



FILL UP ON
FALL FAVORITES



WEEKLY SALES FLYER



Native, Rhode Island
**Honeycrisp
Apples**
\$2.49 lb.



Native, RI
Butter N' Sugar
Sweet Corn
6 for \$3.59



Save \$7.00 LB.

**Porterhouse
& T-Bone
Steaks**
\$14.99 lb.



CHAIRMAN'S RESERVE



**Boneless
Pork
Mini-Roasts**

\$1.99 lb.
Save \$2.00 lb.



Bell & Evans



**Ground Chicken
& Ground Breast**
16 oz.

SAVE
\$2.00 ea.



Shaved Meats
8 - 9 oz.

\$5⁹⁹
Save \$1.00



Pre-Cooked Bacon
Assorted Varieties,
12 - 16 oz.

\$9⁹⁹
Save \$3.00



White Meat & Veggies
Chicken Pot Pies
Assorted Varieties,
10 oz.

\$4⁹⁹
Save \$2.00

BELMONT  BREAD



Save \$1.00 ea.

Rye Seeded Bread Round **\$4⁹⁹**

REEL IN FANTASTIC SEAFOOD





Faroe Island Salmon
\$17⁹⁹lb.



Fresh Swordfish
\$17⁹⁹lb.

EFFECTIVE DATES: SEPTEMBER 18TH - SEPTEMBER 24TH
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**



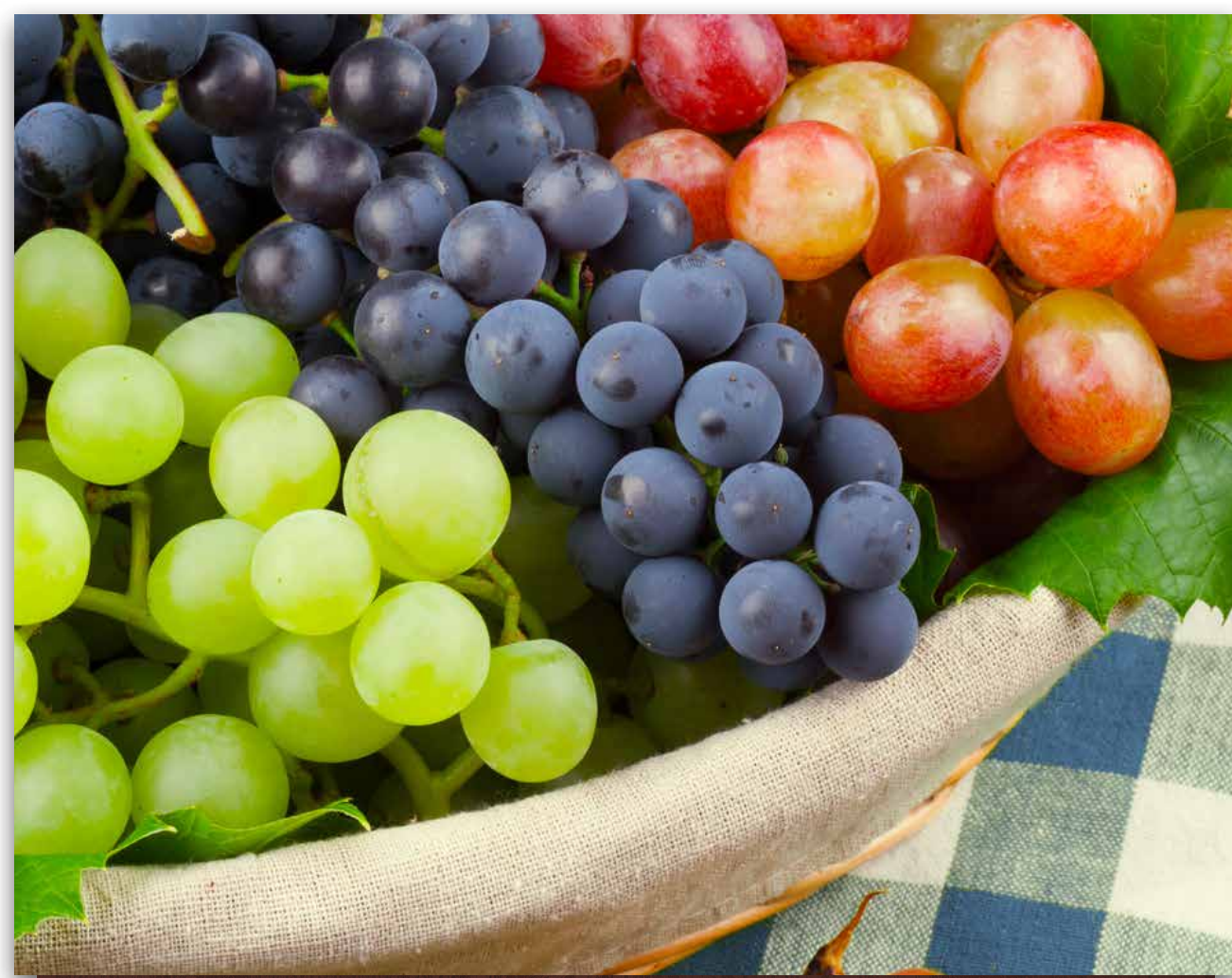
Imported
Bell Peppers
Red, Orange & Yellow

