

WEEKLY SALES FLYER



Native, Rhode Island

**MacIntosh
Apples**

\$1.49 lb.



Native, RI
**Cortland
Apples**

\$1.49 lb.



Save \$4.00 LB.

Boneless
**Top Sirloin
Steak**

\$9.99 lb.

 **CHAIRMAN'S RESERVE**



**Bone-In
Center Cut
Pork Chops**

\$3.99 lb.
Save \$1.00

 **Bell & Evans**



**Air Chilled
Natural
Split Chicken
Breast**

\$3.99 lb.
Save \$3.00





**Marinated
Pork Filets &
Tenderloins**
18.4 - 22 oz.

\$9.99
Save \$2.00

Regular & Fenway Meat Franks
14 oz.

\$5⁹⁹

Save \$2.00

Regular & Fenway Beef Franks
14 oz.

\$6⁹⁹

Save \$2.00

Bubba Burgers
Original, Vidalia Onion, Bacon & Cheddar
32 oz.

18⁹⁹

Save \$2.00

BELMONT

BREAD

Save \$1.00 ea.

Belgioioso 3 Cheese Classic Loaf

\$5⁴⁹

REEL IN FANTASTIC SEAFOOD

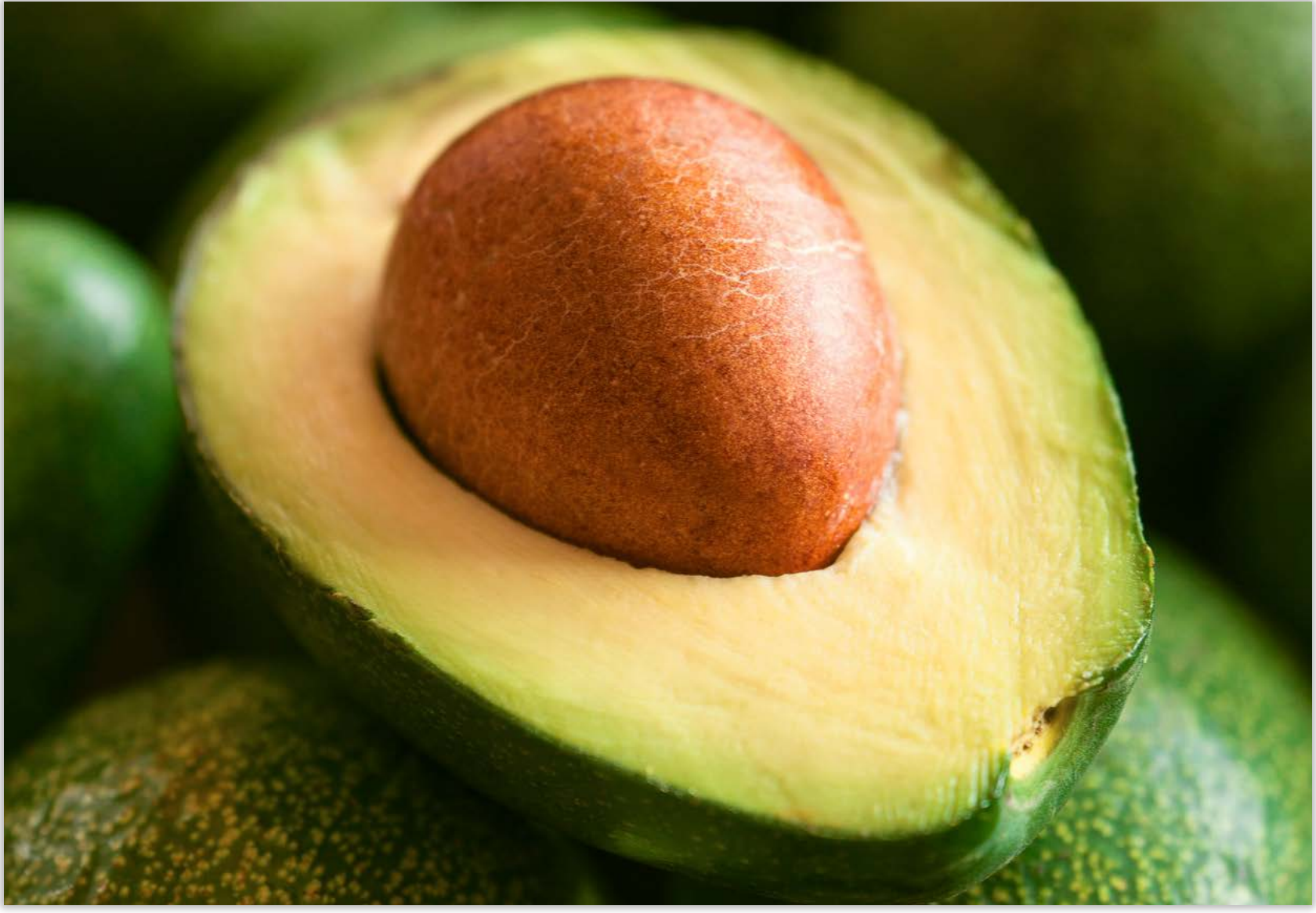
Faroe Island Salmon
\$17⁹⁹lb.

