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www.freshlandsupermarket.ca



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

Buttercup Squash
妈咪瓜
Was: \$1.59



98¢ LB

Green Leaf Lettuce
唐生菜
Was: \$1.99



\$1.38 EA

Cherry
车厘子
Was: \$4.99



\$3.98 LB

South Africa Orange
南非甜橙
Was: \$1.99



98¢ LB

Fresh Bone In Pork Belly
新鲜有骨猪腩
Was: \$4.99



\$2.98 LB

Fresh Chicken Leg
新鲜大鸡腿
Was: \$3.29



\$2.28 LB

Fresh Salmon Steak
新鲜三文鱼扒
Was: \$8.99



\$5.98 LB

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



\$7.98 LB

Loose Walnut
散装一级核桃仁
Was: \$8.99



\$4.98 LB

White Castle Butter Cookies 908g
曲奇饼干
Was: \$10.99



\$6.98 EA

Caffino Dark Cappuccino 4 In 1 Instant
Coffee Mix Bold 500g
黑卡布奇诺浓郁型速溶咖啡
Was: \$6.99



\$3.98 EA

Hereford Corned Beef 340g
哈佛咸牛肉
Was: \$5.99



\$3.88 EA

M.Y. San Sky Flakes Cracker Sandwich Series
三明治夹心饼干系列 300g
Was: \$2.99



\$1.88 EA

Bedssee Ekono Sea Salt
海盐 700g
Was: \$1.99



8.8¢ EA

A+ Tilapia Gutted & Scaled 1kg
金山鲷
Was: \$4.99



3 FOR \$10.00

Oromar Frozen California Squid 1kg
盒装加州鱿鱼
Was: \$10.99



\$7.98 EA

FROZEN 急冻

LJF Musang King / Black Thorn Durian

Puree Stick 70g

来发记猫山王/黑刺榴莲冰棒

Was:\$3.99



\$2.98 EA

100% Deluxe Dim Sum Shrimp Wonton Series

百分百大虾云吞系列 250g

Was:\$9.99



\$6.98 EA

G&L Basa Fillet 2.4LB

正大龙利鱼柳

Was:\$7.99



\$5.98 EA

Fu Yang Raw Peeled Shrimp 220g

福洋生虾仁

Was:\$3.99



\$2.98 EA

FY Frozen Pompano

福洋金鲳鱼

Was:\$4.99



\$3.98 LB

Best Quality Frozen Anchovy 340g

干凤尾鱼

Was:\$3.99



\$2.98 EA

Spring Home TYJ Spring Roll Pastry 10"