1.99 lb.



White Mushrooms
Whole - 8 oz.
Sliced - 10 oz.

2^{or} 5



California, USA
Seedless Grapes
Red, Green & Black

2.99 lb.



Sesame Street
Clementines
3 lb. Bag

4.99 ea.



Super Select
Fresh Cucumbers

2^{or} 1.50



Strawberry Pints
16 oz.

3.99 ea.



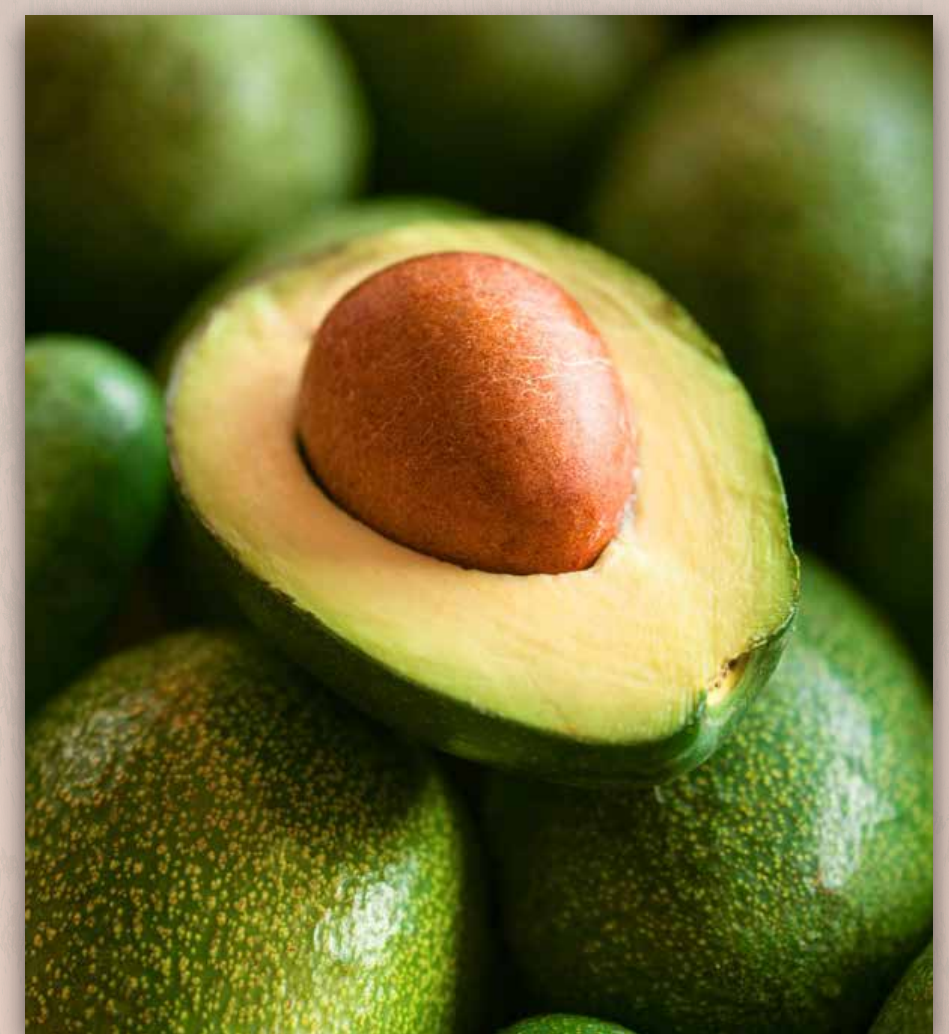
October Sun
Fresh Plums

1.99 lb.



