



Facebook

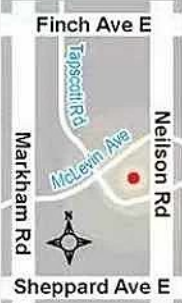


Website



WeChat

www.freshlandsupermarket.ca



**Special Valid From Friday April 17th To Thursday April 23rd, 2026.**

Garlic 500g  
袋装蒜头  
Was:\$2.59



White Bean  
白豆仔  
Was:\$2.99



Fresh Papaya  
新鲜木瓜  
Was:\$1.99



Bartlett Pear  
长青啤梨  
Was:\$1.99



Fresh Pork Butt  
新鲜猪梅头  
Was:\$3.59



Fresh Chicken Wings  
新鲜鸡全翅  
Was:\$3.99



Fresh Lane Snapper 1/2-1  
新鲜火点  
Was:\$9.99



Live Blue Crab  
生猛蓝蟹仔  
Was:\$7.99



Indo Mie Instant Noodle Mi Goreng Series  
印尼面系列 5x85g  
Was:\$3.99



Grace Festival Mix Jamaican Style  
Dough Mix 270g  
牙买加炸粉  
Was:\$1.99



Palm Corned Beef Series 326g  
咸牛肉罐头系列  
Was:\$7.99



Grace Instant Oats 1kg  
燕麦片  
Was:\$3.99



Golden Panda Condensada Milk 390g  
金熊猫炼乳  
Was:\$2.29



Knorr Chicken Bouillon Powder 1kg  
家乐鸡粉  
Was:\$12.99



AA-1 Hasa Hasa Indian Mackerel 450g  
印度池鱼  
Was:\$3.99



FY Frozen Durian With Seed 400g  
精选金枕头榴莲肉  
Was:\$12.99



Hereford Luncheon Meat 340g  
哈佛午餐肉  
Was: \$3.99



**\$1.98** ea

CO Hot Pot Seasoning Series 100g  
川崎火锅调料  
Was: \$1.29



**98¢** ea

ShodoShima Instant Japanese Style Noodle Udon  
小豆岛日式乌冬 4x200g  
Was: \$2.99



**\$2.28** ea

Pepsi Pop Drink Series 2L  
百事汽水饮品系列  
Was: \$2.59



**\$1.98** ea

CBC Beef Brisket Sliced Roll  
焯记肥牛腩卷  
Was: \$8.99



**\$6.98** lb

Choripdong Lobster Flavour Fish Ball 500g  
韩式龙虾丸  
Was: \$6.99



**\$5.98** ea

Del Monte Orange Juice Series 2.5L  
橙汁系列  
Was: \$6.99



**\$5.98** ea

**李錦記**  
LEE KUM KEE



Lee Kum Kee Hoisin Sauce 445ml  
李锦记海鲜酱  
Was: \$4.99



**\$3.88** ea

Lee Kum Kee Korean Barbecue Sauce 297ml  
李锦记韩式烧烤酱  
Was: \$5.99



**\$4.98** ea

Lee Kum Kee Soy Sauce 500ml  
李锦记鲜味生抽  
Was: \$2.99



**\$1.98** ea

LKK Panda Brand Oyster Flavour Sauce 510g  
李锦记熊猫蠔油  
Was: \$4.59



**\$2.98** ea

Lee Kum Kee Plum Sauce 397g  
李锦记苏梅酱  
Was: \$5.99



**\$4.58** ea

Lee Kum Kee All Purpose Marinade With Herbs 410ml  
李锦记瑞士汁  
Was: \$5.99



**\$4.58** ea

416-855-1160 EXPRESS MUNCHIES 416-855-1160

Salt & Pepper Fish Fillet  
椒盐鱼柳  
Was: \$11.99



**SAVE \$2**  
**\$9.99** order

Assorted Vegetable And Tofu  
杂菜豆腐  
Was: \$7.99



**SAVE \$2**  
**\$5.99** order

Munchies Lemon Chicken  
柠檬鸡  
Was: \$10.99



**SAVE \$2**  
**\$8.99** order

Mushroom Beef  
蘑菇炒牛肉  
Was: \$14.99



**SAVE \$2**  
**\$12.99** order

Yeung Chow Fried Rice  
扬州炒饭  
Was: \$7.99



**SAVE \$2**  
**\$5.99** order

Lots of Special Products In Store Every Week! 每周店内有大量特价商品!

