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www.freshlandsupermarket.ca



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

Bunch Spinach
扎装菠菜
Was:\$1.99



\$1³⁸
BUNCH

English Cucumber
长青瓜
Was:\$1.99



98^c
EA

Gold Kiwi 2LB
黄金奇异果
Was:\$9.99



\$8⁸⁸
PK

Avocado In Bag
袋装牛油果
Was:\$4.99



\$2⁹⁸
BAG

Fresh Pork Butt
新鲜猪梅头
Was:\$3.59



\$2²⁸
LB

Fresh Chicken Drumstick
新鲜鸡小腿
Was:\$2.99



\$1⁶⁸
LB

Fresh Atlantic Whole Salmon (4-6 LB)
新鲜原条大西洋三文鱼
Was:\$5.99



\$4⁹⁸
LB

Fresh Yellow Tail Snapper (1/2 ~ 1/4)
新鲜黄尾鲷
Was:\$7.99



\$5⁹⁸
LB

NuPak Coconut Milk 400ml
椰奶
Was:\$1.59



98^c
EA

Old Town Coffee Milk Tea Series 600g
旧街坊咖啡奶茶系列
Was:\$7.99



\$5⁹⁸
EA

Golden Panda Imperial Gold,
White Glutinous Rice 4LB
金熊猫牌金皇帝糯米
Was:\$3.99



\$2⁸⁸
BAG

Grace Instant Oats 1kg
燕麦片
Was:\$3.99



2FOR
\$5⁰⁰

Champion Chowmein 340g
冠军炒面
Was:\$2.99



\$1⁸⁸
EA

Canaddin Pride Omega-3 Canola Oil 3L
芥花籽油
Was:\$12.99



\$7⁹⁸
EA

Great Lake Turbot Fish Wild Caught
钟兴桂花鱼
Was:\$8.99



\$6⁹⁸
LB

Best Quality Frozen Pompano 1kg
深海金鲷鱼
Was:\$12.99



\$9⁹⁸
EA

FROZEN 急冻

Lazeez Plain Paratha 30pcs 2.4kg
印度煎饼
Was:\$8.99



Bulacan Grated Cassava 454g
冻木薯粉
Was:\$1.99



AA-1 Galunggong 450g
印度池鱼
Was:\$3.59



SH Black Tiger Shrimp 16/20 400g
鑫海冰鲜去头老虎虾
Was:\$9.99



Fu Yang Fresh Peeled Shrimp 150g
福洋鲜虾仁
Was:\$2.99



Fu Yang Frozen Shrimp Head On 30/40 400g
福洋盒装鲜冻有头虾
Was:\$6.99



Binggrae Melona Ice Bars Series 8x70ml
冰极冰条系列A
Was:\$7.99



SQ Vegetable Dumpling Series 450g
三全素水饺系列:水饺
Was:\$3.99



Fu Yang Frozen Hairtail 400g
福洋带鱼段
Was:\$3.99



G&L Frozen Boiled Clam 400g
正大有壳蚬
Was:\$3.99



Likofu Phoenix Bun 360g
利口福流沙凤凰包
Was:\$4.99



Ferma Frozen 3-Way Mixed Vegetables
三色豆 750g
Was:\$2.99



Seven Baskets Wild Dried Small Shrimp 114g
七个篮子野生虾皮
Was:\$2.99



Shirakiku Edamame In Pod 400g
白菊枝豆
Was:\$2.99



TC's Pie Paradise Crispy Pastry Crust With
Meat Filling Series 454g
天上掉馅饼酥皮馅饼系列
Was:\$6.99