Fresh Swordfish
\$17⁹⁹lb.

EFFECTIVE DATES: SEPTEMBER 11TH - SEPTEMBER 17TH
Monday - Saturday - 7:00AM - 10:00PM
Sunday - 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**



Imported
**Hass
Avocados**

2^{for} 3^{for}



Native, RI
**Butter N' Sugar
Sweet Corn**

6^{for} 3^{for} 59



**Sesame
Street
Clementines**
3 lb. Bag **4⁹⁹ea.**



California, USA
**Black
Plums** **2⁹⁹lb.**



California, USA
**Yellow
Nectarines** **2⁹⁹lb.**



Imported
**Ruby Red
Grapefruit** **2^{for} 3^{for}**



California, USA
Seedless Grapes
Red, Green & Black **2⁹⁹lb.**



Imported
Bell Peppers
Red, Orange & Yellow **1⁹⁹lb.**



Grimm Way
**Peeled Baby
Carrots**
1 lb. **2^{for} 2.50**



California, USA
**Bunch
Celery** **1⁴⁹ea.**



**Yellow
Cooking
Onions**
2 lb. Bag **1⁴⁹ea.**



Triple Washed
**Cello
Spinach**
10 oz. Bag **2^{for} 5**



California, USA
**Romaine
Hearts**
3-Pack **2⁹⁹ea.**

PUMPKINS ARE BACK!

WITH MORE FESTIVE FALL ITEMS TO COME!