Check prices on display tags in store in case of discrepancy due to printing errors on this advertisement. Offers valid while quantities last. FreshLand Supermarket reserves the right to limit quantities. Specials do not apply on the purchasing for business purpose. Design and Advertise by Promobiz Solutions. 广告如有排版错误时, 则以店内标示为准。本广告售卖之商品均有充足存货, 如因顾客购买热烈而售罄, 敬请原谅。FreshLand 超级市场保留售卖数量的权利。所有特价商品不适用于商业行为。



Scan me to see more flyers. 查看更多特价传单, 请扫二维码。

647-350-8998  
Mon. - Sun. 9am - 9pm  
Unit 99, 31 Tapscott Rd,  
Toronto, ON M1B 4Y7

# PRODUCE 果蔬

Nai Yu Bok Choy  
奶油白菜  
Was:\$2.99



\$1.98 lb

Sugar Snap Peas  
蜜豆  
Was:\$4.99



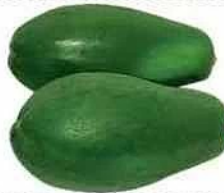
\$2.98 lb

Indian Carrot  
印度胡萝卜  
Was:\$1.59



88¢ lb

Green Papaya  
青木瓜  
Was:\$1.99



\$1.38 lb

Fresh Pumpkin  
新鲜大南瓜  
Was:\$1.99



\$1.28 lb

Red Shallot  
红葱仔  
Was:\$2.59



\$1.28 bag

Sweet Mandarin  
松皮甜桔  
Was:\$1.99



\$1.38 lb

Sunkist Orange  
新奇士甜橙  
Was:\$1.99



\$1.28 lb

Chinese Fuji Apple  
中国富士苹果  
Was:\$1.99



\$1.38 lb

Apple Mango  
箱装苹果芒  
Was:\$15.99



12.88 box

# GROCERY 杂货

Haldirams Soan Papdi 250g  
印度酥糖  
Was:\$2.59



\$1.98 ea

Champion Chowmein  
炒面 340g  
Was:\$2.99



\$1.98 ea

Britannia Milk Rusk 560g  
牛奶面包酥  
Was:\$5.59



\$3.98 ea

Nayab Everyday Basmati Rice 8LB  
印度长米  
Was:\$9.99



\$6.88 ea

Kraft KD Original Macaroni & Cheese Dinner  
卡夫芝士意面200g  
Was:\$1.99



98¢ ea

Maggi Maggi Season Up All Purpose 200g  
美极多功能调味料  
Was:\$4.99



\$2.88 ea

Cedar Drak Red Kidney Beans / Chick Peas  
红腰豆/鸡豆罐头540ml  
Was:\$1.99



\$1.28 ea

Dole Canned Pineapple Series 398ml  
菠萝罐头系列  
Was:\$2.99



\$2.28 ea

Vida Zero Sparkling Flavoured Drink Series  
碳酸饮料系列 325ml  
Was:\$1.59



98¢ ea

Dishi Kirei Yummy Flakes Shrimp Flavor 60g  
上好佳虾片  
Was:\$1.99



98¢ ea

Mang Tomas All Purpose Sauce 550g  
多功能调味酱  
Was:\$2.99



\$2.28 ea

Mama Sita Barbecue Marinade Sauce  
烧烤酱 350ml  
Was:\$3.99



\$1.98 ea

Samyang Instant Bowl Ramen 105g  
三养辣鸡碗面  
Was:\$2.99



\$1.28 ea

Sunny Chef Bamboo Shoot In Water Series  
竹笋罐头系列 540ml  
