BELMONT MARKET

A BETTER PLACE TO SHOP SINCE 1947

WEEKLY SALES FLYER

Native,
Rhode Island
MacIntosh Apples
99¢ lb.

Native,
Rhode Island
Cortland Apples
99¢ lb.

Boneless
Sirloin Steaks & Spoon Roasts
$8.99 lb.
Save $5.00 LB.

plainville FARMS

85% Lean
Ground Turkey
16 oz.
$4.99 lb.
Save $3.00 lb.

GRADE A

Boneless
Skinless Chicken Breast
Family Pack
$3.99 lb.
Save $2.00 lb.

Smithfield®



Boneless ¼ Ham
Honey, Maple or Hickory
Assorted, 24 oz.

$7.99
Save $3.00

BUBBA burger



Chicken or Turkey Burger
32 oz.

$10.99
Save $3.00

Nathan's® Since 1916 FAMOUS



Beef Hot Dogs
Assorted, 10 - 12 oz.

$7.99
Save $2.00

BELMONT BREAD



Save $1.00 ea.

Multigrain Sandwich Loaf

$5.99

REEL IN FANTASTIC SEAFOOD



Faroe Island Salmon
$17.99 lb.



Seawatch Chopped Clams
51 oz.
$27.99 ea.

EFFECTIVE DATES: OCTOBER 23RD - OCTOBER 29TH

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."

Native Rhode Island Cortland & MacIntosh Apples

99¢ lb.



DEEP SAVINGS!

Rhody Fresh Milk $2.29



Assorted Varieties, 64 floz.

The Freshest PRODUCE



California, USA
Seedless Grapes
Red, Green & Black
2.99 lb.



Seedless Clementines
3 lb. Bag
4.99 ea.



Star Ruby **Grapefruit**
2 FOR 3



Ocean Spray **Cranberries**
12 oz. Bag
2.99



Heirloom Grape Tomatoes Medley
Pints
2.49 ea.



Imported **Hass Avocados**
2 FOR 3





Imported **Seedless English Cucumbers**
2 FOR 3



Triple Washed **Cello Spinach**
10 oz.
2 FOR 5

Gallon **10.98 ea.**

1/2 Gallon **5.49 ea.**





California, USA **Cello Carrots**
1 lb. package
99¢ ea.



Imported **Sweet Onions**
99¢ lb.





Assorted Winter Squash
99¢ lb.

