
6-Pack \$4.99



Pretzilla
Pretzel Bites \$8.99



12-Pack
Combo Cookies \$7.99
Triple Chocolate, White
Chocolate, Macadamia

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



Belmont
Wellness
Multi-Source
Collagen Peptides
8.68 oz.
\$27⁷⁹
Save \$5.00



Wild Carrot
Herbals
Skin Care Line
**20%
OFF**

THE HERB WYFE



Traditional
Medicinal
Immune
Zoom Teas
Assorted, 16 count
\$5⁸⁹
Save \$3.00



Oregon
Wild Harvest
Black Elderberry
Honey
4 oz.
\$39⁹⁵
Save \$3.00



Belmont
Wellness
Melatonin
5mg
60 count
\$8⁴⁹
Save \$1.50



Hu
Chocolate
Bars
All Flavors
\$6²⁹
Save \$1.00



The Herb
Wyfe
Nutmeg
1 oz.
\$3⁴⁹
Save \$2.00



Wise Ways
Herbals
Black Blood
Root Salve
2 oz.
\$18⁹⁹
Save \$3.00

SPRUCE UP WITH FESTIVE FLOWERS

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

Local
Sunflowers

\$10⁹⁹

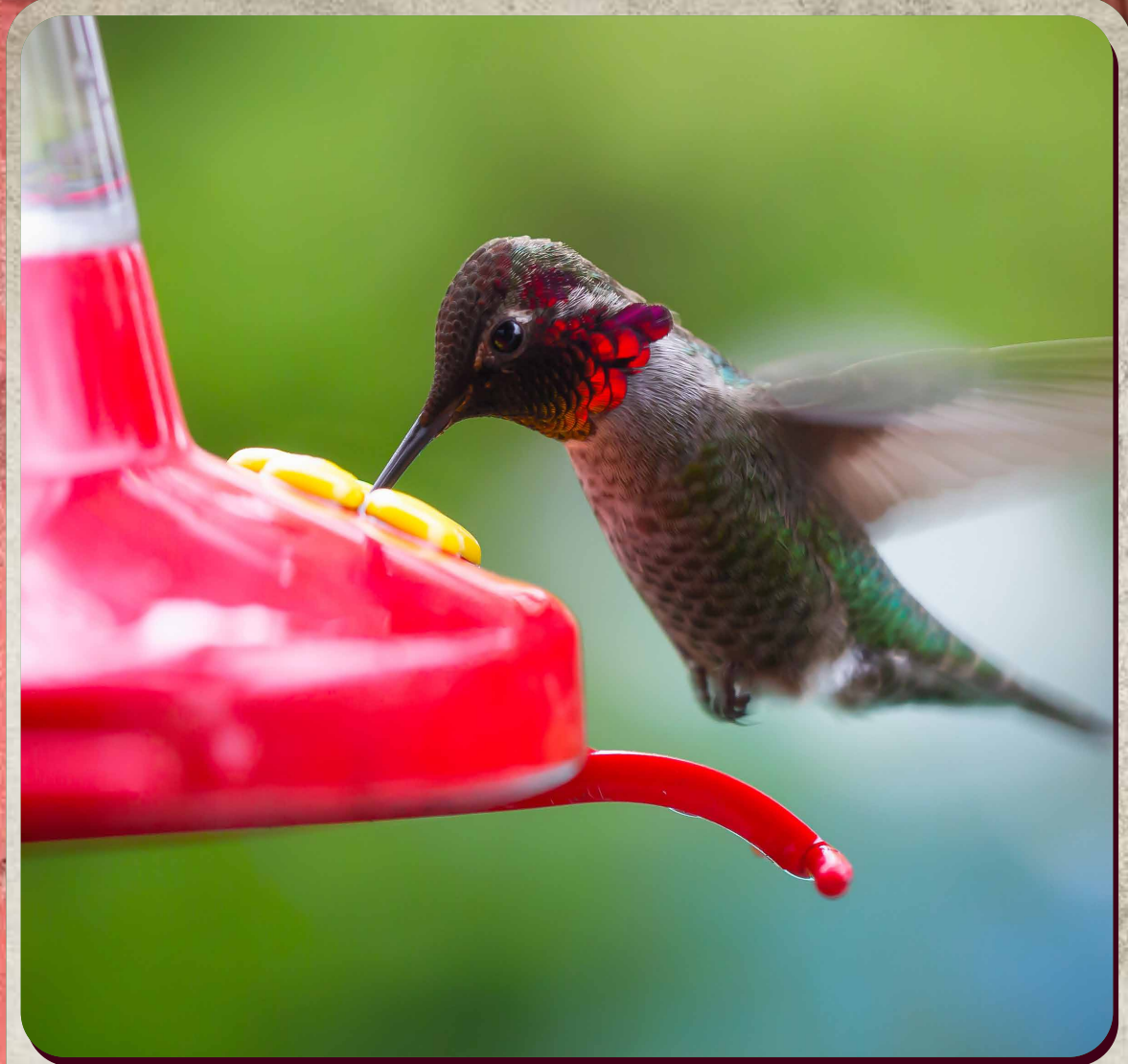


Assorted
Ferns
4" Plant

\$10⁹⁹



Garden Mix
Bouquet
\$19⁹⁹



Bird's Choice
Hummingbird
& Oriole Nectar
\$2⁹⁹



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