The Best **ORGANIC SELECTION**



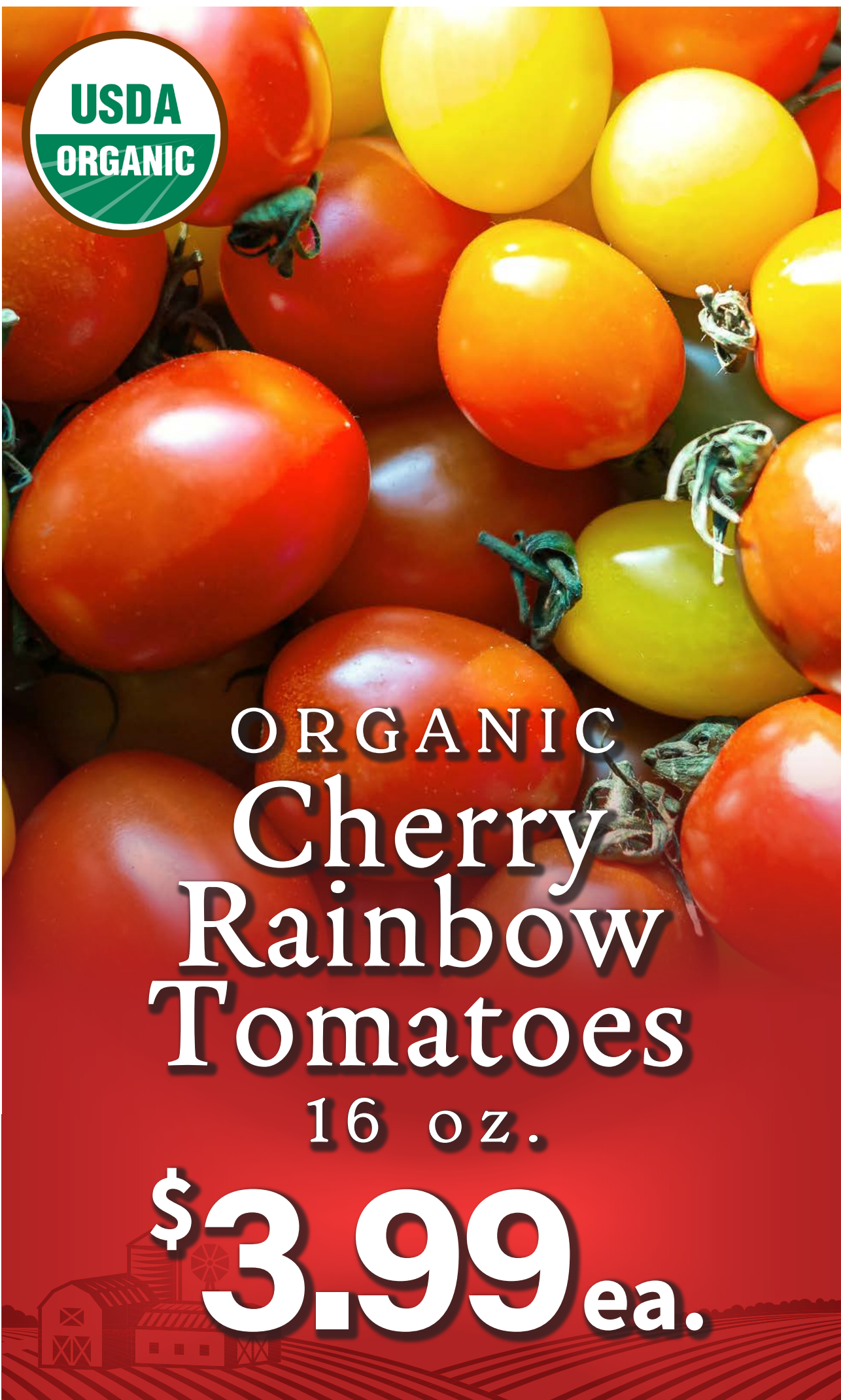
Organic
**Seedless
Red Grapes** **\$3.99 lb.**



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



Organic
**Bartlett
Pears** **2.49 lb.**



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



**Romaine
Hearts** **\$3.99 ea.**
3-Packs



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



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

Great Deals ON FAMILY FAVORITES



Starbucks Coffee
3.6 - 12 oz.
Assorted Varieties
\$8.99
Save Up To \$7.00



Folgers Ground Coffee
9.6 oz.
Assorted Varieties
\$5.99
Save \$3.50



Paleonola Organic Grain Free Granola
10 oz.
Assorted Varieties
\$9.19
Save \$1.80



Junkless Granola Bars
6.6 oz.
Assorted Varieties
\$3.99
Save 50¢



Rudi's Bakery Peanut Butter Strawberry Spread Sandos
8 oz.
\$6.69
Save \$3.00



Annie's Mac & Cheese
5.25 - 6 oz.
Assorted Varieties
2 for \$3
Save \$2.19



Pennsylvania Dutch Noodles
12 oz.
Assorted Varieties
3 for \$7
Save \$1.26



Progresso Traditional and Rich & Hardy Soups
18 - 19 oz.
Assorted Varieties
2 for \$5
Save \$2.29