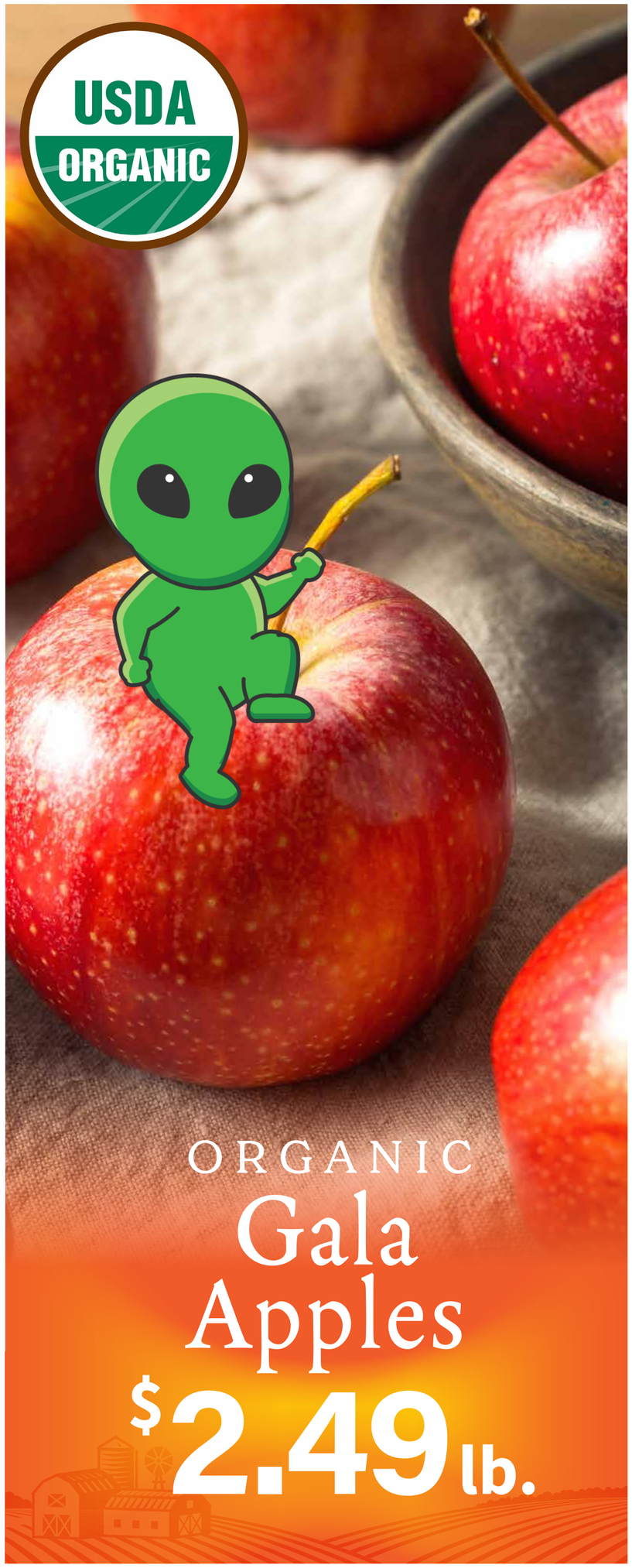


Hydroponic **Boston Lettuce**
2 FOR 5



Quonset View **All Purpose Potatoes**
5 lb. Bag
3.49 ea.

The Best ORGANIC SELECTION





Organic
Fuji Apples $2.49 lb.



Organic
Valencia Oranges $1.49 lb.



Organic
Fresh Avocados 2/$4



Organic
Seedless Mini Cucumbers $3.49 ea.



Cocktail Tomatoes on the vine $3.99 ea.

BELMONT MARKET

NAME THAT MONSTER!



DONNA'S "BEL-MONSTER" NEEDS A NAME!

We're leaving it up to you to come up with one

Stop by our gift basket department & submit a fun, original name

YOU COULD WIN A GIFT BASKET & BELMONT GIFT CARD!



OCTOBER 23RD-29TH

Great Deals ON FAMILY FAVORITES



Dunkin' **Coffee K-Cups**
Assorted Varieties
3.5 - 5.1 oz.
$6.99
Save $3.50



Vermont **Organic Ground Coffee**
Assorted Varieties
10 - 12 oz.
$13.99
Save $1.50



Vermont **Organic Whole Bean Coffee**
Assorted Varieties
14 - 16 oz.
$15.99
Save $2.00



Thomas' **Swirl Bread**
Assorted Varieties
16 oz.
2 FOR 6
Save $1.99



Full Circle Market **Organic Apple Sauce**
Assorted Varieties
23 - 24 oz.
2 FOR 5
Save $1.49



Jif **Peanut Butter**
Assorted Varieties
16 oz.
2 FOR 4
Save $1.69



MIX & MATCH



Good Thins **Snack Crackers**
Assorted Varieties
3.5 - 8.5 oz.
2 FOR 7
Save $1.99



Triscuits **Snack Crackers**
Assorted Varieties
3.5 - 8.5 oz.
2 FOR 7
Save $1.99



Wheat Thins **Snack Crackers**
Assorted Varieties
3.5 - 8.5 oz.
2 FOR 7
Save $1.99





Cheez-It **Snack Crackers**
Assorted Varieties
7 oz.
2 FOR 5
Save $1.09



Boulder Canyon **Chips**
Assorted Varieties
5.25 - 6.5 oz.
$4.49
Save 30¢



Frito Lay **Lay's Chips**
Party Size!
Assorted Varieties
12 - 13 oz.
$4.99
Save $1.00



Starkist **Solid White `Tuna**
Assorted Varieties
5 oz.
2 FOR 3
Save Up To $1.19



Full Circle Market **Organic Broth**
Assorted Varieties
32 oz.
2 FOR 4
Save 99¢



Knorr **Pasta & Rice Sides**
Assorted Varieties
4.1 - 5.7 oz.
4 FOR 5
Save $1.04



Near East **Rice Pilaf**
Assorted Varieties
5.2 - 10 oz.
2 FOR 5
Save 49¢



Botticelli **Pasta Sauce**
Assorted Varieties
14.5 - 24 oz.
$4.99
Save $3.00



Chi-Chi's **Salsa**
Assorted Varieties
15.7 - 16 oz.
2 FOR 5
Save $1.19



Chi-Chi's **Tortillas**
Assorted Varieties
17 - 17.5 oz.
2 FOR 5
Save 99¢





Heinz **Squeeze Ketchup**
20 oz.
$2.99
Save $1.60



Mike's Amazing **Mayonnaise**
22 oz.
$2.99
Save $2.00



Filippo Berio **Olive Oil**
Assorted Varieties
16.9 oz.
$4.99
Save Up To $8.50



Newman's Own **Salad Dressing**
Assorted Varieties
16 fl oz.
2 FOR 7
Save $1.49

Great Deals ON FAMILY FAVORITES



Jack Rabbit **Dry Peas & Beans**
Assorted Varieties
16 oz.
2 FOR 3
Save 49¢



Libby's **Pumpkin**
15 oz.
2 FOR 4
Save $1.29



Carnation **Evaporated Milk**
Assorted Varieties
12 fl oz.
2 FOR 4
Save 59¢



Golden Blossom **Honey**
Assorted Varieties
12 oz.
$5.99
Save $1.50



V8 **Vegetable Juice**
Assorted Varieties
46 fl oz.
2 FOR 7
Save $1.29



Welch's **Zero Sugar Juice Cocktail**
Assorted Varieties
64 fl oz.
2 FOR 7
Save $1.09



