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www.freshlandsupermarket.ca



Special Valid From Friday April 24th To Thursday April 30th, 2026.

<p>Chayote 合掌瓜 Was:\$1.99</p>  <p>\$1.38 lb</p>	<p>Eddoes 芋仔 Was:\$2.59</p>  <p>\$1.88 lb</p>	<p>Black Plum 黑布林 Was:\$2.99</p>  <p>\$1.98 lb</p>	<p>Avocado In Bag 袋装牛油果 Was:\$4.99</p>  <p>\$3.58 bag</p>
<p>Fresh Bone In Pork Belly 新鲜有骨猪腩 Was:\$4.99</p>  <p>\$2.98 lb</p>	<p>Fresh Chicken Leg 新鲜大鸡腿 Was:\$2.99</p>  <p>\$1.98 lb</p>	<p>Fresh Whole Salmon (2-4LB) 新鲜原条三文鱼 Was:\$4.99</p>  <p>\$3.38 lb</p>	<p>Live Canada Lobster (1-1.25LB) 生猛加拿大龙虾 Was:\$15.99</p>  <p>\$10.98 lb</p>
<p>M.Y.San Sky Flakes Crackers 800g 空中霸王饼干 Was:\$7.59</p>  <p>\$5.58 ea</p>	<p>Delphi Amber Honey 1kg 琥珀蜂蜜 Was:\$12.99</p>  <p>\$5.98 ea</p>	<p>Master Kong Instant Noodle Series 455g 康师傅好滋味方便面系列 Was:\$2.99</p>  <p>\$2.28 pk</p>	<p>TAZA 100% Avocado Oil 500ml 纯牛油果油 Was:\$10.99</p>  <p>\$7.98 ea</p>
<p>Foodiejoie Chow Mein / Egg Noodles 454g 福牌即食炒面/蛋面 Was:\$1.99</p>  <p>98¢ ea</p>	<p>Crispy Cake Rusk 650g 蛋糕酥 Was:\$5.99</p>  <p>\$2.98 ea</p>	<p>San Miguel Purefoods Tender Juicy Hotdog 热狗肠 340g Was:\$9.99</p>  <p>\$6.98 ea</p>	<p>Best Quality Tilapia 2.5LB 袋装金山鲷 Was:\$5.99</p>  <p>\$3.98 ea</p>

