PRICES EFFECTIVE **OCTOBER 23 – OCTOBER 29, 2026** *Enjoy Fresh Embrace Health* 享受新鮮 擁抱健康

terra foodmart 本周特价

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

Spooky Savings SALE UP TO 72% OFF



YOUCHEN
Cake Seasoned With Chicken Meat Floss Selected
友臣 肉鬆蛋糕/麵包
280g / 330g

$4.88/ea Reg. 5.99



GANYUAN
Sunflower Seeds/Broad Beans/ Peas Selected
甘源 瓜子仁/青豌豆/ 蠶豆
285g

$2.99/ea Reg. 3.99



KOSA
Sunflower Seed Selected
KOSA 香瓜子指定款
260g

2/$3.50 Reg. 2.59/ea



SXZ
Fruity Coconut Jelly Selected
盛香珍 果凍 指定款
280g

$1.99/ea Reg. 2.99



LAM SHENG KEE
Dried Flavored Olive Selected
林生記 橄欖指定款
400g

$3.99/ea Reg. 5.99

SAVE 72%



XCHM
Toast/Bread Selected
鮮嚐厚買 吐司/麵包指定款
420g

$1.99/ea Reg. 6.99



KAO
Bioré Body Wash Selected
花王 碧柔
沐浴露指定款
1000g

$6.99/ea Reg. 9.99



REGAL
Cake Rusk Selected
REGAL 酥脆蛋糕乾指定款
420g - 520g

$4.99/ea Reg. 6.99



MEDIHEAL
Derma Modeling Selected
美迪惠爾
軟膜粉指定款
1pc

$3.99/ea Reg. 6.99

SAVE 50%



SHISEIDO
Fino Premium Touch Hair Oil
資生堂FINO順滑髮油
70ml

$10.99/ea Reg. 21.99

SAVE 54%



NATURIE
Hatamugi Skin Conditioner
NATURIE 保濕化妝水
500ml

$5.99/ea Reg. 12.99



SHISEIDO
Tsubaki Premium Moist & Repair Shampoo & Conditioner Refill Set
資生堂 TSUBAKI
保濕修護補充包套組
300ml + 300ml

$9.99/ea Reg. 12.99

水果 FRUITS



5.88 /ea (Reg 7.99)
OZBLU Blueberry
OZBLU 藍莓
Mexico 312g



19.88 /ea (Reg 23.99)
Qiuyue Pear Gift Box
秋月梨禮盒
China 3.5kg



1.98 /lb (Reg 2.99)
Sweet Persimmon
柿子
United States $4.37/kg



1.58 /lb (Reg 2.59)
Bartlett Pear
青啤梨
United States $3.48/kg



98¢ /lb (Reg 1.59)
Gala Apple
本地基拿蘋果
Canada $2.16/kg



6.98 /lb (Reg 9.99)
Shine Muscat Grape
晴王葡萄
Korea $15.39/kg



4.98 /ea (Reg 6.99)
Pink Pomelo
青皮紅肉蜜柚
Vietnam



4.88 /lb (Reg 6.99)
Sunshine Mangoes
太陽之子芒果
Peru $10.76/kg



5.88 /ea (Reg 6.99)
KAPI ORO Golden Pineapple
KAPI ORO 黃金菠蘿
Costa Rica



2.58 /lb (Reg 3.59)
Longan
龍眼
Vietnam $5.69/kg

冷凍 FROZEN



3.99 /ea (Reg 4.99)
MF Seafood Platter Fishballs
滿盛 海鮮拼盤丸
450g



3.99 /ea (Reg 5.99)
GOLDEN SEA BRAND Sardines
GSB 沙丁魚
800g



2/3.99 (Reg 2/$4.99)
SANQUAN Animal-Shaped Buns Selected
三全 造型包指定款
180g



6.99 /ea (Reg 8.99)
BLUE OCEAN Pacific White Shrimp 16/20 BO
太平洋白蝦 16/20
400g



3/$10 (Reg 4.99)
TC FOODS Dumplings Selected
天上掉餡餅 水餃指定款
454g



2/5.99 (Reg 2/$6.99)
BEI DA HUANG Organic Snap Peas
北大荒 有機油豆角
400g



6.99 /ea (Reg 8.99)
OCEAN CHARM Frozen Wild Pacific Pink Salmon Fillets
OC 野生三文魚柳
440g