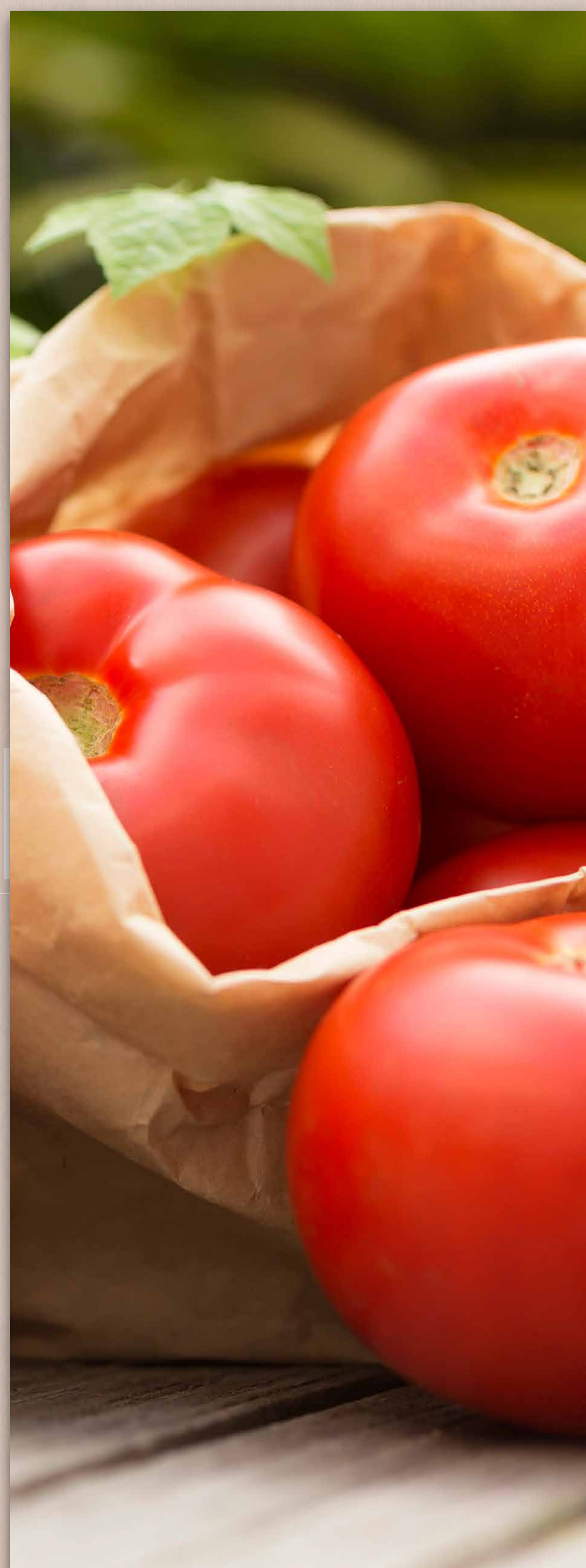
1/4 or 1/2
Watermelon Cuts

89¢ lb.



Imported
Hass Avocados

2^{or} 3



USA
Hot House Tomatoes

1.99 lb.



USA
Cluster Tomatoes

1.99 lb.



California, USA
Romaine Lettuce

1.99 ea.



Georgia, USA
Vidalia Onions

1.29 lb.