Chicken of the Sea Solid White Tuna
5 oz.
Assorted Varieties
4 for \$5
Save \$1.14



Classico Pasta Sauce
15 - 24 oz.
Assorted Varieties
2 for \$6
Save \$1.99



4C Grated Cheese
6 oz.
Assorted Varieties
\$4.99
Save 80¢



Contadina Canned Tomatoes
28 oz.
Assorted Varieties
2 for \$5
Save 69¢



Del Monte Vegetable
13.5 - 15.25 oz.
Assorted Varieties
2 for \$4
Save 39¢



Filippo Berio Olive Oil
25.3 fl. oz.
Assorted Varieties
\$7.99
Save Up To \$10.70



Filippo Berio Olive Oil Tin
33.8 fl. oz.
Assorted Varieties
\$12.99
Save Up To \$11.00



Filippo Berio Pasta Sauce
24 oz.
Assorted Varieties
\$4.99
Save \$3.00



FILIPPO BERIO®



Primal Kitchen Dipping Sauces
10 oz.
Assorted Varieties
\$7.69
Save \$3.00



Old London Melba Sea Salt Crackers
5.25 oz.
\$3.19
Save 50¢



Jiffy Corn Muffin Mix
8.5 oz.
10 for \$10
Save 9¢



Oreo Cookies Family Size
17 - 18.71 oz.
Assorted Varieties
\$4.99
Save \$1.70



UTZ Potato Chips
7.75 - 8oz.
Assorted Varieties
\$3.99
Save \$1.00



Frito Lay Ruffles Potato Chips
7 - 8 oz.
Assorted Varieties
\$3.99
Save \$1.50



Pepsi Soda 2-Liters
67.6 fl oz
Assorted Varieties
2 for \$4
Save \$1.99



Polar Seltzer 1-Liter
33.8 fl oz
Assorted Varieties
10 for \$10
Save 29¢



Ghia Non-Alcoholic Aperitif 4-Packs
12 fl oz. / 4pk
48 fl oz.
Assorted Varieties
\$17.99
Save \$2.00



Topo Chico Soda 8-Packs
96 fl oz
Assorted Varieties
\$7.99
Save 70¢



Culture Pop Probiotic Soda 4-Packs
12 fl oz. / 4pk
48 fl oz
Assorted Varieties
\$6.49
Save \$1.50



Cottonelle Bath Tissue 12-Mega Rolls
2928 - 3408 ct.
Assorted Varieties
\$12.99
Save \$4.00



Viva Paper Towels Signature Cloth 6-Double Rolls
516 ct.
\$12.99
Save \$2.00



Viva Paper Towels Multi-Surface Cloth 6-Double Rolls
660 ct.
\$12.99
Save \$2.00



Fiora Paper Towel Extra Strong 6-Double Rolls
660 ct.
\$5.99
Save \$3.50



Fiora Bath Tissue 12-Double Rolls
2568
\$5.99
Save \$4.00

Cool Savings ON DAIRY AND FROZEN FOODS



Mystic Pizza
18.25 - 19.5 oz.
Assorted Varieties **Save \$2.99**



Eggo Waffles, Pancakes & French Toast
8.4 - 14.8 oz.
Assorted Varieties **Save 99¢**



Bay's English Muffins
12 - 13 oz.
Assorted Varieties **Save 80¢**



Farmhouse Large Brown Cage Free Eggs
18 count **Save \$2.20**



Green Giant Steam Vegetables
10 oz.
Assorted Varieties **Save \$1.12**



Crystal Farms Shredded Cheese
7 - 8 oz.
Assorted Varieties **Save 99¢**



Sargento String Cheese
9 - 12 oz.
Assorted Varieties **Save \$1.80**



Cabot Cottage Cheese
16 oz. **Save 79¢**



Philadelphia Cream Cheese
7.5 - 8 oz.
Assorted Varieties **Save \$1.79**



Cabot Sour Cream
16 oz. **Save 49¢**



Cabot Greek Yogurt
32 oz.
Assorted Varieties **Save \$1.60**



Ratio Yogurt
5.3 oz
Assorted Varieties **Save 89¢**



Jonny Pop Popsicles & Cream Mini's
6.72 - 14.8 fl. oz.
Assorted Varieties **Save \$2.30**



