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.



SINCE 1978
CERTIFIED ANGUS BEEF® BRAND

Save $3.00 LB.

Boneless
Chuck Pot Roast

$7.99 lb.

CHAIRMAN'S RESERVE



Boneless
Center Cut Pork Chops

$3.99 lb.

Save $2.00 lb.

Bell&Evans



Original
& Organic
Whole Chickens

$2.00 lb. OFF

JACK DANIEL'S



Pulled Pork
Pulled Chicken
Assorted, 16 oz.

$8.99

Save $2.00

claussen



Pickles
Assorted,
20 - 32 oz.

$4.99

Save Up To $3.00

Johnsonville



Bratwurst
Assorted, 19 oz.

$5.99

Save $2.00

BELMONT BREAD

Save $1.00 ea.

Ciabatta Bread 4-Packs

$3.99

REEL IN FANTASTIC SEAFOOD



Wild Shrimp
U-10

$19.99 lb.



Seawatch Chopped Calms
51 oz.

$27.99 ea.

EFFECTIVE DATES: OCTOBER 2ND - OCTOBER 8TH

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.



Rhody Fresh Milk $2.29



Assorted Varieties, 64 floz.

The Freshest **PRODUCE**



California, USA
Strawberry
16 oz. Container
3.49 ea.



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



California, USA
Cantaloupe
3.99 ea.



Seedless Clementines
3 lb. Bag
4.99 ea.



Imported
Bell Peppers
Red, Yellow & Orange
1.99 lb.



Imported
Hass Avocados
2 FOR 3



Maine
Back Yard
Hot House Tomatoes
1.99 lb.



Georgia, USA
Super Select Cucumbers
2 FOR 1



Grimm Way
Baby Peeled Carrots
16 oz. Bag
2 FOR 3



California, USA
Bunched Celery
1.49 ea.



Loose
Red Potatoes
99¢ lb.



Black Beauty
Eggplant
1.49 lb.



Fresh
Green Cabbage
69¢ lb.

The Best ORGANIC SELECTION





Organic
Seedless Green Grapes $3.99 lb.



Organic
Seedless Red Grapes $3.99 lb.



Organic
Red Peppers $3.99 lb.



Organic
Yellow Peppers $3.99 lb.

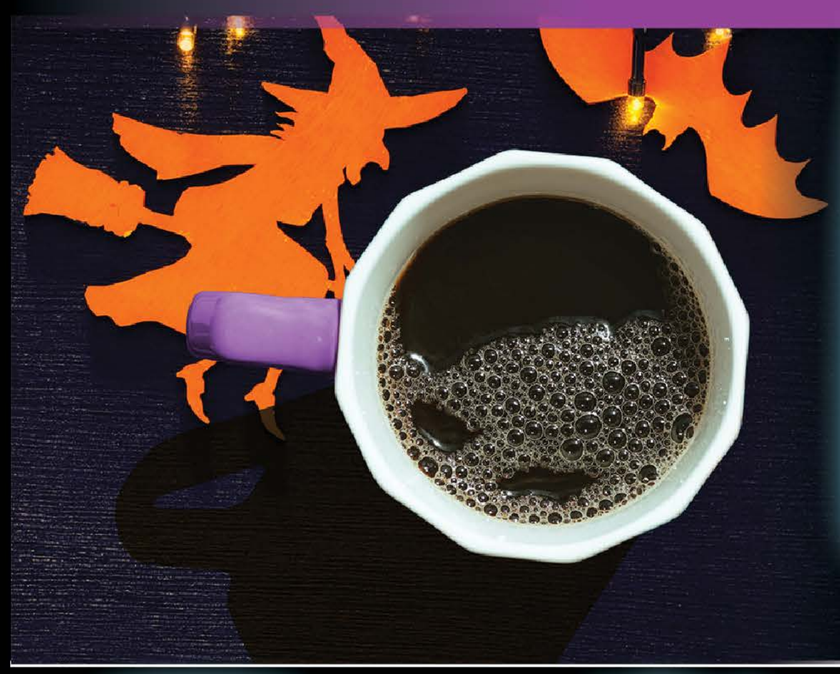


Organic
Green Squash Zucchini $2.99 lb.



Organic
Green & Red Leaf Lettuce $2.49 ea.

