

terra 本周特价

foodmart Terra Foodmart Weekly Specials

Mon-Sun: 8:30am - 9pm 營業時間(週一至週日): 早8點30分 - 晚9點

BACK TO 開學季 SCHOOL Sale UP TO

75% OFF

夏日集印花 換好礼
STAMP REWARDS

Stamp Issuance 印花派發 08/14 - 09/13/2026

Spend 購物每滿 \$60 = 1 Stamp 個印花
Before tax 稅前

Redeem Rewards with Stamps 憑印花換獎

SWAN DELIGHTS
Thai Curry Selected
SD 泰式咖哩
指定款 750g

THAI GREEN CURRY
THAI RED CURRY
THAI YELLOW CURRY
PANANG CURRY

BANGKOK MEAT BALLS
Meatballs Selected
曼谷食品
牛肉丸/牛筋丸
454g

Weekend Demo 週末試食

\$7.99/ea Reg. 9.99

\$12.99/ea Reg. 16.99

SUNITY
Herbal Jelly Selected
生和堂
甜品指定款
5pcs

CHIL FOREST
Sparkling Water Selected
元氣森林
氣泡水指定款
480ml

\$5.88/ea Reg. 6.99

2/\$2.50 Reg. 1.99

DXC
SU Style Mooncake Selected
稻香村
蘇式月餅指定款
310g

\$5.88/ea Reg. 7.99

DEMPSTER'S
White/Whole Wheat Bread
DEMPSTER'S
白/全麥吐司
675g

DANISA
Butter Cookies
DANISA
牛油曲奇餅
454g

THE PREMIUM TASTE
Peanuts Selected
一品香
花生指定款
300g

\$2.99/ea Reg. 3.69

\$4.99/ea Reg. 6.99

\$1.99/ea Reg. 3.29

DOLE
Juice Selected
DOLE
果汁 指定款
12pkts

\$5.99/ea Reg. 8.99

FENGMAI
Crispy Dough
豐麥 江米條
180g

\$1.99/ea Reg. 2.99

SOFTSOAP
Hand Soap refill
Selected
SOFTSOAP
洗手液補充裝
指定款
2.36L / 1.47L

MEDIHEAL
Aloe Vera Hydrogel
美迪惠爾
蘆薈鎮定凝膠
300ml

\$5.99/ea Reg. 9.99

\$5.99/ea Reg. 8.99

2/\$5 Reg. 3.99

MEDIHEAL
Aloe Vera Hydrogel
美迪惠爾
蘆薈鎮定凝膠
300ml

\$2.99/ea Reg. 3.99

SHENG XIANG
Green Peas Selected
盛香珍 青豆指定款
240g

\$2.99/ea Reg. 3.99

BEE & FLOWER
Wheat Protein Conditioner
蜂花
小麥蛋白
營養護髮素
450ml

PURCOTTON
Soft Cotton Tissue
全棉時代 全棉柔巾
100pcs

TORRIDEN
SOLID IN Essence
桃瑞丹
穩定修護精華
100ml

\$2.99/ea Reg. 4.99

\$3.99/ea Reg. 5.99

\$25.99/ea Reg. 29.99

KOSA
Sunflower Seed
KOSA
香瓜子
260g

2/\$3.50 Reg. 2.59

DR. ALTHEA
345 Relief Cream
DA 345 舒緩霜
50ml

\$19.99/ea Reg. 27.99

水果
FRUITS



3⁸⁸ /lb
Reg 4.99
Green Seedless Grape
馬奶子無籽青提
United States \$8.56/kg



8⁸⁸ /case
Reg 12.99
Longan
龍眼
Vietnam 2kg



1⁶⁸ /lb
Reg 2.59
Large Honey Tangerine
大甜桔
Peru \$3.7/kg



1⁸⁸ /lb
Reg 2.59
Australia Orange
澳洲橙
Australia \$4.15/kg



1⁵⁸ /lb
Reg 2.59
Chinese Fuji Apple
中國富士蘋果
China \$3.48/kg



5⁸⁸ /lb
Reg 7.99
Red Dragon Fruit
紅肉火龍果
Vietnam \$12.97/kg



3⁹⁸ /lb
Reg 5.99
Annona
番荔枝
Brazil \$8.78/kg



5⁹⁸ /ea
Reg 8.99
Seedless Watermelon
本地無核西瓜
Canada



5⁸⁸ /ea
Reg 7.99
ALLEGRIA FOODS
Blueberries
AF 藍莓
Peru 311g

Jackfruit (Whole)
菠蘿蜜 (整個)
Mexico \$2.16/kg



98¢ /lb
Reg 1.59

冷凍
FROZEN



1⁹⁹ /ea
Reg 2.99
WING HING
Unsweetened Soy
永興
純豆漿/
甜豆漿
2L



11⁹⁹ /ea
Reg 17.99
CARDINAL ROADHOUSE
Angus Beef Burgers
CR 安格斯牛肉漢堡扒
142g x 6



4⁵⁰ /ea
Reg 5.99
PUFFY PARTY
Swiss Roll / Half-Baked
Cheesecake Selected
雲朵派對 瑞士卷/
半熟芝士蛋糕指定款
55g x 4 / 32g x 6

