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www.freshlandsupermarket.ca



Back to School

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

\$1.98 EA

Spam Luncheon Meat
25% Less Sodium 340g
少钠午餐肉
Was: \$4.99

\$2.98 EA

Allen's Assorted Fruit
Cocktail 8x200ml
迷你果汁系列
Was: \$3.99

2 FOR \$5.00

La Fournee Doree
Sliced Brioches 500g
切片方包
Was: \$6.99

\$4.98 EA

Wang Salted Roasted
Seaweed 16x4g
王牌韩国海苔
Was: \$7.99

\$5.98 EA

Special Valid From Friday August 28th To Thursday September 3rd, 2026.

Winter Melon
冬瓜
Was: \$1.59



Corianders
芫茜
Was: \$1.99



Hami Melon
哈密瓜
Was: \$1.99



Cara Cara Orange
红肉甜橙
Was: \$1.99



Fresh Pork Butt
新鲜猪梅头
Was: \$3.59



Fresh Front Pork Hock
新鲜猪前蹄
Was: \$2.99



Fresh Whole King Fish
新鲜原条马鲛鱼
Was: \$8.99



Previously Frozen Squid
冰鲜鱿鱼
Was: \$6.99



Ferrero Rocher / Collection Chocolate Series
金莎巧克力 259-300g
Was: \$17.99



Golden Panda White Glutinous Rice 4LB
金熊猫顶上糯米
Was: \$5.99



Nissin Instant Noodle Series 5x100g
出前一丁五连包方便面
Was: \$4.99



Nestle Milo Chocolate Malt Drink Mix 400g
美禄巧克力冲饮
Was: \$5.99



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



Lalabs Genuine Madras Curry Powder 3LB
咖喱粉
Was: \$15.99



Pinoy Delight Red'n Juicy Sausage Series
爆汁香肠系列 450g
Was: \$9.99



AA-1 Galunggong 450g
印度池鱼
Was: \$3.59



FROZEN 急冻

DFZZ Vegetable Spring Rolls 1kg
东方之叶素菜春卷
Was:\$4.99



\$3.98
EA

SH Frozen Jackfruit 280g
急冻菠萝蜜
Was:\$3.99



\$1.98
EA

Patty King Beef Patties Series 1.2kg
牙买加牛肉馅饼
Was:\$13.99



\$10.98
EA

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



\$3.98
EA

Fu Yang Basa Fillets 400g
福洋金狮斑柳
Was:\$3.99



2FOR
\$5.00

Fu Yang Best Quality Clam Meat 300g
花蛤肉
Was:\$3.99



\$2.68
EA

Bulacan Grated Coconut 454g
冻椰粉
Was:\$2.99



2FOR
\$5.00

China Maid Beancurd Sheet 400g
荃美鲜腐皮
Was:\$8.99



\$6.98
EA

Kam Li Chicken With Lean Pork
Chinese Style Sausage 315g
金利鸡肉瘦肉腊肠
Was:\$5.99



\$3.98
EA

SH Basa Steak 600g
龙利鱼扒
Was:\$3.99



\$2.98
EA

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



\$5.98
EA

Sanford New Zealand Greenshell Mussels
纽西兰半壳青口800g
Was:\$14.99



\$9.98
EA

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



\$1.98
EA

Fu Yang Frozen Shrimp Headless 31/40
福洋鲜冻无头白虾400g
Was:\$6.99



\$5.98
EA

Samlip Cheese Cake Series 50g
芝士蛋糕
Was:\$1.29



98¢
EA

Frozen King Calamari Roll 320g
鱿鱼卷
Was:\$4.99



\$3.98
EA

SEAFOOD & MEAT 鱼&肉

Live White Tilapia
游水白鲈
Was:\$9.99



\$7.98
LB

Fresh Whiting
新鲜竹筴鱼
Was:\$2.99



\$2.28
LB

Fresh Green Sea Bass
新鲜海青斑
Was:\$9.99



\$7.98
LB

Fresh Chicken Wings
新鲜鸡全翅
Was:\$3.99



\$2.68
LB

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



\$2.68
LB

Fresh Beef Shank Boneless
新鲜无骨牛腩
Was:\$7.99



\$5.98
LB

Fresh Ground Beef
新鲜牛肉碎
Was:\$5.99



\$3.98
LB

Previously Frozen Cow Feet
冻白牛脚
Was:\$3.99



\$2.28
LB

Fresh Pork Intestine
新鲜猪大肠
Was:\$4.99



\$2.98
LB

Fresh Chicken Liver
新鲜鸡肝
Was:\$3.59



\$1.98
LB

Fresh Young Chicken
新鲜嫩鸡
Was:\$3.99



\$2.98
LB

PRODUCE 果蔬

Shanghai Bok Choy Miu
上海苗
Was:\$1.99



\$1.28
LB

Onion 2LB
袋装洋葱
Was:\$1.99



\$1.58
BAG

King Oyster Mushroom
盒装皇子菇
Was:\$3.59



\$2.38
PK

Chayote
合掌瓜
Was:\$1.99



\$1.38
LB