Turkey Hill Ice Cream
46 fl. oz.
Assorted Varieties **Save \$2.80**



Cabot Whipped Cream
7 oz. **Save 80¢**



Planet Oat Oat Milk
86 fl. oz.
Assorted Varieties **Save 50¢**



Farmland Half & Half
32 fl. oz. **Save \$1.00**



La Colombe Iced Coffee
48 fl. oz.
Assorted Varieties **Save \$4.49**



Florida Natural Orange Juice
52 fl. oz.
Assorted Varieties **Save \$2.49**



Your Favorite SPECIALTY GROCERY ITEMS



Woodstock Organic Pitted Prunes
11 oz. **Save \$3.00**



Rx Bar Protein Bar Singles
1.83 oz.
Assorted Varieties **Save 70¢**



Annie's Organic Grass Fed Mac & Cheese
6 oz.
Assorted Varieties **Save \$1.00**



Barbera Organic Extra Virgin Olive Oil
33.8 fl. oz. **Save \$9.30**



Daily Pantry Organic Broths
32 fl. oz.
Assorted Varieties **Save \$1.50**



Laurel Hill Non-Pareil Capers
3.5 oz. **Save \$1.30**



Michael's of Brooklyn Marinara Sauce
32 oz. **Save \$2.10**



Coco Goods Organic Coconut Water
33.8 fl. oz. **Save \$1.50**

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
EVERROAST
CHICKEN
\$11.99 lb.

Save \$2.00 lb.
Boar's Head
AMERICAN
CHEESE
\$4.99 lb.



Save \$1.00
Kerrygold
Dubliner
Cheese Snack
6 oz.
\$7.99



Save \$1.00
Little Sesame
On the Go
Hummus
4.5 oz.
\$6.99

Save \$1.00
Cabot
Spreadable
Cheese
8 oz.
\$5.99



PREPARED FOODS

ONE DAY SALE ITEM

Freshly Prepared

Save \$2.00 lb.

Lemon
Dill
Salmon
\$19.99 lb.



Save \$1.00 ea.

Freshly Prepared

General
Tso
Chicken
\$9.99 ea.



Save \$1.00 ea.

Freshly Prepared

Harvest
Chicken
Bowl
\$12.99 ea.



Save \$1.00 ea.

Freshly Prepared

Vegan
"Chicken"
Pot Pie
\$10.99 ea.



Save \$1.00 lb.

Fresh
Coleslaw
\$6.99 lb.

Save \$1.00 lb.

Eggplant
Caponata
\$9.99 lb.

BELMONT'S BAKED GOODS



SAVE \$1.00

Pumpkin
Loaf

\$6.99



SAVE \$1.00

Extra Large
Pumpkin, Pecan
White Chocolate
Cookies

\$1.99



Pumpkin
Fritters
4-Pack

\$4.99



Pumpkin
Donuts
6-Pack

\$5.99

EXPLORE OUR DAILY ROTATING MENU ON OUR WEBSITE.

www.BelmontMarket.com/Menus

REHEATING INSTRUCTIONS ONLINE IF NEEDED.

DEEP
SAVINGS!



ONE DAY ONLY

WEDNESDAY, SEPTEMBER 16TH

MURRAY'S NATURAL
ROTISSERIE CHICKEN

\$6.99

DEEP SAVINGS WHILE SUPPLIES LASTS. NO RAINCHECKS.



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. From basic to exotic, we have options for everyone, including both vegetarians and vegans.