Andy Boy
Broccoli Rabe

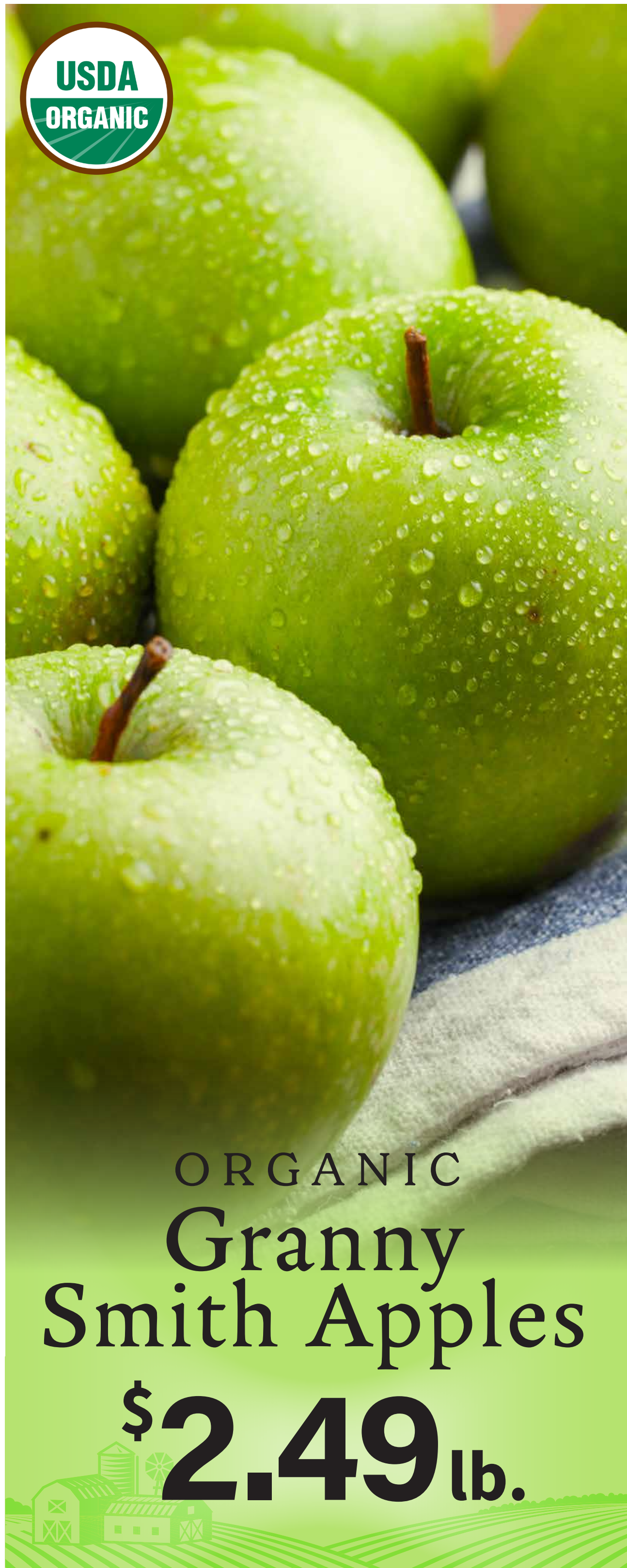
3.99 ea.



PUMPKINS ARE BACK!

WITH MORE FESTIVE FALL ITEMS TO COME!

The Best **ORGANIC SELECTION**



ORGANIC
**Granny
Smith Apples**
\$2.49 lb.



