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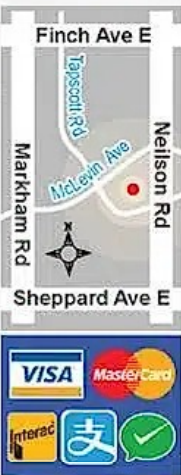


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www.freshlandsupermarket.ca



Back to School

La Fournée Dorée Sliced Brioche 500g 切片方包 Was: \$6.99 \$4.98 EA	Orion Choco Pie With Marshmallow Filling 468g 好丽友巧克力派 Was: \$5.99 \$3.98 EA	Crispy Muffin Cake Series 松饼蛋糕系列 600g Was: \$5.99 \$3.98 EA	Caffino Dark Cappuccino 4 In 1 Instant Coffee Mix Bold 黑卡布奇诺浓郁型速溶咖啡 500g Was: \$6.99 \$3.98 EA	Klondike Original Smoked Bacon 375g 培根 Was: \$4.99 \$2.98 EA
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Special Valid From Friday September 4th To Thursday September 10th, 2026.

Taro 大芋头 Was: \$1.99 98¢ LB	Country Fresh Carrot In Bag 2LB 袋装胡萝卜 Was: \$1.99 \$1.28 BAG	South Africa Orange 南非甜橙 Was: \$1.79 98¢ LB	Dragon Fruit 火龙果 Was: \$3.99 \$2.58 LB
Fresh Bone In Pork Belly 新鲜有骨猪腩 Was: \$4.99 \$2.98 LB	Fresh Chicken Drumstick 新鲜鸡小腿 Was: \$2.99 \$1.58 LB	Fresh Blue Fish 新鲜马友 Was: \$3.99 \$2.98 LB	Fresh Atlantic Salmon Steak 新鲜大西洋三文鱼扒 Was: \$9.99 \$6.98 LB WHILE QUANTITIES LAST 售完即止
White Castle Butter Cookies 908g 曲奇饼干 Was: \$10.99 \$6.98 EA	Pepsi Pop Drink Series 2L 百事汽水饮品系列 Was: \$2.59 2 FOR \$2.98	Aroy-D Coconut Milk 椰奶 1L Was: \$5.99 \$3.58 EA	Redpath Dark Brown / Golden Yellow Sugar 黑糖/黄糖 1kg Was: \$3.29 \$2.28 EA
Tang Orange Crystals 2.2kg 橙汁冲饮 Was: \$10.99 \$6.98 EA	Handi Roasted Chana 400g 烤鹰嘴豆 Was: \$2.59 2 FOR \$3.00	Bulacan Sweet / Hot Longanisa 375g 甜/辣香肠 Was: \$4.59 \$3.58 EA	Crispy Tandoori Naan 426g 坦都里烤饼 Was: \$3.59 \$1.98 EA

FROZEN 急冻

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



\$6.98
LB

Penguin Korean Frozen Seafood Mix 300g
企鵝牌海鮮雜錦
Was:\$4.99



\$3.98
EA

Crushed Palm Kernel 1kg
碎棕櫚仁
Was:\$7.99



\$6.98
EA

Cassava Couscous 1kg
冻木薯粉
Was:\$6.99



\$4.98
EA

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



\$6.98
EA

Fu Yang Fresh Peeled Shrimp 150g
福洋鮮蝦仁
Was:\$2.99



2FOR
\$5.00

Best Quality Dried Anchovy 340g
丁香魚干
Was:\$3.99



\$2.98
EA

TC's Pie Paradise Crispy Pastry Crust With
Meat-Filling Series 454g
天上掉餡餅酥皮餡餅系列
Was:\$6.99