第一家春卷皮 30 Sheets 550g

Was:\$3.99



\$2.98 EA

Bulacan Pork Tocino 375g

菲律宾风味熏猪肉

Was:\$5.99



\$3.98 EA

Astro Fruity Yoghurt Series 650-750g

雅素果味酸奶系列

Was:\$3.99



\$2.98 EA

Seven Basket Hasa Hasa Indian Mackerel

七个篮子马鲛鱼 450g

Was:\$3.99



\$2.98 EA

Fu Yang Frozen Cut Crab 454g

福洋冻切蟹

Was:\$6.99



\$4.98 EA

Bedessee Marshalls Salt Alaskan Fish 280g

阿拉斯加咸鱼柳

Was:\$3.99



\$2.98 EA

Shirakiku Imitation Crab Sticks 500g

白菊蟹条

Was:\$6.99



\$5.98 EA

J.L. Brand Shelled Young Soybeans Edamame

吉利毛豆仁 454g

Was:\$2.99



2FOR \$5.00

Bulacan Coconut Milk

冻椰奶 454g

Was:\$2.99



2FOR \$5.00

Spring Creek Quail Farm Egg 18pcs

鹌鹑蛋

Was:\$3.99



\$2.98 EA

SEAFOOD & MEAT 鱼&肉

Live White Tilapia

游水白鲮

Was:\$9.99



\$7.98 LB

Fresh Sea Bream

新鲜海银鲷

Was:\$8.99



\$6.98 LB

Fresh White Perch

新鲜单线

Was:\$3.99



\$2.58 LB

Fresh Beef Shank Boneless

新鲜无骨牛腩

Was:\$6.99



\$5.98 LB

Fresh Pork Front Feet

新鲜猪前蹄

Was:\$2.99



\$1.98 LB

Fresh Ground Pork

新鲜猪肉碎

Was:\$2.59



\$1.68 LB

Fresh Young Chicken

新鲜嫩鸡

Was:\$3.99



\$2.98 LB

Fresh Ground Chicken

新鲜鸡肉碎

Was:\$4.99



\$3.58 LB

Previously Frozen Beef Short Ribs

冻牛仔骨

Was:\$8.99



\$6.98 LB

Previously Frozen Cow Feet

冻白牛脚

Was:\$2.99



\$2.28 LB

Fresh Chicken Liver

新鲜鸡肝

Was:\$2.99



\$1.98 LB

PRODUCE 果蔬

Shanghai Bok Choy Miu

上海苗

Was:\$1.99



\$1²⁸
LB

Water Spinach

潺菜

Was:\$2.99



\$1⁸⁸
LB

Korean Cabbage

高丽菜

Was:\$1.59



88^c
LB

Roma Tomato

罗马番茄

Was:\$1.99



\$1³⁸
LB

King Oyster Mushroom

盒装皇子菇

Was:\$3.59



\$2³⁸
PK

Dasheen Leaf

芋头叶

Was:\$5.99



\$4⁹⁸
LB

Kiwi Fruit

盒装奇异果

Was:\$4.99



\$3⁸⁸
PK

Seedless Watermelon

无核西瓜

Was:\$7.99



\$6⁹⁸
EA

Yellow Nectarine

无毛黄桃

Was:\$2.99



\$1⁸⁸
LB

Sweet Clementines

袋装小甜桔

Was:\$2.59



\$1⁹⁸
LB

GROCERY 杂货

Jobo Ginger Garlic Paste Series 650g

姜蓉蒜蓉酱

Was:\$3.99



\$2⁹⁸
EA

Crispy Semolina Puffs Pani Puri 200g

印度水泡饼

Was:\$3.99



\$2⁹⁸
EA

Frooti Cool Mango 1L

芒果汁饮品

Was:\$2.99



\$1⁹⁸
EA

Fox's Assorted Candy Series 170g

果味糖果系列

Was:\$3.99



\$1⁹⁸
EA

Benjamins Vanilla Flavouring 480ml

香草调味料

Was:\$5.99



\$4⁵⁸
EA

Loacker Wafer Series 175g

华夫饼干系列

Was:\$3.99



\$2⁹⁸
EA

Crispy Muffin Cake Original 600g

原味松饼蛋糕

Was:\$5.99



\$3⁹⁸
EA

Grace Peanut Punch 250ml

花生饮品

Was:\$1.29



98^c
EA

Nagaraya Brand Barecue Cracker Nuts Series

鱼皮花生系列160g

Was:\$2.59



\$1⁹⁸
EA

Lady's Choice Tuna Spread 470ml

吞拿鱼酱

Was:\$5.99



\$2²⁸
EA

Jufran Regular / Hot Banana Sauce

香蕉酱 560g

Was:\$3.99



\$1⁹⁸
EA

Boy Bawang Cornick Garlic / Chili

Cheese Flavour 500g

Was:\$6.99



\$3⁹⁸
EA

Cock Brand Tapioca Starch 400g

鸡牌菱粉

Was:\$1.59



\$1²⁸
EA

WL Cream Milk Biscuit 1kg

伟龙疯狂饼干城鲜奶大饼

Was:\$6.99



\$4⁹⁸
EA

Morinaga Hi-Chew Fruity Candy Series 90g

夹心软糖系列

Was:\$3.59



\$2⁹⁸
EA

WYC Milk Cake Series 430g

味一村牛乳蛋糕系列

Was:\$5.99



\$4⁵⁸
EA

Foojoy Salted / Preserved Duck Eggs 375g

福字咸蛋/皮蛋

Was:\$4.99



\$3²⁸
EA

Prime Delights Dried Mushroom 200g

古早味精选香菇

Was:\$8.99



\$5⁹⁸
EA

Pearl River Bridge Sesame Oil 270ml

珠江桥牌小磨芝麻油

Was:\$2.99



\$1⁹⁸
EA

NZ Rock Sugar 454g

南字黄冰糖

Was:\$2.59



\$1⁸⁸
EA

Alcan Standard Foil 12x20

锡纸
Was: \$3.99



\$2.28
EA

Heinz Tomato Ketchup 1L

亨氏番茄酱
Was: \$8.99



\$5.98
EA

Arizona Green Tea With Ginseng And Honey 680ml

亚利桑那绿茶
Was: \$11.99



\$1.28
EA

Foodiejoie Honey

蜂蜜 1kg
Was: \$9.99



\$5.98
EA

Previously Frozen Pork Loin Center Chop

鲜冻烧烤中段猪扒
Was: \$3.59



\$2.38
LB

Baguio Sweet / Hot Longanisa 375g

甜/辣香肠
Was: \$4.99



\$3.98
EA

Seven Baskets Gluten Skewers 400g

7个篮子面筋烤串
Was: \$6.99



\$4.98
EA

 BEEF · CHICKEN · GOAT · LAMB · VEAL 416.722.9598		Veal Shoulder	Beef Shoulder	Beef Oxtail	Beef Medium Qeema	Beef Boneless	Beef Short Ribs
		\$6.99 lb	\$5.99 lb	\$8.99 lb	\$5.79 lb	\$7.89 lb	\$6.99 lb
Frozen Lamb Chop	Goat Leg	Goat Shoulder	Frozen Goat	Frozen Goat Skin On	Chicken Leg	Clean & Cut Whole Chicken	Clean & Cut Chicken Drumstick
\$7.99 lb	\$9.49 lb	\$7.99 lb	\$5.99 lb	\$5.99 lb	\$2.79 lb	\$3.49 lb	\$1.99 lb

416-855-1160



EXPRESS MUNCHIES



416-855-1160

BBQ Pork Ribs

烧排骨
Was: \$12.99



SAVE \$2 **\$10.99**
ORDER

Beef Brisket And Radish

牛腩炖萝卜
Was: \$14.99



SAVE \$2 **\$12.99**
ORDER

Black Pepper Chicken

黑椒鸡
Was: \$12.99



SAVE \$2 **\$10.99**
ORDER

Crispy Calamari

椒盐鱿鱼
Was: \$14.99



SAVE \$2 **\$12.99**
ORDER

Cantonese Noodle

菜炒广东面
Was: \$5.99



SAVE \$1 **\$4.99**
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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