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



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



Organic
**Bartlett
Pears** **\$2.49 lb.**



Organic
Avocados **2/\$3**



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



Organic
**Celery
Hearts** **\$2.99 ea.**

Great Deals ON FAMILY FAVORITES



Thomas'
English Muffins
12 - 13 oz.
Assorted Varieties

\$3.99
Save \$1.70



Honey Bunches
of Oats
Cereal
11 - 12 oz.
Assorted Varieties

2.05
Save \$2.79



Life
Cereal
13 oz.
Assorted Varieties

2.04
Save \$3.29

*SALES ARE NOT COMBINED



Quaker
Chewy
Granola Bars
6.3 - 7.4 oz.
Assorted Varieties

2.04
Save \$2.99



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

2.04
Save \$3.29



Barilla
Pasta
12 - 16 oz.
Assorted Varieties

2.03
Save 79¢



Near East
Rice Pilaf
5.2 - 6.75 oz.
Assorted Varieties

4.05
Save \$1.74



Campbell's
Chunky
Soup
18.8 oz.
Assorted Varieties

3.05
Save \$2.92



Starkist
Solid
White Tuna
5 oz.
Assorted Varieties

10.010
Save Up To \$1.69

Mix & Match



Triscuit
Snack
Crackers
7.1 - 8.5 oz.
Assorted Varieties

2.07
Save \$1.99



Wheat Thins
Snack
Crackers
8 - 8.5 oz.
Assorted Varieties

2.07
Save \$1.99



Good Thins
Snack
Crackers
3.5 oz.
Assorted Varieties

2.07
Save \$1.99



Francesco Rinaldi
Pasta Sauce
15 - 24 oz.
Assorted Varieties

2.04
Save \$1.29



Old El Paso
Refried
Beans
16 oz.
Assorted Varieties

2.05
Save 79¢



Old El Paso
Enchilada
Sauce
10 oz.
Assorted Varieties

2.04
Save 69¢



Ben's Original
Long Grain &
Ready Rice
6 - 8.5 oz.
Assorted Varieties

2.05
Save 79¢



Lindsay
Ripe Pitted
Olive
6 oz.
Assorted Varieties

2.05
Save 79¢



Libby's
Vegetables
14.5 - 15.25 oz.
Assorted Varieties

3.04
Save 66¢



Pomi
Tomatoes
26.46 oz.
Assorted Varieties

2.06
Save 79¢



Hunt's
Canned
Tomatoes
28 - 29 oz.
Assorted Varieties

2.04
Save \$1.99



Wishbone
Dressing
8 fl oz.
Assorted Varieties

2.04
Save 49¢



Heinz
Ketchup
20 oz.

\$3.49
Save \$1.10



Frito Lay
Potato
Chips
7 - 8 oz.
Assorted Varieties

\$2.99
Save \$1.30



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

\$3.99
Save 30¢



Mott's
Apple Juice
64 fl oz.
Assorted Varieties

2.07
Save \$1.69



Gold Peak
Iced Tea
Singles
18.5 fl oz.
Assorted Varieties

2.04
Save 29¢



V8
Splash Juice
64 fl oz.
Assorted Varieties

2.06
Save 99¢



Pepsi
Soda
6-Packs
16.9 fl oz. / 6pk
101.4 fl oz.

\$3.99
Save \$3.00



Polar
Seltzer
12-Pack
144 fl oz.
Assorted Varieties

2.10
Save 99¢



Culture Pop
Probiotic
Soda 4-Packs
12 fl oz. / 4pk
48 fl oz.
Assorted Varieties

\$6.49
Save \$1.50



Arm &
Hammer
Laundry
Detergent
32.5 fl oz.

2.06
Save \$2.99



Bounty
Essentials
Paper Towels
4-Double Rolls
Select-A-Size
432ct

\$6.99
Save \$1.70



Scott
Paper Towels
6-Double Rolls
648ct.

2.10
Save \$4.49



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

\$5.99
Save \$4.00



Charmin
Essential
Bathroom
Tissue
6-Mega Rolls
1980 - 2574 ct.
Assorted Varieties

\$6.99
Save 30¢

Cool Savings ON DAIRY AND FROZEN FOODS



Celentano Ravioli, Cavatelli, Tortellini
12 oz.
Assorted Varieties **Save Up To \$1.92**



McCain Fries & Onion Rings
14 - 32 oz.
Assorted Varieties **Save \$3.19**



Klondike Ice Cream Bars & Sandwiches
24 - 27 fl oz.
Assorted Varieties **Save \$1.00**