FROZEN 急冻

Anjoy Custard Bun / Red Bean Bun 360g
安井奶黄包/豆沙包
Was:\$3.59



2 FOR \$5.00

Fu Yang Raw Peeled Shrimp 220g
福洋生虾仁
Was:\$3.99



\$2.98 ea

Sh Basa Steaks 600g
鑫海龙利鱼扒
Was:\$3.99



\$2.98 ea

AED Broiled Eel Boz
蒲烧鳗鱼
Was:\$10.99



\$8.88 ea

Patty King Beef Patties Series 1.4kg
牙买加牛肉馅饼
Was:\$13.99



\$11.98 ea

Apna Taste Samosa Series 550g-660g
咖喱角系列
Was:\$5.99



\$4.98 ea

Seven Baskets Chub Mackerel 454g
7个篮子小池鱼
Was:\$4.99



2 FOR \$5.00

TC Foods Dumpling Series 454g
天上掉馅饼水饺系列
Was:\$4.99



3 FOR \$10.00

Green Hat Cabbage Kimchi 500g
韩国泡菜
Was:\$3.99



\$2.98 ea

Bulacan Shredded Young Coconut 454g
冻椰丝
Was:\$2.99



2 FOR \$5.00

D'Original Buenas Tipas Bakery Custard 500g
卡仕达酱系列
Was:\$6.99



\$4.98 ea

Spring Home TYJ Spring Roll Pastry 10" 30 Sheets 550g
第一家春卷皮
Was:\$3.99



\$2.98 ea

Seven Baskets Frozen Silver Pomfret 800g
七个篮子海捕白鲳鱼
Was:\$7.99



\$5.98 ea

Lotte Pang Pare Strawberry / Melon Soft Bar
乐天草莓/蜜瓜冰淇淋 6x75ml
Was:\$6.99



\$4.98 ea

Frozen King Calamari Roll 320g
鱿鱼花
Was:\$4.59



\$3.98 ea

Pampanga Premium Sweet Tocino Cured Pork In Sauce 375g
甜酱腌猪肉
Was:\$5.99



\$3.98 ea

SEAFOOD & MEAT 鱼&肉

Live White Tilapia
游水白鲷
Was:\$9.99



Fri. to Sun. Only
仅限周五至周日3天

\$7.98 lb

Fresh Yellow Tail Snapper (1/2 ~ 1/4)
新鲜黄尾鲷
Was:\$8.99



\$6.98 lb

Fresh Green Sea Bass
新鲜海青斑
Was:\$9.99



\$7.98 lb

Fresh Mutton Shoulder
新鲜本地羊肩肉
Was:\$8.99



\$6.98 lb

Fresh Bone In Beef Shank
新鲜中段牛展
Was:\$6.99



\$5.28 lb

Fresh Pork Tails
新鲜猪尾
Was:\$3.59



\$2.58 lb

Fresh Brown Free Range Chicken
新鲜黄油走地鸡
Was:\$17.99



\$13.98 ea

Fresh Beef Neck Bone
新鲜牛頸骨
Was:\$3.99



\$2.58 lb

Fresh BBQ Style Pork Spare Rib
新鲜烧烤猪排骨
Was:\$4.59



\$2.98 lb

Previously Frozen Goat Leg
水鲜羊腿
Was:\$7.99



\$5.98 lb

Fresh Chicken Leg Meat
新鲜鸡腿肉
Was:\$5.99



\$4.58 lb

PRODUCE 果蔬

Short Napa
绍菜
Was:\$1.99



\$1.38 lb

Chinese Cauliflower
富贵花
Was:\$3.59



\$2.58 lb

Chinese Celery
唐芹
Was:\$1.99



\$1.38 lb

Watercress
西洋菜
Was:\$1.99



2 FOR \$2.98

King Oyster Mushroom
盒装皇子菇
Was:\$3.59



\$2.38 pk

Drumsticks
长豆角
Was:\$9.99



\$6.88 lb

Green Coconut
青椰子
Was:\$2.99



2 FOR \$5.00

Ya Pear
鸭梨
Was:\$1.59



98¢ lb

Kiwi Fruit
盒装奇异果
Was:\$4.99



\$3.88 pk

Ambrosia Apple
安培士苹果
Was:\$1.99



\$1.58 lb

GROCERY 杂货

Hamdard Rooh Afza Summer
Drink Of The East 800ml
东方夏日饮品
Was:\$5.59



\$3.58 ea

Kolson Slanty Snack Series
零食系列 60g
Was:\$1.59



98¢ ea

Shan Ginger Garlic Paste Series 700g
姜蓉蒜蓉系列
Was:\$6.99



\$4.98 ea

Britannia Sweet Salt Cracker Family Pack
甜咸饼干家庭装 6x62g
Was:\$3.59



2 FOR \$3.00

Campa Baking Powder
泡打粉 400g
Was:\$2.99



\$1.98 ea

Cow And Calf Cornstarch 400g
玉米淀粉
Was:\$1.99



\$1.28 ea

Hacizade Turkish Delight Series 454g
土耳其软糖系列
Was:\$5.99



\$4.58 ea

Holiday Big Foot Corn Snack 25g
大脚玉米零食
Was:\$0.99



68¢ ea

Mama Sita's Seasoning Series 50g
妈妈调味料系列
Was:\$1.59



98¢ ea

Lucky Me Instant Cup Noodle Series 70g
杯面系列
Was:\$1.99



2 FOR \$3.00

Selecta Moo Chocolate Drink 3x245ml
巧克力饮品
Was:\$3.99



\$2.98 pk

Bulacan Citronia Farms Calamansi Extract
青柠汁 500ml
Was:\$8.59



\$5.98 ea

Chang Brand Thai Jasmine Rice 8kg
象牌泰国茉莉香米
Was:\$19.99



\$13.88 bag

Foojoy Premium Dried Laver 50g
福字野生紫菜
Was:\$2.99



\$1.88 ea

LTC Dried Mulberries 454g
臻品黑桑葚干
Was:\$5.99



\$3.98 ea

Wang Korean BBQ Sauce 840g
王牌韩国烧烤酱
Was:\$5.99



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