Arizona **Ice Tea**
Assorted Varieties
128 fl oz.
2 FOR 5
Save $1.49



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



Coca-Cola **Soda 12-Packs**
Assorted Varieties
12 fl oz. / 12pk
144 fl oz.
$9.99
Save $1.00



Pepsi **Bottled Soda 6-Packs**
Assorted Varieties
16.9 fl oz. / 6pk
101.4 fl oz.
$3.99
Save $3.00



Simply **Napkins**
200 ct.
2 FOR 7
Save 49¢



Sparkle **Paper Towels**
4-Double Rolls
440 ct.
$5.99
Save $3.50



Angel Soft **Bathroom Tissue**
8-Mega Rolls
2560 ct.
$5.99
Save $4.50



Fiora **Paper Towel**
6-Double Rolls
660 ct.
$5.99
Save $3.50



Fiora **Bathroom Tissue**
12-Double Rolls
2568 ct.
$5.99
Save $4.00



Solo **Plates**
Assorted Varieties
55 - 90 ct.
$6.99
Save $1.30



Solo **Red Party Cups**
20 ct.
2 FOR 7
Save 79¢



Glad **Press'n Seal Plastic Wrap**
70 sq ft.
$4.99
Save 40¢



Scotties **Facial Tissue**
Assorted Varieties
54 - 110 ct.
$1.99
Save 40¢



Arm & Hammer **Detergent**
Assorted Varieties
45.5 fl oz.
$3.99
Save $4.00



Arm & Hammer **Fabric Softener Sheets**
Assorted Varieties
100 ct.
$3.99
Save $1.00

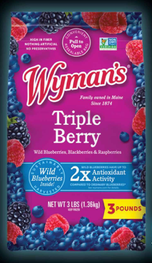


Friskies **Party Mix Cat Treats**
Assorted Varieties
2.1 oz.
2 FOR 3
Save 49¢



Sheba **Cat Food**
Assorted Varieties
2.64 oz.
4 FOR 5
Save 34¢

Cool Savings ON DAIRY AND FROZEN FOODS



Wyman's Frozen Fruit
Assorted Varieties
3 lb.
$9.99
Save Up To $6.00



Green Giant Vegetables
Assorted Varieties
7.5 - 8 oz.
10 FOR 10
Save $2.79



Tilllamook Shredded Cheese
Assorted Varieties
8 oz.
$3.99
Save 80¢



Frigo String Cheese
16 oz.
$5.99
Save $3.00



Daisy Sour Cream Squeeze
14 oz.
$2.99
Save 60¢



Chobani Greek Yogurt 4-Packs
Assorted Varieties
21.2 oz.
$3.99
Save $3.30



Stonyfield Organic Yogurt
Assorted Varieties
32 oz.
$4.99
Save $1.30



Cabot Butter
Assorted Varieties
16 oz.
$3.49
Save $2.00





Kozy Shack Pudding
Assorted Varieties
22 oz.
$3.49
Save $1.50



Jello Gelatin & Pudding
Assorted Varieties
12.5 - 15.5 oz.
$2.99
Save $1.30



Turkey Hill Ice Cream
Assorted Varieties
46 fl oz.
2 FOR 5
Save $4.29



Cool Whip Whipped Topping
Assorted Varieties
8 oz.
2 FOR 5
Save 99¢



Cabot Whipped Cream
14 oz.
$4.49
Save $1.00



Toll House Cookie Dough
Assorted Varieties
14 - 16.5 oz.
2 FOR 9
Save $1.49



Promised Land Milk
Assorted Varieties
32 fl oz.
$3.99
Save $1.30



Silk Almond Milk
Assorted Varieties
64 fl oz.
2 FOR 7
Save $1.79



La Colombe Coffee
Assorted Varieties
42 fl oz.
2 FOR 8
Save $4.49



Florida Natural Orange Juice
Assorted Varieties
52 fl oz.
2 FOR 7
Save $2.49

Your Favorite SPECIALTY GROCERY ITEMS



San Merican Tomatoes Canned Tomatoes
Assorted Varieties
28 oz.
$4.59
Save $1.10



Cafe Mexicano Ground Coffee
Assorted Varieties
12 oz.
$10.29
Save $3.70



Martinelli Sparkling Cider
25.4 fl oz.
$6.29
Save 70¢



Bigelow Tea Sweet Dreams Tea
Assorted Varieties
20 count
$3.69
Save 60¢



Silly Cow Hot Chocolate Mix
Assorted Varieties
16.9 oz.
$7.89
Save $2.10



Tony's Chocolonely Chocolate Bars
Assorted Varieties
6.35 oz.
$6.29
Save $1.70



Blake Hill Chocolate Sea Salt Sauce
10.4 oz.
$7.99
Save $2.00



Lar's Own Swedish Ginger Snaps
10.5 oz.
$7.19
Save $1.80

BELMONT MARKET

FROM THE DELI



Save $4.00 lb.