Hood Ice Cream
48 fl oz.
Assorted Varieties **Save \$2.40**



Jello Gelatin & Puddings
12.5 - 15.5 oz.
Assorted Varieties **Save \$1.30**



Fage Greek Yogurt
16 oz.
Assorted Varieties **Save \$2.00**



Fage Creamy Dreamy Yogurt
4.4 oz.
Assorted Varieties **Save Up To 94¢**



Tillamook Shredded Cheese
8 oz.
Assorted Varieties **Save 80¢**



Tillamook Bar Cheese
8 oz.
Assorted Varieties **Save 80¢**



Cabot American Cheese Slices
12 oz.
Assorted Varieties **Save 70¢**



Cacique Queso Fresco
10 oz.
Assorted Varieties **Save 70¢**



Nellie's Large Brown Eggs 12-Pack
12 Count **Save \$2.60**



Red Barn Butter
8 oz.
Assorted Varieties **Save \$1.50**



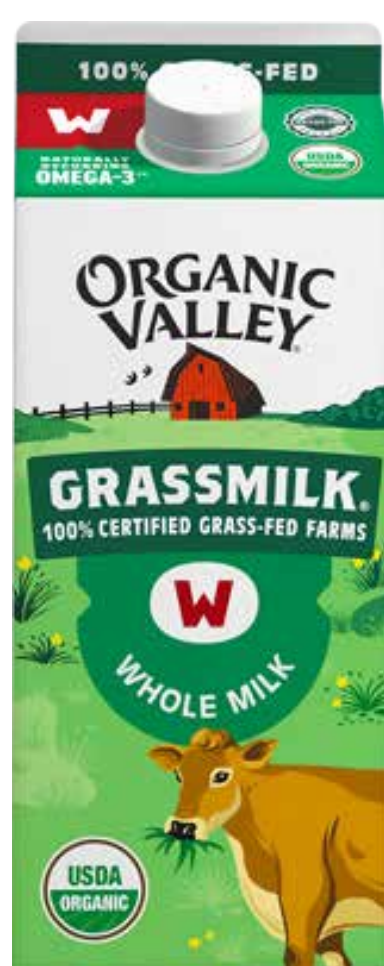
Fage Sour Cream
8 oz.
Save 70¢



Tropicana Orange Juice
46 fl oz.
Assorted Varieties **Save 80¢**



Starbucks Iced Coffee
40 - 48 fl oz.
Assorted Varieties **Save \$2.00**



Organic Valley Grassfed Milk
64 fl oz.
Assorted Varieties **Save 30¢**



Oatly Oat Milk
64 fl oz.
Assorted Varieties **Save 30¢**

Your Favorite SPECIALTY GROCERY ITEMS



Woodstock Organic Raisins
13 oz.
Save \$1.00



Tate's Bake Shop Chocolate Chip Cookies
7 oz.
Save 70¢



Stacy's Everything Bagel Chips
7 oz.
Save \$1.40



Mount Hagen Organic Freeze Dried Coffee
3.53 oz.
Save \$3.00



O'Doughs Bakery Gluten Free Muffins
11.9 - 12 oz.
Assorted Varieties **Save \$1.50**



Made Good Organic Soft Oat Bars
5.3 oz.
Assorted Varieties **Save 90¢**



Justin's Peanut Butter
28 oz.
Save \$2.00



Bonne Maman Select Fruit Preserves
13 oz.
Assorted Varieties **Save \$1.40**

FROM THE DELI



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



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



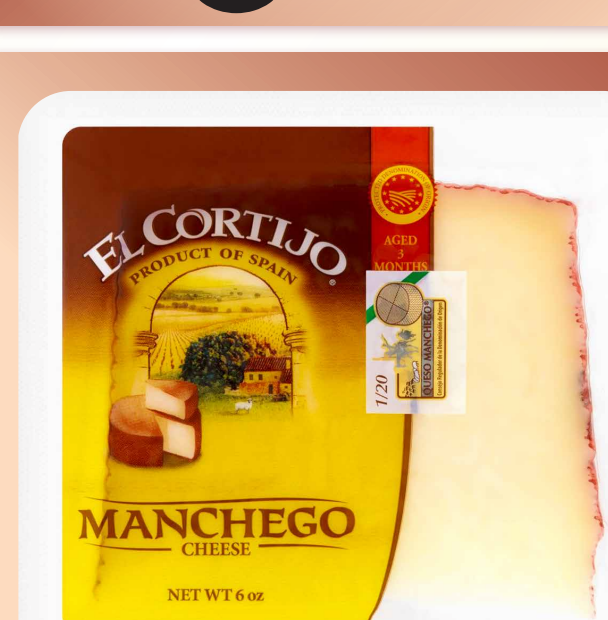
Save \$2.00 lb.
Boar's Head
CLASSIC
CHICKEN
\$11.99 lb.



Save \$2.00 lb.
Boar's Head
GOUDA
CHEESE
\$10.99 lb.



Save \$1.00
Narragansett
Creamery
Fresh
Mozzarella
Log
16 oz.
\$8.99



Save \$1.00
El Cortijo
Manchego
Wedge
6 oz.
\$10.99

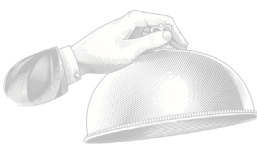


Save \$1.00
Red Apple
Smoked
Gouda
8 oz.
\$6.99

PREPARED FOODS

ONE DAY SALE ITEM

Freshly Prepared



Chipotle
Shrimp
\$16.99 lb.



Save \$1.00 ea.

Freshly Prepared

Boneless
Buffalo
Chicken
\$8.99 ea.



Save \$1.00 ea.

Freshly Prepared
Strawberry
Banana
Oat Bowl
\$6.99 ea.