Great Deals ON FAMILY FAVORITES





Starbucks Bagged & K-Cup Coffee
3.5 - 12 oz.
Assorted Varieties
$8.99
Save Up To $7.00



General Mills Cheerios
8.9 - 11 oz.
Assorted Varieties
2 FOR 4
Save Up To $3.99



Quaker Old Fashion & Quick Oats
42 oz.
Assorted Varieties
2 FOR 9
Save $4.49



Quaker Large Rice Cakes
Gluten Free
4.47 - 7.3 oz.
Assorted Varieties
2 FOR 7
Save 89¢



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





Pop-Tarts Toaster Pastry
13.5 oz.
Assorted Varieties
2 FOR 7
Save 49¢



Beech-Nut Baby Food Pouches
3.5 oz.
Assorted Varieties
4 FOR 6
Save 9¢



Mott's Applesauce 6-Pack
23.4 - 24 oz.
Assorted Varieties
2 FOR 7
Save $1.19



Log Cabin Syrup
24 fl oz.
Assorted Varieties
$3.99
Save $1.20



Chicken of the Sea Solid White Tuna
4 - 5 oz.
Assorted Varieties
2 FOR 3
Save 89¢

Pennsylvania Dutch Noodles
12 oz.
Assorted Varieties
2 FOR 5
Save $1.09

Progresso Rich & Hearty, Traditional Soups
18 - 19 oz.
Assorted Varieties
2 FOR 3
Save $3.29