Boar's Head
OVEN GOLD TURKEY
$11.99 lb.

Save $2.00 lb.

Boar's Head
HONEY MAPLE HAM
$11.99 lb.





Save $2.00 lb.

Boar's Head
EVERROAST CHICKEN
$11.99 lb.

Save $2.00 lb.

Boar's Head
MUENSTER CHEESE
$6.99 lb.



Save $1.00

Columbus
Prosciutto
3 oz.
$6.99





Save $1.00

Point Reyes
Toma Wedge
6 oz.
$8.99

Save $1.00

Cedar's
Pita Chips
6 oz.
$3.99



PREPARED FOODS

ONE DAY SALE ITEM

Freshly Prepared

Scallop Nantucket
$19.99 ea.



Save $1.00 ea.

Vodka Sauce Chicken Parmesan
$11.99 ea.



Freshly Prepared

Beef Taco Bowl
$11.99 ea.

Save $1.00 ea.



Save $1.00 ea.

Vegan Chipotle Lime Quinoa
$9.99 ea.



Save $1.00 lb.

Asian Noodle Salad
$8.99 lb.

Save $1.00 lb.

Smoked Salmon Spread
$10.99 lb.

BELMONT'S BAKED GOODS



SAVE $1.00

Pumpkin Fritters
14 oz.
$3.99



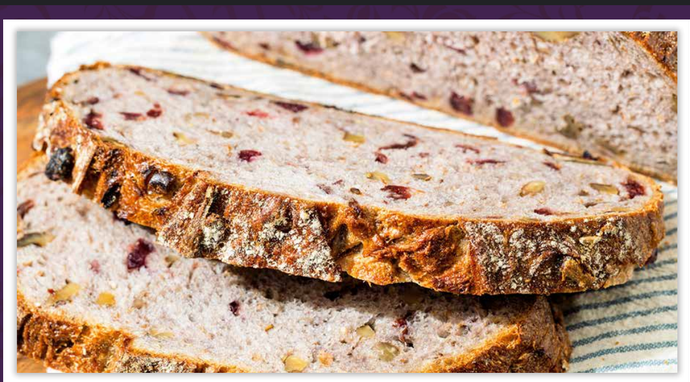
SAVE $1.00

Pumpkin Cake Donuts
10 oz.
$4.99



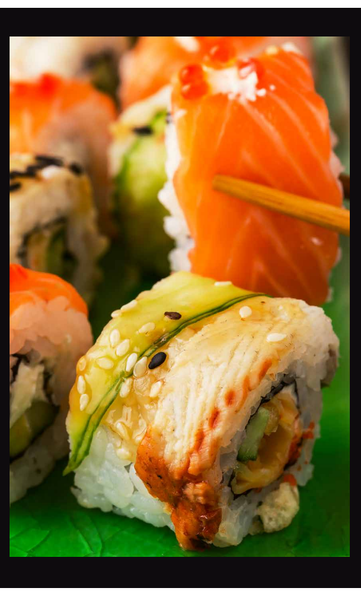
SAVE $1.00

Apple Cider Donuts
10 oz.
$4.99



Cranberry Pecan Multi-Grain
$5.99

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

Sushi-go!

HEALTH & WELLNESS



Dr. Bronner's
Hand Sanitizer
Select Scents, 2 fl oz.

4.69

Save 80¢



Tea Tree Therapy
Eucalyptus Chest Rub
2 oz.

11.99

Save $2.00



Host Defense
Stay Mellow Gummies
90 count

33.99

Save $3.00



Herb Pharm
Hops
1 oz.

15.99

Save $2.00

THE HERB WYFE



Lily of the Desert
Aloe Vera Juice
32 fl oz.

7.69

Save $2.00



Vital Planet
Vital Cleanse
2-Part, 14 Day Program

27.99

Save $7.00



The Herb Wyfe
Quiet Times Tea
2 oz.

6.00

Save $2.00



Oregon Wild Harvest
Lemon Balm
90 count

21.99

Save $3.00

SPRUCE UP WITH FESTIVE FLOWERS

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



Local
Sunflowers

$10.99



Assorted Ferns
4" Plant

$10.99



Garden Mix Bouquet

$19.99



Pine Tree Farms
Fruit, Berry, & Nut Seed Cake

$9.99



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