Save \$1.00 ea.

Vegan
Eggplant
Mushroom
"Meatballs"
\$10.99 ea.



Save \$1.00 lb.

Egg
Salad
\$8.99 lb.

Save \$1.00 lb.

Quinoa
with
Almond
Salad
\$8.99 lb.

BELMONT'S BAKED GOODS



SAVE \$1.00

Cinnamon
Chip Loaf

\$6.99



SAVE \$1.00

Raspberry
Danish
14 oz.

\$6.99



Pumpkin Spice
Cookies
12-Pack

\$7.99



Frosted Fudge
Brownies

\$8.99

EXPLORE OUR DAILY ROTATING MENU ON OUR WEBSITE.

www.BelmontMarket.com/Menus

REHEATING INSTRUCTIONS ONLINE IF NEEDED.

DEEP
SAVINGS!



ONE DAY ONLY

WEDNESDAY, SEPTEMBER 23RD

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



Bluebonnet
Magnesium
Citrate
60 Caps

\$10⁹⁹
Save \$2.70



Bluebonnet
Magnesium
Citrate
120 Caps

\$18⁹⁹
Save \$4.70



Straight Hemp
CBD
Tincture
2 oz.

87⁹⁹
Save \$7.00



Wise Ways
Herbls
Black Blood
Root Salve
2 oz.

\$18⁹⁹
Save \$3.00



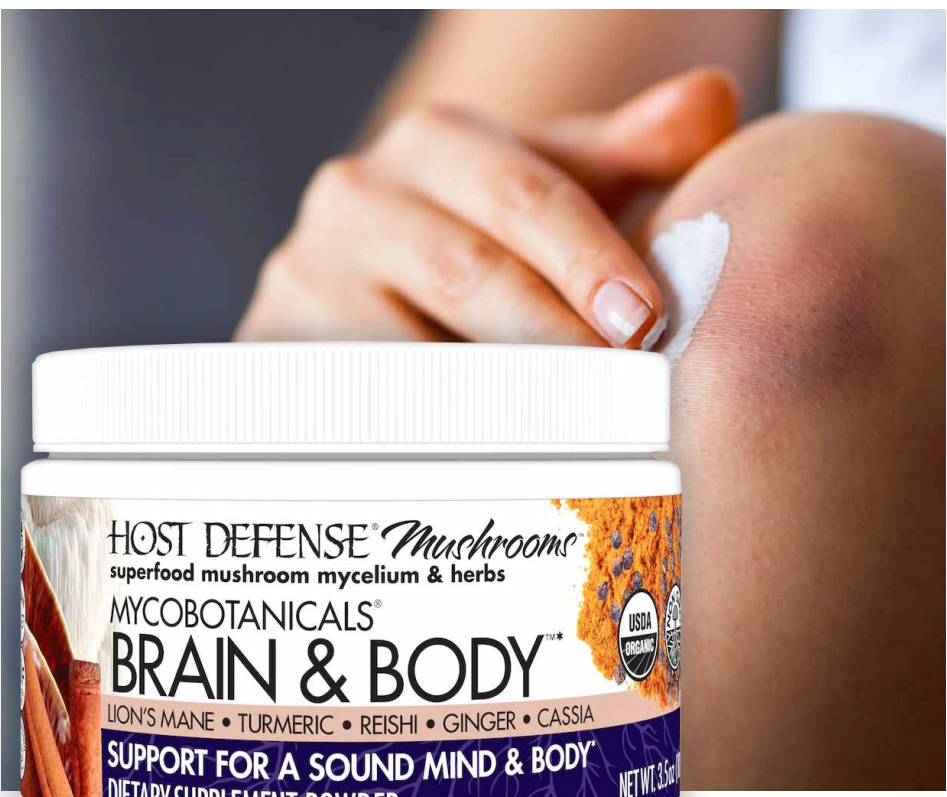
Life Seasons
Berberine
HCl
1,000 mg
90 Caps

\$19⁷⁹
Save \$4.00



Corpse Rivor
Hydration
Libation
Assorted Flavors,
16 fl oz.

\$3⁴⁹
Save 80¢



Host Defense
Brain & Body
3.5 oz.

26⁹⁹
Save \$3.00



GAIA Herbs
Lion's Mane
Mushrooms
40 count

29⁹⁹
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



Kalanchoe
4" Plant

\$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