HEALTH & WELLNESS



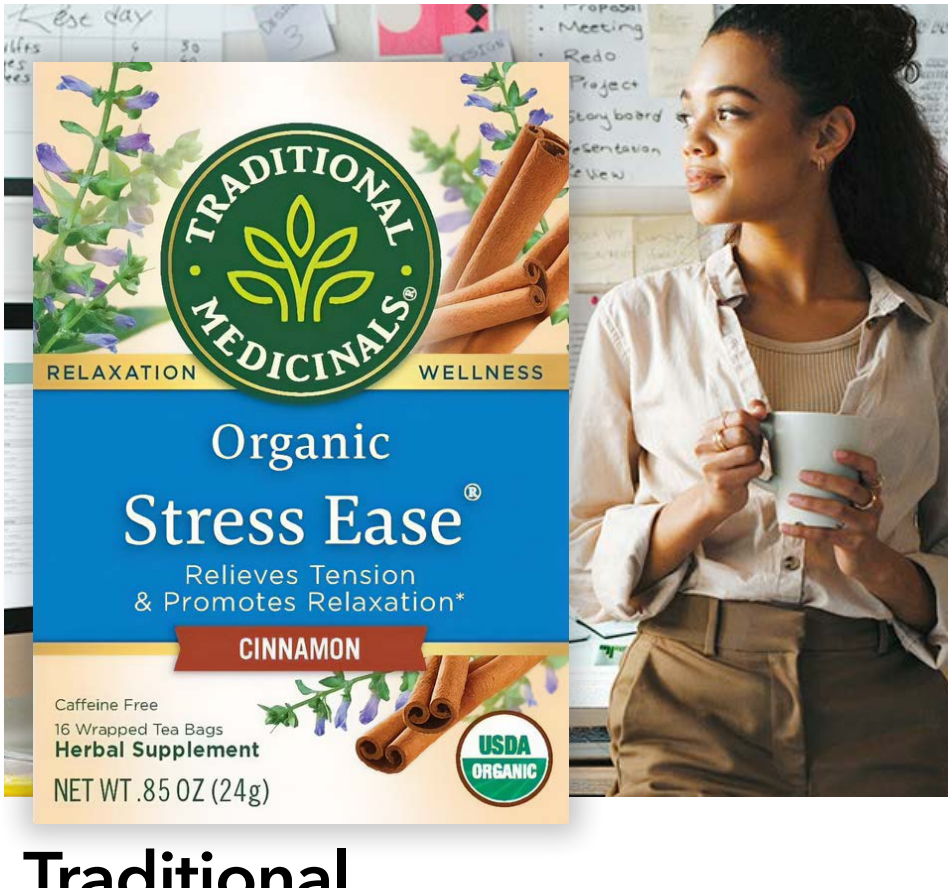
GoMacro
Macro Bars
Assorted Varieties,
2.3 oz. **\$3²⁹**
Save \$1.00



Life Seasons
Rest-ZZZ
Melatonin Free
60 count **\$21⁹⁹**
Save \$5.00



Clearpath
Herbals
Calm Focus
2 oz. **\$21⁰⁰**
Save \$3.00



Traditional
Medicinals
Stress Ease
Focus Tea
16 count **\$6⁸⁹**
Save \$2.00



Dr. Bronner's
Castile
Body Soaps
Assorted Scents,
16 fl oz. **\$11⁴⁹**
Save \$2.00



Solti Super
Immuni-ti
Super Shots
Assorted Scents,
2.1 fl oz. **\$3²⁹**
Save 70¢



Wish Garden
Genius
Juice
2 oz. **\$21⁹⁹**
Save \$3.00



Herbal
Revolution
White Pine
Drinking
Vinegar **\$16⁹⁹**
Save \$3.00

SPRUCE UP WITH FESTIVE FLOWERS

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

Local
Sunflower
Bunches

\$10⁹⁹



Cyclamen
4" Plants

\$10⁹⁹



Garden Mix
Bouquet

\$19⁹⁹



Lizzie Mae's
Fruit, Berry, Nut
Seed Cake

\$9⁹⁹





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