Campbell's Chunky Soup
18.8 oz.
Assorted Varieties
2 FOR 5
Save $2.09



Rice-a-Roni Side Dishes
4.3 - 7.2 oz.
Assorted Varieties
3 FOR 4
Save $1.46

Ronzoni Pasta
12 - 16 oz.
Assorted Varieties
10 FOR 10
Save $1.29



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



Bertolli Pasta Sauce
24 oz.
Assorted Varieties
2 FOR 6
Save $1.59



Rao's Pasta Sauce
24 oz.
Assorted Varieties
$8.99
Save $3.50



Classico Pasta Sauce
24 oz.
Assorted Varieties
2 FOR 5
Save $2.49



Tuttorosso **Tomatoes**
28 oz.
Assorted Varieties

10 FOR 10

Save $1.79



Progresso **Specialty Beans**
19 oz.
Assorted Varieties

10 FOR 10

Save $1.29



Del Monte **Canned Vegetables**
13.5 - 15.25 oz.
Assorted Varieties

2 FOR 4

Save 39¢



Jack Rabbit **Dry Peas & Beans**
16 oz.
Assorted Varieties

2 FOR 3

Save Up To 69¢



Kraft **Grated Cheese**
8 oz.
Assorted Varieties

$4.99

Save $2.00



Ken's Steak House **Salad Dressing**
16 fl oz.
Assorted Varieties

2 FOR 5

Save $1.79



Frank's **Hot Sauce**
12 fl oz.
Assorted Varieties

$3.99

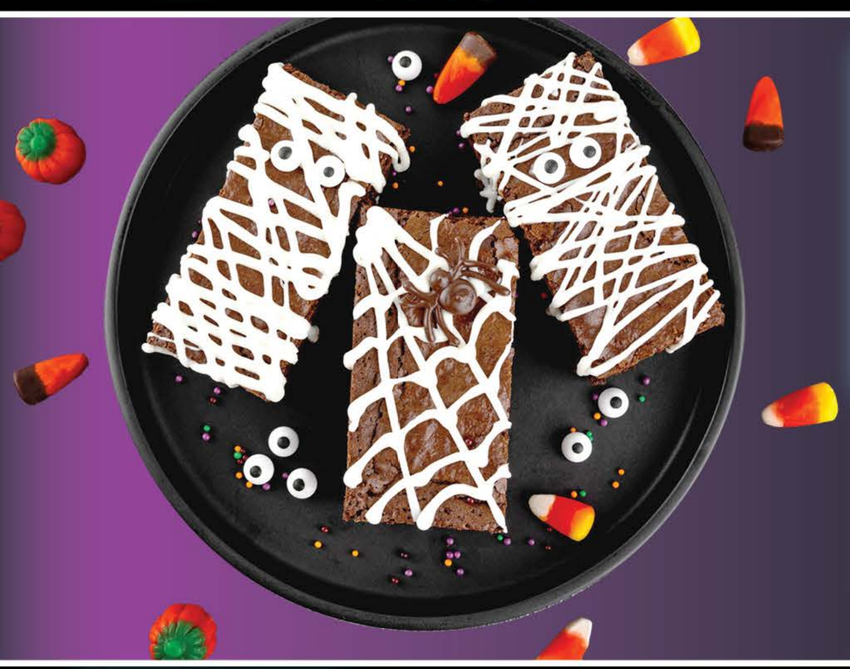
Save $1.70



Lawry's **Marinades**
12 fl oz.
Assorted Varieties

$3.49

Save $1.20





Betty Crocker **Supreme Brownie Mixes**
15 - 18 oz.
Assorted Varieties

2 FOR 7

Save 79¢



Pillsbury **All Purpose Flour**
5 lb
Assorted Varieties

$3.99

Save $1.50



Filippo Berio **Olive Oil**
50.7 fl oz.
Assorted Varieties

$11.99

Save Up To $24.80



UTZ **Potato Chips**
7.75 - 8 oz.
Assorted Varieties

2 FOR 6

Save $1.99



Tostitos **Tortilla Chips**
9 - 14 oz.
Assorted Varieties

$3.99

Save $1.50





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

$6.49

Save $1.50





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

$3.99

Save $3.00



Coca-Cola **Soda 2-Liters**
67.6 fl oz.
Assorted Varieties

2 FOR 6

Save 49¢



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

2 FOR 10

Save 99¢



Capri-Sun **Juice 10-Packs**
60 fl oz.
Assorted Varieties

$3.99

Save $1.50



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

2 FOR 7

Save $1.29



Mike's **Amazing Vinegar**
128 fl oz.

2 FOR 7

Save 99¢



Fancy Feast **Cat Food**
3 oz.
Assorted Varieties

10 FOR 10

Save 29¢

Great Deals ON FAMILY FAVORITES





Viva
Paper Towel
6-Triple Rolls
774 ct.

$16.99

Save $3.00



Viva
Multi-Surface Paper Towel
6-Triple Rolls
990 ct.

$16.99

Save $3.00



Bounty
Napkins
200 ct.

2 FOR 7

Save $1.49



Bounty
Paper Towel
6-Double Rolls
300 - 492 ct.
Assorted Varieties

$10.99

Save $8.00



Scott
Paper Towel
8-Double Rolls
864 ct.

$9.99

Save $2.50



Charmin
Bathroom Tissue
9-Mega Rolls
1782 - 1980 ct.
Assorted Varieties

$10.99

Save Up To $5.00



Downy
Fabric Softener
140 fl oz.
Assorted Varieties

$12.99

Save $4.00



Tide
Detergent
73 - 84 fl oz.
Assorted Varieties

$12.99

Save $2.80



Cascade
Dish Detergent Pacs
5 - 7.4 oz.
Assorted Varieties

$4.99

Save $2.00

Cool Savings ON DAIRY AND FROZEN FOODS



Birds Eye
Vegetables
10.8 - 14.4 oz.
Assorted Varieties

4 FOR 5

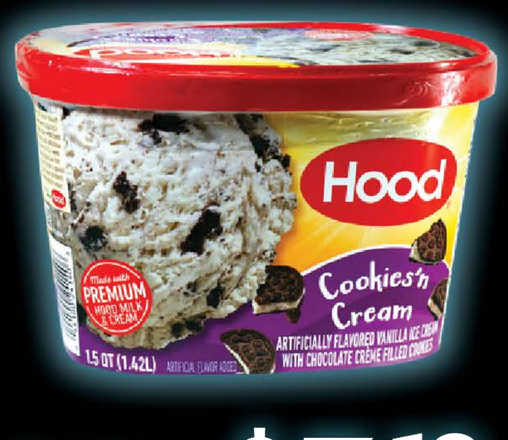
Save $2.54



Pillsbury
Toaster Strudel
1.7 oz.
Assorted Varieties

2 FOR 5

Save $2.19



Hood
Ice Cream
48 fl oz.
Assorted Varieties

$3.19

Save $3.20



Swiss Miss
Pudding
24 oz.
Assorted Varieties

$3.49

Save 80¢



Cracker Barrel
Cheese Bars
7 - 8 oz.
Assorted Varieties

2 FOR 5

Save $2.19



Kraft
Shredded Cheese
8 oz.
Assorted Varieties

2 FOR 5

Save $2.29



Cracker Barrel
Cheese Sticks
7.5 oz
Assorted Varieties

2 FOR 6

Save $1.69



Laughing Cow
Cheese Wedges
5.4 oz.
Assorted Varieties

$3.49

Save 80¢



Breakstone's **Cottage Cheese**
16 oz.
Assorted Varieties
2 FOR 6
Save $1.49



Breakstone's **Sour Cream**
16 oz.
Assorted Varieties
2 FOR 5
Save $1.29



Icelandic Provisions **Skyr Yogurt**
30 oz.
$5.99
Save $1.50



Chobani **Greek Yogurt**
5.3 oz.
Assorted Varieties
4 FOR 5
Save 74¢



Olivio **Spread**
15 oz.
$3.99
Save $1.00



Califia **Non-Dairy Milks**
48 fl oz.
Assorted Varieties
$3.99
Save Up To $1.50



Stōk **Cold Brew Coffee**
48 fl oz.
$4.99
Save $2.30



Tropicana **Lemonade**
46 fl oz.
Assorted Varieties
2 FOR 7
Save 49¢

Your Favorite SPECIALTY GROCERY ITEMS



Bonne Maman **Fruit Preserves**
12.7 - 13 oz.
Assorted Varieties
$7.89
Save $1.30