NORTHERN KING
Raw Black
Tiger Shrimp 13/15
一哥 開背老虎蝦
13/15
400g



8⁹⁹ /ea
Reg 11.99



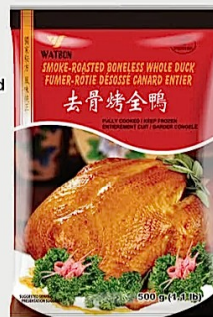
2/3⁹⁹
Reg 2/\$4.99
XINAN
Frozen Waxy Corn
Selected
新安
有機糯玉米指定款
500g



3⁹⁹ /ea
Reg 5.50
BEST QUALITY
Frozen Small Yellow
Croaker Fillet
BQ 去刺小黃魚片
300g

WATSON
Smoke-Roasted
Boneless
Whole Duck
WATSON
去骨烤全鴨
500g

8⁹⁹ /ea
Reg 15.99



G&L
Frozen golden
Pompano
G&L
新鮮急凍金鯧魚

7⁹⁹ /ea
Reg 9.99



肉類
MEAT



2⁵⁹ /lb
Reg 3.99
Fresh Pork Spare Rib
新鮮豬排骨
\$5.71/kg



1⁹⁹ /lb
Reg 3.99
Fresh Pork Butt Shoulder
with Bone
新鮮帶骨豬梅頭
\$4.39/kg



5⁹⁹ /lb
Reg 7.99
Beef In Shank Boneless
無骨牛展
\$13.21/kg



10⁹⁹ /ea
Reg 13.99
Fresh Butter Free Run
Chicken
新鮮黃油走地雞



7⁹⁹ /lb
Reg 9.99
Fresh Finger Meat
新鮮牛坑腩
\$17.61/kg



6⁹⁹ /lb
Reg 8.99
MEAT CORNER
AA Beef Plate Sliced
肉香坊 AA牛五花
\$15.41/kg



2⁵⁹ /lb
Reg 3.59
Fresh Chicken Wing
新鮮雞翼
\$5.71/kg

KAMLI
Chinese Style
Pork & Chicken
Sausage/
Pork Belly
金利 臘腸/臘肉
315g / 225g

3⁹⁹ /ea
Reg 4.99



WE LOVE LOCAL



SAVE 50%

98¢ /lb
Reg 1.99

Long Squash
本地水瓜
Canada \$2.16/kg

ENVIRO Organic King Oyster Mushroom
ENVIRO 本地有機皇子菇
Canada

2/5.50
Reg 3.59

Oyster Mushroom
本地蠔菇
Canada 2lb

9.98 /case
Reg 11.99



2.58 /lb
Reg 3.99

Sun Choy
本地潺菜
Canada \$5.69/kg



1.58 /lb
Reg 1.99

Shanghai Bok Choy Miu
本地上海苗
Canada \$3.48/kg



Long Hot Pepper
本地粗長椒
Canada \$3.04/kg

1.38 /lb
Reg 1.99

EMRE FARMS
Yellow Potatoes
EF 本地黃土豆
Canada 10lb

3.98 /ea
Reg 6.99



1.28 /lb
Reg 1.99

Roma Tomato
本地羅馬蕃茄
Canada \$2.82/kg

SAVE 72%

28¢ /lb
Reg 0.99



Cabbage
本地高麗菜
Canada \$0.62/kg



98¢ /lb
Reg 1.59

Winter Melon
冬瓜
China \$2.16/kg

Bagged Oriental Yam (Yellow Heart)
袋裝紫皮黃肉小薯薯
United States \$6.57/kg

2.98 /lb
Reg 3.59



Big Taro Root
大芋頭
Mexico \$3.04/kg

1.38 /lb
Reg 1.99



1.58 /lb
Reg 1.99

Eggplant
茄瓜
Mexico \$3.48/kg



3.58 /lb
Reg 5.99

Okra
印度羊角豆
South America \$7.89/kg



1.98 /lb
Reg 2.59

Ginger
生薑
China \$4.37/kg



2/2.98
Reg 1.99

Celery
西芹
Mexico

海鮮 SEAFOOD



7.88 /lb
Reg 9.99

Live Tilapia
游水黑立
\$17.37/kg

Fresh King Fish Steak
新鮮馬鮫魚扒
\$21.78/kg

9.88 /lb
Reg 13.99



7.88 /lb
Reg 8.99

Fresh Sea Bream
新鮮海銀立
\$17.37/kg



5.88 /lb
Reg 7.99

Previously Frozen Pompano
冰鮮黃立鮨
\$12.96/kg



Live Mussels
生猛青口
\$4.14/kg

1.88 /lb
Reg 2.99

蔬菜 VEGETABLES

熟食 DELI & 燒臘 BBQ



2.99 /order (2's)
Reg 3.59

Chicken in Sticky Rice
珍珠糯米雞



5.99 /order
Reg 6.99