8.99 /ea (Reg 10.99)
VIVA Juicy Hot Dog Selected
VIVA 熱狗指定款
600g



3.99 /ea (Reg 4.99)
YUHO Organic Shiro Miso Paste
YUHO 有機白味噌
500g



2.99 /ea (Reg 3.99)
YI DING Noodles Ramen Selected
一町拉麵 拉麵指定款
1kg

肉類 MEAT



1.99 /lb (Reg 2.99)
Fresh Pork Chop
新鮮豬扒
$4.39/kg



3.29 /lb (Reg 4.59)
Fresh Pork Back Rib
新鮮豬肉排
$7.25/kg



7.99 /lb (Reg 9.99)
MEAT CORNER AA Beef Roll
肉舖坊 AA牛卷
$17.62/kg



5.99 /lb (Reg 8.99)
Fresh Finger Meat
新鮮牛坑腩
$13.21/kg



8.99 /lb (Reg 12.99)
Fresh Beef Striploin Steak
新鮮紐約牛扒
$19.82/kg



3.99 /lb (Reg 5.99)
CBC Pork Shoulder Roll
焯記 梅頭豬肉卷
$8.80/kg



9.99 /lb (Reg 11.99)
Fresh Beef Top Blade Muscle
新鮮牛肩柳
$22.02/kg



2.59 /lb (Reg 3.59)
Fresh Pork Loin
新鮮豬肉眼
$5.71/kg



4.99 /lb (Reg 6.99)
All-Natural Boneless Pork Butt Shoulder
全自然無骨豬梅頭
$11.00/kg

蔬菜 VEGETABLES

WE LOVE LOCAL

Product of CANADA



Brassica rapa
本地雞毛菜
Canada
$3.48/kg

1.58 /lb
Reg 1.99



Chinese Broccoli
本地芥蘭
Canada
$3.48/kg

1.58 /lb
Reg 1.99



3.98 /ea
Reg 4.99
Yellow Glutinous Corn (5pcs)
本地黃糯玉米 (5pcs)
Canada



2.98 /ea
Reg 4.99
Cauliflower
本地椰菜花
Canada



98¢ /lb
Reg 1.59
Baby Mustard
本地芥菜仔
Canada
$2.16/kg



2/$3
Reg 1.99
Cucumber
本地長青瓜
Canada



1.28 /lb
Reg 1.59
Baby Napa
娃娃菜
Mexico *$2.82/kg*



1.38 /lb
Reg 1.99
Crown Broccoli
去頭西蘭花
Mexico *$3.04/kg*



2/2.98
Reg 2.99
Small King Oyster Mushroom
皇子菇
China *250g*



Lotus Root
蓮藕
China
$3.04/kg

1.38 /lb
Reg 1.99



Carrot
紅蘿蔔
China
$1.28/kg

58¢ /lb
Reg 0.99



Indian Okra
印度羊角豆
South America
$8.78/kg

3.98 /lb
Reg 5.99



1.68 /lb
Reg 2.99
Purple Garlic
紫皮蒜頭
China
$3.7/kg

海鮮 SEAFOOD



Live Tilapia
游水黑立
$17.59/kg

7.98 /lb
Reg 9.99



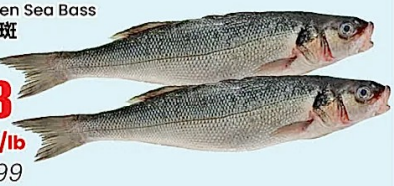
Live Extra Large Vancouver Crab (Single Claw) (2lb up)
游水特大溫哥華蟹(單鉗)(2lb up)
$33.03/kg