Birch Benders **Organic Pancake Mix**
Gluten Free
14 oz.
$5.49
Save $2.40



Mestemacher **Fitness Bread**
17.6 oz.
$4.79
Save $1.00



Cappello's **Italian Frozen Pizza**
Gluten Free
18 oz.
Assorted Varieties
$12.29
Save $3.10



Smart Juice **Organic Juices**
33.8 fl oz.
Assorted Varieties
$7.49
Save Up To $2.10



Bono **Sicilian Extra Virgin Olive Oil**
16.9 fl oz.
$10.99
Save $13.30



Stonewall **Basil Pesto**
8 oz.
$6.99
Save $1.00



Olivia's **Croutons**
Gluten Free
4.5 oz.
$5.19
Save $1.30

BELMONT MARKET

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
EVER ROAST CHICKEN
$11.99 lb.

Save $2.00 lb.

Boar's Head
PEPPER JACK CHEESE
$5.99 lb.



Save $1.00

Kretschmar
Cheese Platter
12 oz.
$8.49





Save $1.00

Kerrygold
Sweet Cheddar
7 oz.
$7.99

Save $1.00

Vermont Creamery
Goat Cheese Log
Assorted, 4 oz.
$5.99



PREPARED FOODS

ONE DAY SALE ITEM

Freshly Prepared

Pineapple Teriyaki Grilled Salmon
$19.99 lb.



Save $1.00 ea.

Freshly Prepared
Fajita Chicken Bowl
$12.99 ea.



Save $1.00 ea.

Freshly Prepared
3 Sisters Vegan Bowl
$10.99 ea.



Save $1.00 ea.

Freshly Prepared
Eggplant Parmesan
$11.99 ea.



Save $1.00 lb.

Ham Salad
$8.99 lb.

Save $1.00 lb.

Sesame Pasta Salad
$7.99 lb.

BELMONT'S BAKED GOODS



SAVE $1.00

Fresh Baked **Apple Dumplings** $4.99



SAVE $1.00

Corn Bread $5.99



Blueberry & Raspberry **Breakfast Yogurt** $4.99

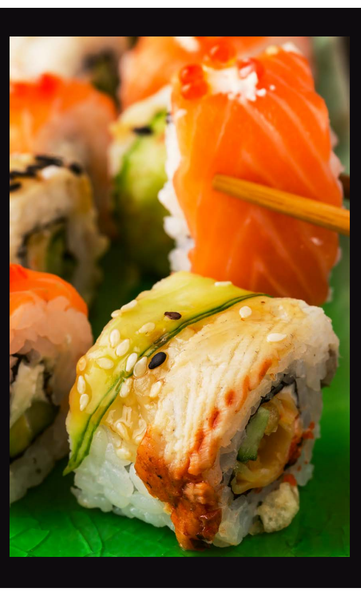


Strawberry & Banana **Breakfast Yogurt Cup** $4.99

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

Sushi-go!

HEALTH & WELLNESS



Blue Bonnet
Hair, Skin & Nails
60 caps

25.59

Save $4.00



Dr. Bronner's
Toothpaste
Assorted,
5 oz.

$6.69

Save $1.60

THE HERB WYFE



Oregon Wild Harvest
Sleep Better
90 count

26.99

Save $3.00



The Herb Wyfe of Belmont Market
Sleep Easy Tea
2 oz.

$6.00

Save $2.00



Blue Bonnet
Whey Protein
Assorted Flavors,
1.1 lb.

36.59

Save $6.00



Nordic Naturals
Magnesium Complex
90 caps

$19.29

Save $4.70



Herb Pharm
Relaxing Sleep
1 oz.

$15.99

Save $2.00



Traditional Medicinal
Nighty Night Extra Tea
16 count

$5.89

Save $3.00

SPRUCE UP WITH FESTIVE FLOWERS

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

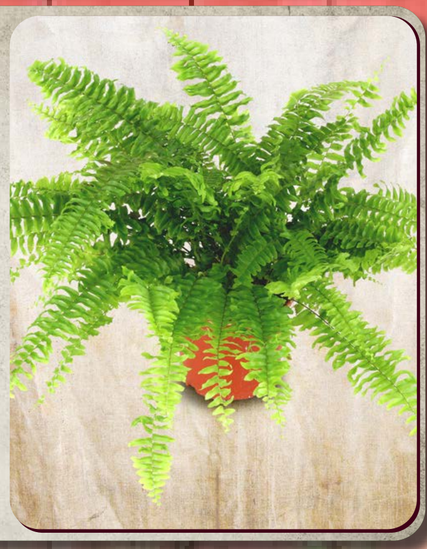
Local
Sunflowers

$10.99



Assorted Fern
4" Plant

$10.99





Vintage Party Bouquet

$29.99



Pine Tree Farms
Woodpecker Seed Bells

$6.49



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