\$4.98
EA

Seven Baskets Assorted Fish Ball 5-In-1 500g
七个篮子火鍋五寶
Was:\$5.99



\$3.98
EA

FY Brand Frozen Vegetable Fried Rice 350g
福洋蔬菜炒飯
Was:\$7.59



\$1.98
EA

San Miguel Gold Label / Best Of The
Philippines Ice Cream 1.5L
冰淇淋系列
Was:\$13.99



\$5.98
EA

Best Quality Golden Pomfret 1kg
袋裝金鯧魚
Was:\$11.99



\$9.98
EA

Sanquan Frozen Steamed Flour Bun Series
三全面点奶黄包/豆沙包 360g
Was:\$2.99



2FOR
\$5.00

SH White Shrimp Headless 51/60 400g
鑫海鮮冻无头南美白虾
Was:\$6.99



\$4.98
EA

CP Authentic Asia Chinese Style Roasted
Duck Breasts 300g
正中式烤鸭胸肉
Was:\$6.99



\$3.98
EA

Bulacan Coconut Milk 454g
冻椰奶
Was:\$2.99



2FOR
\$5.00

SEAFOOD & MEAT 鱼&肉

Live Striped Bass
游水鲈鱼
Was:\$14.99



\$11.98
LB

Fresh Spanish Mackerel
新鲜花鲷
Was:\$5.99



\$4.68
LB

Fresh Mullet
新鲜乌头
Was:\$3.99



\$2.98
LB

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



\$1.88
LB

Fresh Ox Tail
新鲜牛尾
Was:\$13.99



\$10.58
LB

Fresh Turkey Drumsticks
新鲜火鸡腿
Was:\$3.99



\$2.68
LB

Fresh Pork Tails
新鲜猪尾
Was:\$3.59



\$2.58
LB

Fresh Mature Chicken
新鲜半老嫩鸡
Was:\$2.59



\$1.88
LB

Previously Frozen Beef Tripe
冰鲜牛肚
Was:\$4.99



\$2.98
LB

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



\$5.98
LB

Previously Frozen Goat Shoulder
冰鲜羊肩肉块
Was:\$7.99



\$5.98
LB

PRODUCE 果蔬

Baby Mustard
芥菜仔
Was: \$1.99



98¢
LB

Gai Lan Miu
芥兰苗
Was: \$2.59



\$1.68
LB

Romaine Lettuce
西生菜
Was: \$1.99



\$1.28
EA

Green Kale
羽衣甘蓝
Was: \$2.99



\$1.98
BUNCH

10LB Yellow Potatoes
10磅黄薯仔
Was: \$4.99



\$3.98
BAG

Fresh Pumpkin
新鲜大南瓜
Was: \$1.99



\$1.28
LB

Avocado In Bag
袋装牛油果
Was: \$4.99



\$2.98
BAG

Sweet Mandarins
松皮甜桔
Was: \$2.59



\$1.58
LB

Seedless Green Grape
无核青提
Was: \$4.99



\$3.58
LB

Cactus Pear
仙人掌果
Was: \$1.99



98¢
LB

Langsat
空运黄皮
Was: \$15.99



\$11.98
LB

Naomi Sweet Mango
空运甜芒果
Was: \$5.99



\$4.88
LB

GROCERY 杂货

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



\$4.98
EA

Sherbon Juice Drink Series 2L
果汁饮料系列
Was: \$4.59



\$2.88
EA

Crispy Tea Rusk Series 200g
面包酥系列
Was: \$1.99



2 FOR \$3.00

Handi Vermicelli 150g
印度粉丝
Was: \$0.99



38¢
EA

Royalty Digestives Biscuit 400g
皇室消化饼干
Was: \$2.59



\$1.98
EA

Grace Dry Soup Mix Series 45g
调味汤包系列
Was: \$1.29



78¢
EA

Carnation Thick Cream 170ml
康乃馨浓奶油
Was: \$3.99



\$2.88
EA

Sana Salisbury Corned Mutton 326g
腌羊肉罐头
Was: \$10.99



\$8.88
EA

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



\$1.28
EA

Bulacan Kropek 75g
布拉克干炸虾片
Was: \$2.99



\$1.28
EA

Sunasia Premium Chicharon Fried Pork Rinds
炸猪皮 250g
Was: \$8.59



\$4.98
EA

Knorr Original Liquid Seasoning 1L
家乐调味酱油
Was: \$7.99



\$5.98
EA

Kewpie Mayonnaise 450g
日本蛋黄酱
Was: \$5.99



\$4.58
EA

Samyang Instant Noodle Series 5x140g
三养方便面系列
Was: \$8.59



\$6.58
EA

Viet Ngon Rice Vermicelli 375g
越南鲜米粉
Was: \$1.99



\$1.28
EA

Foodiejoie Light / Mushroom Dark Soy Sauce
福字生抽王/草菇老抽 500ml
Was: \$1.99



\$1.28
EA

Natural Food Live Healthy Raw Peanuts 700g
五谷粮坊花生
Was: \$4.99



\$3.58
EA

YJ Dried Chilli 400g
亚杰辣椒干
Was: \$6.99



\$4.58
EA

Kosa Fish Sauce 750ml
鱼露
Was: \$3.99



\$2.28
EA

Pagoda / Tang Song Cooking Wine 640ml
塔牌/唐宋花雕酒
Was: \$2.59



\$1.88
EA

Pocari Sweat Ion Supply Sport Drink 1.5L

日本宝矿力饮料
Was: \$5.99



\$3.88
EA

Mama Sita Barbecue Marinade Sauce 350ml

烧烤酱
Was: \$3.99



\$2.98
EA

Foodiejoie Honey 1kg

福字蜂蜜
Was: \$9.99



\$5.98
EA

Kara Coco Coconut Water 1000ml

椰子水
Was: \$2.99



\$2.28
EA

AA-1 Tulingan Bullet Tuna 680g

小吞拿鱼
Was: \$4.99



\$3.58
EA

Del Monte 100% Juice Series 1.6L

果汁系列
Was: \$3.99



\$2.98
EA

Fresh BBQ Style Pork Spare Rib

新鲜烧烤猪排骨
Was: \$4.59



\$2.98
LB

 416.722.9598		Veal Shoulder	Beef Shoulder	Beef Oxtail	Beef Medium Qeema	Beef Boneless	Beef Short Ribs
		\$7.49 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
						Clean & Cut	Clean & Cut

416-855-1160



EXPRESS MUNCHIES



416-855-1160

Crispy Calamari

椒盐鱿鱼
Was: \$14.99



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

BBQ Pork Ribs

烧排骨
Was: \$12.99



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

Chili Chicken

辣子鸡
Was: \$12.99



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

Chili Beef

香辣牛肉
Was: \$14.99



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

Assorted Vegetable

炒杂菜
Was: \$7.99



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

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

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