14.98 /lb
Reg 17.99



Fresh Butter Fish (No Clean)
新鮮瓜子鯧(未清理)
$6.59/kg

2.99 /lb
Reg 4.59



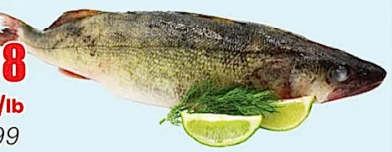
Fresh Green Sea Bass
新鮮海青斑
$17.59/kg

7.98 /lb
Reg 9.99



Live Blue Crab
生猛藍蟹仔
$9.88/kg

4.48 /lb
Reg 5.99



Fresh Pickerel
新鮮碧古魚
$13.18/kg

5.98 /lb
Reg 7.99

熟食 DELI & 燒臘 BBQ



2.99 /order (4's)
Reg 3.59
Shrimp Dumpling (Har Gow)
翡翠蝦餃



5.99 /order
Reg 6.99
Cantonese Chow Mein
廣東炒麵



8.99 /order
Reg 9.99
Lemon Chicken
檸檬雞



9.99 /lb
Reg 11.99
Roasted Pork
脆皮燒肉
$22.02/kg



7.99 /order
Reg 8.99
Fried Breaded Shrimp
炸麵包蝦



10.99 /order
Reg 11.99
SiChuan Hot Spicy Fish
水煮魚

麵包 BAKERY



MY LE HOA
Chess Cookie Selected
美麗華
棋子餅指定款
150g-200g

2.99 /ea
Reg 3.59



NEW CENTURY FOOD
Almond/Sesame Crisp Bar
麥香居
杏仁/芝麻酥條
200g

2.99 /ea
Reg 3.99



NEW CENTURY FOOD
Steamed Cabbage&Pork Buns
麥香居 手工菜肉包
6pcs

6.99 /ea
Reg 7.99

BOTAN
Calrose Rice
牡丹 圓米
15lb



13.99
Reg 18.99

SAVE 50%

NARRA
White
Glutinous Rice
NARRA 白糯米
4lb



2.99
Reg 5.99





8.99
Reg 15.99

JSH
Wheat Flour Selected
金沙河 小麥粉指定款
5kg

SAVE 50%

ARAWANA
Rapeseed Oil
金龍魚 菜籽油
1.8L



9.99
Reg 19.99

SHINHO
Premium/Braised
Soy Sauce
六月鮮 特級醬油/
上海紅燒醬油
1L



4.99
Reg 7.99

SAVE 64%

SUPER DEAL 超划算



3.99
Reg 10.99

NONGSHIM
Soon Kimchi
Noodle Cup
農心 純泡菜拉麵
6pks

HAITIAN
Superior
Oyster Sauce
海天 上等蠔油
700g



1.99
Reg 2.99

MEI ZHI YUAN
Orange Juice
Drink w/Pulp
美汁源
果粒橙含果肉
1.25L



2.99
Reg 3.99

COCO PALM
Coconut Drink
椰樹牌
鮮榨椰汁
1L



3.48
Reg 4.99

XIN YUAN ZHAI
Plum Beverage
信遠齋
桂花酸梅湯
300ml



2/$3
Reg 1.99



5.99
Reg 7.99

SAMYANG
Hot Chicken Flavor
Ramen Selected
三養 辣雞麵指定款
5pks

FOODIEJOIE
Noodles
Selected
福字
麵條指定款
600g



2/4.50
Reg 3.99



1.99
Reg 3.29

CHEN KE MING
Sliced Noodles Selected
陳克明 麵條指定款
200g x 4

SAVE 50%



1.99
Reg 3.99

FCJ
Cooked Food
Selected
富春江 風味小菜
指定款
230-280g

SAVE 50%



1.99
Reg 3.99

JI LIANG MU
Herbal Tea Selected
集良木 養生
沖泡茶指定款
120g



3.99
Reg 5.99

YST
Peanuts Selected
原生態 花生指定款
908g



4.99 /lb
Reg 7.99

Bulk Walnut
散裝核桃
$11/kg



3.99 /lb
Reg 5.99

Bulk Pumpkin Seed
散裝南瓜子仁
$8.80/kg



1.99 /lb
Reg 2.99

Bulk Red Bean
散裝紅豆
$4.39kg



68¢ /lb
Reg 1.29

Bulk Soybean
散裝黃豆
$1.50/kg

DATU PUTI
Vinegar
拉拉布丁 白醋
1L



1.99
Reg 2.99

SAVE 50%

KNORR
Liquid Seasoning
Original
家樂牌 鮮露
250ml



2/$3
Reg 2.99

SW
Spaghetti Sauce
Filipino Style
SW 菲律賓風味
義大利麵醬
1kg



3.99
Reg 5.99

SW
Salted Egg
Cookies
SW
鹹雞蛋餅
100g



2/$3
Reg 1.99



1.99
Reg 2.99

LESLIE'S
Clover Chips Corn
Snacks Selected
LESLIE' S
玉米片指定款
145g

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

- 收銀部員工
- 雜貨部員工 • 蔬菜部員工
- 水果部員工 • 急凍部員工

BtrustHR2022
647 767 2328



7.99 /ea
Reg 12.99

SHISEIDO
Senka Perfect Cleansing Foam Selected
資生堂 專科洗面乳指定款
100g-120g

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