Was:\$1.99



98¢ ea

Juliang Organic Sunflower Seeds 908g  
巨量有机葵花籽  
Was:\$9.99



\$6.88 ea

Cocomax Coconut Shake  
椰子奶昔 500ml  
Was:\$2.59



98¢ ea

# FROZEN 急冻

Magnum Chocolate Ice Cream 3x85ml

梦龙雪糕  
Was:\$7.99



**\$3.98** ea

Daifuku Korean Pancake Series 480g

韩国馅饼系列  
Was:\$6.99



**\$5.98** ea

Fu Yang Basa Fillet 400g

福洋龍利鱼柳  
Was:\$3.29



**2 FOR \$5.00**

Best Quality Sapicy Flavor Grilled Fish Series

烤鱼系列 1kg  
Was:\$10.99



**\$6.98** ea

Best Quality Breaded Shrimp 200g

面包虾  
Was:\$3.59



**\$2.98** ea

Shana Original Paratha 1.2kg

印度煎饼原味  
Was:\$8.99



**\$6.98** ea

A+ Raw Black Tiger Shrimp 400g

去头老虎虾  
Was:\$7.99



**\$6.99** ea

Likofu Phoenix Bun 360g

利口福流沙凤凰包  
Was:\$4.99



**\$3.98** ea

Baguio Sweet / Hot Longanisa 375g

甜/辣香肠  
Was:\$4.99



**\$3.88** ea

Golden Saba Whole Steamed Banana 4LBS

熟蒸香蕉家庭装  
Was:\$14.99



**\$12.98** ea

Bulacan Coconut Milk

冻椰奶:454g  
Was:\$2.99



**2 FOR \$5.00**

Great Lake Turbot Fish Wild Caught

钟兴桂花鱼  
Was:\$8.99



**\$6.98** lb

Seabo Squid Tubes Pineapple Cut 454g

海宝宝鲜甜鱿鱼片  
Was:\$3.99



**2 FOR \$5.00**

Bedessee Alaskan Pollock Boneless

Salted Fillets 2LB  
阿拉斯加咸鱼柳  
Was:\$9.99



**\$7.98** ea

SH Frozen Cut Crab 450g

鑫海切蟹  
Was:\$6.99



**\$4.98** ea

Surasang Gyoza Korean Vegetable

Dumpling Series 454g  
韩国素菜煎饺系列  
Was:\$3.99



**\$2.98** ea

# SEAFOOD & MEAT 鱼 & 肉

Live White Tilapia

游水白鲈  
Was:\$9.99



Fri. to Sun. Only  
仅限周五至周日3天

**\$7.98** lb

Fresh Blue Fish

新鲜马友  
Was:\$4.99



**\$3.98** lb

Fresh Pickerel

新鲜碧古  
Was:\$5.99



**\$4.28** lb

Fresh Bone In Pork Ham

新鲜带骨猪腿肉  
Was:\$2.99



**\$1.88** lb

Previously Frozen Goat Shoulder

冰鲜羊肩肉  
Was:\$7.99



**\$5.98** lb

Fresh Chicken Breast

新鲜鸡胸肉  
Was:\$6.99



**\$4.98** lb

Fresh Mature Chicken

新鲜半老嫩鸡  
Was:\$2.99



**\$1.88** lb

Fresh Pork Intestine

新鲜猪大肠  
Was:\$4.99



**\$2.98** lb

Fresh Pork Shoulder Blade

新鲜西施骨  
Was:\$3.59



**\$2.58** lb

Previously Frozen Burnt Cow Skin

冻烧牛皮  
Was:\$9.99



**\$5.98** lb

Previously Frozen Beef Tendons

冻牛筋  
Was:\$7.99



**\$5.98** lb