Jamaica Green Banana
牙买加青蕉
Was:\$1.99



\$1.58
LB

Jamaica Sweet Potato
牙买加番薯
Was:\$5.99



\$3.98
LB

Sugar Apple
番荔枝
Was:\$7.99



\$5.88
LB

Golden Dragon Fruit
黄火龙果
Was:\$7.99



\$5.88
LB

Taiwan Guava
台湾芭乐
Was:\$4.99



\$2.58
LB

Sweet Clementines
袋装小甜桔
Was:\$2.59



\$1.58
LB

Chinese Fuji Apple
中国富士苹果
Was:\$1.99



\$1.38
LB

Gold Kiwi 2LB
黄金奇异果
Was:\$9.99



\$8.88
PK

GROCERY 杂货

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



\$9.98
EA

Classic Pearl Steamed Rice
印度米 8LBs
Was:\$8.99



\$4.98
BAG

Shan Himalayan Pink Salt 800g
喜马拉雅盐
Was:\$2.59



\$1.98
EA

Real Dabur Juice Series 1L
果汁饮料系列
Was:\$3.99



2 FOR \$3.00

Grace Coconut Milk Powder
椰奶粉 50g
Was:\$1.29



98¢
EA

Allen's Original White Vinegar
白醋 500ml
Was:\$1.59



78¢
EA

Dare Breaktime Cookies Series 250g
早餐饼干系列
Was:\$1.99



\$1.28
EA

Crispy Pound Cake Series 368g
磅蛋糕系列
Was:\$3.59



\$2.98
EA

San Miguel Gold Label Chocolate Drink
巧克力饮品 3x250ml
Was:\$3.99



\$1.98
PK

Coco Angel Coconut Cream 400ml
可可天使椰子奶油
Was:\$2.99



2 FOR \$5.00

Oishi Prawn Crackers 60g
上好佳虾条
Was:\$1.29



68¢
EA

White King Puto Steamed White Cake Mix
普托蛋糕预拌粉 400g
Was:\$2.99



\$2.28
EA

Aj Roast Cake Series 280g
菠萝/蛋奶味烤蛋糕
Was:\$4.59



\$3.28
EA

LZ Kou Shui Fried Twist Snack 500g
乐滋口水小麻花
Was:\$3.99



\$3.28
EA

Garden Cream Wafers Series 200g
嘉顿华夫饼干系列
Was:\$3.59



\$2.68
EA

Sukina Buckwheat Noodle 3LB
日本荞麦面
Was:\$7.99



\$5.58
EA

Food Empire Cafe Pho Instant Coffee 218g
越南速溶咖啡
Was:\$4.59



\$2.98
EA

YJZ Soft Flour Cake Series 368g
益精珍沙琪玛系列
Was:\$3.99



\$1.88
EA

Haday Soybean Paste Series 800g
海天黄豆酱系列
Was:\$4.99



\$3.28
EA

Kung Fu Soy Sauce 1000ml
味王功夫酱油
Was:\$4.99



\$3.88
EA

Kosa Bubble Tea Series 490ml

珍珠奶茶系列
Was: \$2.29



\$1.68
EA

Del Monte Assorted Fruit Nectar 960ml

地内果汁系列
Was: \$2.59



\$1.98
EA

Assi Korean BBQ Sauce Series 840g

韩国烧烤酱系列
Was: \$5.99



\$4.98
EA

Fancy Heat 2.5 Hour Methanol Gel 200g

酒精凝胶
Was: \$2.59



\$1.98
EA

Fresh Beef Short Ribs

新鲜牛仔骨
Was: \$11.99



\$9.98
LB

Fu Yang Frozen White Shrimp Head ON

福洋盒装白头白虾 40/50 400g
Was: \$6.99



\$4.98
EA

Baguio Sweet Tocino 375g

菲律宾腌肉
Was: \$5.99



\$3.98
EA

 BEEF · CHICKEN · GOAT · LAMB · VEAL 416.722.9598		Veal Shoulder	Beef Shoulder	Beef Oxtail	Beef Medium Qeema	Beef Boneless	Beef Short Ribs
\$7.99 lb		\$6.29 lb	\$8.99 lb	\$5.79 lb	\$7.89 lb	\$6.99 lb	
Frozen Lamb Chop	Goat Leg	Goat Shoulder	Frozen Goat	Frozen Goat Leg	Chicken Drumstick	Chicken Leg	Whole Chicken
\$7.99 lb	\$11.99 lb	\$10.99 lb	\$5.99 lb	\$7.99 lb	\$1.99 lb	\$2.79 lb	\$3.49 lb

416-855-1160



EXPRESS MUNCHIES



416-855-1160

Fried Chicken Wings 10pcs

炸鸡翅
Was: \$7.99



SAVE \$2 **\$5.99** ORDER

Bourbon Chicken

波士顿烤鸡
Was: \$14.99



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

Black Pepper Beef

黑胡椒牛肉
Was: \$14.99



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

Spicy & Crispy Shrimp

椒盐大虾
Was: \$12.99



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

General Tao Chicken

左宗鸡
Was: \$12.99



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

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

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