Shanghai Style Fried Noodle
上海粗炒麵



8.99 /order
Reg 9.99

Hairtail Cut w/ Salt & Pepper
椒鹽帶魚



29.99 /ea
Reg 33.99

BBQ Duck
明爐燒鴨



10.99 /order
Reg 11.99

Zhen Jiang Style Spare Ribs
鎮江排骨



6.99 /order
Reg 7.99

Ma Po Tofu
麻婆豆腐

H&A BAKERY
Pastry Selected
小麥圈 酥餅指定款
6pcs

4.99 /ea
Reg 5.99



H&A BAKERY
Swiss Roll Selected
小麥圈 迷你瑞士卷指定款

3.99 /ea
Reg 4.99



H&A
Cheese Cake
小麥圈 芝士蛋糕

6.99 /ea
Reg 8.99



FOODIEJOIE
Milagrosa
Jasmine Rice
福字茉莉香米
8kg

13.99

Reg 16.99

SAVE 50%

NARRA
White
Glutinous Rice
NARRA 白糯米
4lb

2.99

Reg 5.99



5.99

Reg 10.99

CHAOLEFU
Yam Oatmeal
Selected
潮樂福 燕麥
山藥片指定款
800g



5.99

Reg 8.99

KRAFT
Miracle Whip/
Real Mayo
Mayonnaise
卡夫 奇妙醬/蛋黃醬
890ml



5.99

Reg 9.99

DUNYA HARVEST
Chia Seed
DH 奇亞籽
567g

GOLDEN RAY
Sunflower Oil
GR 葵花油
3L

7.99

Reg 10.99



WE WONG
KUNG-FU Soy
Sauce
味王 功夫醬油
1000ml

2.99

Reg 4.99



SAVE 62%

WANGZI-HE
Cooking Wine
王致和 精緻料酒
500ml

99¢

Reg 2.59



JUAN CHENG PAI
Bean Paste
with Chili Oil
鵬城牌
紅油豆瓣
1.2kg

3.99

Reg 5.99



CHIHONG
Red Oil
翠宏 油潑辣子
400g

2.99

Reg 4.99



SHANYUAN
5A Dried
Mushroom
山緣
5A金錢菇
200g

5.99

Reg 7.99



SAVE 50%

FOOJOY
Star Aniseed
福字 大紅八角
100g

1.99

Reg 3.99



3.99

Reg 5.99

KIM GRAIN YUAN
Millet Selected
金谷緣 小米指定款
908g



4.99

Reg 6.99

WUFUYUAN
Tapioca Pearl Selectd
五福圓 珍珠粉圓 指定款
1kg



2.99

Reg 4.99

G7 / KOPIKO
Instant Coffeemix /
Brown Coffee
G7 三合一咖啡 /
KOPIKO 布朗咖啡
16g x 18 / 27.5g x 10



2/\$3

Reg 2.99

WUDELI
Three Star High
Gluten Noodles
五得利 天麥然
三星高筋掛麵指定款
1kg



2.99

Reg 4.99

LTC
Sliced Noodles
辣刀 刀削麵
600g



2/\$3

Reg 2.59

Y&Y BRAND
Chow Mein
如意牌 炒麵
454g



4.99

Reg 6.99

HOKUSAI
Sushi Rice
大釜 高級壽司米
3.5lb



1.99

Reg 2.99

SHODOSHIMA
Roasted
Seaweed
小豆島
壽司海苔
25g



1.99

Reg 2.99

UFC
Banana
Sauce
香蕉醬
550g

SAVE 75%

BUENAS
Rice Sticks
BUENAS 米粉
227g

2/\$1

Reg 1.99



SAVE 50%

MOGU MOGU
Flavoured Drink With Nata
de Coco Selected
磨菇磨菇 椰果飲品指定款
1000ml

1.99

Reg 3.99



SAVE 50%

LESLIE'S
Clover Chips Ham&Cheese Flavor
LESLIE'S 玉米片火腿芝士味
145g

1.99

Reg 3.99



2/\$1

Reg 1.29

BOY BAWANG
Mixed Nuts/Cornick
Selected
BB 綜合堅果/
玉米零食指定款
85g/100g

掃碼關注我們 獲得最新優惠資訊

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LITTLE RED 小红书



WECHAT 微信群

Terra Foodmart 誠聘

• 燒臘師傅

☞ / ☞ : BtrustHR2022
647 767 2328



6.99

Reg 9.99

Biore Body Wash Selected
花王 碧柔沐浴露指定款
1000g

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