Seven Baskets Assorted Fish Ball 5-In-1
七个篮子火锅五宝 500g
Was:\$5.99



SEAFOOD & MEAT 鱼&肉

Live White Tilapia
游水白鲈
Was:\$9.99



Fresh Boston Porgy
新鲜波士顿海鲷
Was:\$3.99



Fresh Mullet
新鲜乌头
Was:\$3.99



Fresh Bone In Pork Ham
新鲜带骨猪腿肉
Was:\$2.99



Fresh Ox Tail
新鲜牛尾
Was:\$13.99



Fresh Pork Intestine
新鲜猪大肠
Was:\$4.99



Fresh Pork Shoulder Blade
新鲜西施骨
Was:\$3.59



Previously Frozen Burnt Cow Feet
冻烧牛脚
Was:\$3.99



Fresh Chicken Breast
新鲜鸡胸肉
Was:\$6.99



Previously Frozen Burnt Cow Skin
冻烧牛皮
Was:\$9.99



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



PRODUCE 果蔬

Bok Choy Sum
白菜芯
Was:\$1.99



88¢
LB

Baby Nai Yu Bok Choy
奶油苗
Was:\$2.59



\$1.38
LB

Enoki Mushroom 200g
金针菇
Was:\$1.59



98¢
EA

Red Spinach
红苋菜
Was:\$2.99



\$1.98
LB

Celery
西芹
Was:\$2.99



\$1.88
EA

Bitter Melon
新鲜苦瓜
Was:\$3.99



\$1.98
LB

Blueberry
大盒蓝莓
Was:\$4.99



\$3.58
PK

Thai Banana
泰蕉
Was:\$1.99



\$1.28
LB

Pomegranate
红石榴
Was:\$3.99



2FOR \$5.88

Chinese Fuji Apple
中国富士苹果
Was:\$1.99



\$1.38
LB

GROCERY 杂货

Handi Vermicelli 150g
印度粉丝
Was:\$0.99



2FOR \$1.00

Desi Tandoori Masala Powder 710g
玛莎拉调料粉
Was:\$13.99



\$10.88
EA

Britannia Sweet & Salty Crackers
Family Pack 6x62g
甜咸饼干家庭装
Was:\$3.59



2FOR \$3.00

Quality Priya Basmati Rice 8LB
印度米
Was:\$9.99



\$6.88
BAG

Tang Orange Crystals 2.2kg
橙汁冲饮
Was:\$10.99



\$7.98
EA

Cuetara Maria Cookies 600g
玛利亚饼干
Was:\$2.99



\$1.98
EA

DG Soda Drink Series 355ml
饮料系列
Was:\$1.59



\$1.28
EA

Bedessee Sabina Green Pigeon Peas 425ml
绿豆罐头
Was:\$1.99



\$1.28
EA

Ajinomoto Crispy Fry Breeding Mix Series
味之素脆皮炸面包粉 238g
Was:\$3.99



2FOR \$5.00

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



98¢
EA

Knorr Flavoured Soup Series 46g
家乐风味浓汤系列
Was:\$2.59



\$1.28
EA

Silver Swan Soy Sauce 1000ml
天鹅酱油
Was:\$3.99



\$2.58
EA

Foojoy Haw Flakes 300g
福字山楂饼
Was:\$1.59



\$1.28
EA

Pacific Cream Cracker Series 400g
太平梳打饼干系列
Was:\$3.99



\$3.28
EA

XFJ Crisp Candy 306g
徐福记酥心糖
Was:\$5.99



\$4.88
EA

Lotte Pepero Biscuit Sticks 32g
乐天饼干棒
Was:\$1.59



\$1.28
EA

Wai Wai Oriental Style Rice Vermicelli 500g
健力超级米粉
Was:\$2.59



\$1.98
EA

Hereford Luncheon Meat 340g
哈佛午餐肉
Was:\$2.99



\$1.98
EA

FC Soy Sauce Bamboo Shoots 280g
富春江上海油焖笋
Was:\$2.99



\$2.28
EA

Daesang Korean Gochujang 500g
韩国辣椒酱
Was:\$5.99



\$4.98
EA

Lotte Milkis Milk & Yogurt Drink Series

乐天酸奶苏打饮品系列 6x250ml

Was: \$6.59



\$4.98
PK

Frank's Red Hot Buffalo Wing Sauce 354ml

红辣酱
Was: \$5.99



\$3.98
EA

Portable Japanese BBQ Grill 62x26cm

日本烧烤架

Was: \$39.99

PORTABLE JAPANESE BBQ



\$32.88
EA

Really Canned Yellow Peach 760g

真心黄桃罐头

Was: \$4.59



\$3.88
EA

Previously Frozen Mutton Shoulder Chops

冻羊肩扒

Was: \$8.99



\$6.98
LB

Sanford New Zealand Greenshell Mussels

纽西兰半壳青口 800g

Was: \$14.99



\$10.98
EA

Del Monte Orange Juice Series 2.5L

橙汁系列

Was: \$6.99



\$5.98
EA

KABEER HALAL MEAT
BEEF · CHICKEN · GOAT · LAMB · VEAL
416.722.9598

Frozen Lamb Chop  \$7.99 lb	Goat Leg  \$9.49 lb	Goat Shoulder  \$7.99 lb	Frozen Goat  \$5.99 lb	Frozen Goat Skin On  \$5.99 lb	Chicken Leg  \$2.79 lb	Clean & Cut Whole Chicken  \$3.49 lb	Clean & Cut Chicken Drumstick  \$1.99 lb
Veal Shoulder  \$6.99 lb	Beef Shoulder  \$5.99 lb	Beef Oxtail  \$8.99 lb	Beef Medium Qeema  \$5.79 lb	Beef Boneless  \$7.89 lb	Beef Short Ribs  \$6.99 lb		

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

Teriyaki Chicken 铁板鸡 Was: \$14.99  SAVE \$2 \$12.99 ORDER	Sweet & Sour Chicken 甜酸鸡 Was: \$10.99  SAVE \$2 \$8.99 ORDER	Buffalo Chicken Wings 水牛城鸡翅 Was: \$10.99  SAVE \$2 \$8.99 ORDER	Salt & Pepper Salmon Fillet 椒盐三文鱼柳 Was: \$14.99  SAVE \$2 \$12.99 ORDER	Shanghai Noodle 上海粗炒 Was: \$5.99  SAVE \$1 \$4.99 ORDER
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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. 广告如有排成错误时, 则以店内标示为准。本广告售卖之商品均有充足存货, 如因为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。



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