FRESH LAND
恒豐超市 SUPERMARKET

Instagram
Facebook
WeChat
Website



VISA MasterCard Interac 支

www.freshlandsupermarket.ca



Special Valid From Friday Nov. 6th To Thursday Nov. 12th, 2026.

Taro
大芋头
Was:$1.99
88¢ LB



Shanghai Bok Choy Miu
上海苗
Was:$1.99
$1.28 LB



Gold Kiwi 2LB
黄金奇异果
Was:$9.99
$8.88 PK



Apple Mango
苹果芒
Was:$14.99
$9.98 BOX



Fresh Pork Belly Boneless
新鲜无骨猪腩
Was:$4.99
$2.88 LB



Fresh Chicken Drumstick
新鲜鸡小腿
Was:$2.99
$1.58 LB



Fresh Black Sea Bass
新鲜珍珠斑
Was:$5.99
$3.98 LB



Previously Frozen White Shrimp Head On
冰鲜南美有头虾 30/40
Was:$6.99
Fri. to Sun. Only
仅限周五至周日3天
$3.98 LB



Angel All Purpose Creamer 370ml
多用途奶油
Was:$2.99
$1.88 EA



Swanson Chicken Broth 412ml
史云生清鸡汤
Was:$1.99
88¢ EA



Maggi Seasoning 800ml
美极鲜酱油
Was:$9.99
$6.98 EA



Saporito Canola / Vegetable Oil 3L
菜油/芥花籽油
Was:$15.99
$8.98 EA



Y&Y Jasmine Rice 8kg
如意牌高级香米
Was:$17.99
$10.98 BAG



MLD Mushroom Egg Noodles 780g
麦老大香菇蛋面
Was:$3.99
$1.98 EA



Golden Saba Whole Steamed Banana 4LBs
熟蒸香蕉家庭装
Was:$14.99
$8.98 EA



Patty King Beef Patties 1.4kg
牛肉馅饼
Was:$13.99
$9.98 EA



FROZEN 急冻

Bulacan Grated Coconut 454g
冻椰粉
Was:$2.99
2FOR $4.98



San Miguel Tender Juicy Hotdog 340g
热狗肠
Was:$9.99
$6.98 EA



Ferma Frozen Mixed Vegetables 1.5kg
农夫三混杂菜豆
Was:$5.99
$3.98 EA



Deep Homestyle Paratha 1.3kg
印度煎饼
Was:$11.99
$7.98 EA



Deep Punjabi Cocktail Samosa 70pcs 1.61kg
印度咖喱角
Was:$8.99
$6.98 EA



AA-1 California Squid 1kg
盒装加州鱿鱼
Was:$10.99
$8.98 EA



SH Frozen Cut Crab 450g
鑫海切蟹
Was:$6.59
$4.98 EA



Seven Baskets Chub Mackerel 454g
7个篮子小池鱼
Was:$3.99
$2.98 EA



Fu Yang Best Quality Fresh Cooked Peeled Shrimp 150g
福洋熟虾仁
Was:$2.99
2FOR $4.98



SH White Shrimp Headless 51/60 400g
鑫海鲜冻无头南美白虾
Was:$6.99
$4.98 EA



Samlip Cheese Cake Series 50g
韩国芝士蛋糕
Was:$1.29
88¢ EA



TC's Pie Paradise Crispy Pastry Crust With Meat Filling Series 454g
天上掉馅饼酥皮馅饼系列
Was:$6.99
2FOR $10.98



Lotte Japanese Mochi Ice Confectionery Series 270ml
乐天雪见麻薯系列
Was:$5.99
$3.98 EA



Starbucks Caramel Coffee 1.18L
星巴克焦糖咖啡
Was:$10.99
$3.98 EA



Triple Crown Dried Anchovy 227g
凤尾鱼干
Was:$5.99
$3.98 EA



Wing Wing Chinese Style Sausage 375g
荣荣腊肠
Was:$7.99
$5.98 EA



SEAFOOD & MEAT 鱼&肉

Live White Tilapia
游水白鲩
Was:$9.99
Fri. to Sun. Only
仅限周五至周日3天
$7.98 LB



Fresh Boston Porgy
新鲜波士顿海鲂
Was:$3.99
$2.28 LB



Fresh Whiting
新鲜竹签鱼
Was:$3.99
$2.28 LB



Fresh Pork Neck Bone
新鲜猪颈骨
Was:$2.59
$1.28 LB



Fresh Turkey Wings
新鲜火鸡翅
Was:$3.99
$2.98 LB



Fresh Stewing Hen
新鲜煲汤老鸡
Was:$4.59
$2.98 EA



Fresh Pork Intestine
新鲜猪大肠
Was:$4.99
$2.98 LB



Fresh Boneless Chicken Breast
新鲜无骨鸡胸肉
Was:$6.99
$5.58 LB



Fresh Lean Ground Pork
新鲜瘦猪肉碎
Was:$2.99
$1.98 LB



Previously Frozen Goat Shoulder
冰鲜羊肩肉块
Was:$7.99
$5.98 LB



Fresh Bone In Beef Shank Center Cut
新鲜中段牛展
Was:$6.99
$5.58 LB



PRODUCE 果蔬

Baby Mustard
芥菜仔
Was:$1.99



98¢ LB

Chinese Cauliflower
富贵花
Was:$2.59



$1.58 LB

Short Napa
绍菜
Was:$1.59



78¢ LB

BBQ Sweet Potato
袋装小番薯
Was:$2.99



$1.98 LB

Green Kale
羽衣甘蓝
Was:$2.99



$1.98 BUNCH

Onion 2LB
袋装洋葱
Was:$1.99



$1.28 BAG

Honey Pomelo
白肉蜜柚
Was:$3.99



$2.98 EA

Sweet Clementines
袋装小甜桔
Was:$2.59



$1.88 LB

South Africa Orange
南非甜橙
Was:$1.59



98¢ LB

Fuyu Persimmons
富贵柿
Was:$2.99



$1.98 LB

GROCERY 杂货

Boy Bawang Cornick Garlic / Chili Cheese Flavour 500g
蒜味玉米零食
Was:$ 6.99



$5.58 EA

Jack'n Jill Piattos Superized Chips 170g
薯片系列
Was:$3.99



$2.98 EA

Rebisco Fudgee Barr Cake Bar Series
夹心巴尔蛋糕 380-400g
Was:$4.99



$3.28 EA

Vida Zero Sparkling Flavoured Drink Series
碳酸饮料系列 325ml
Was:$ 1.59



98¢ EA

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



$5.98 EA

Britannia Tiger Glucose Biscuits 600g
小虎葡萄糖饼干
Was:$ 2.99



$1.98 EA

Cha Cha Sunflower Seeds 260g
洽洽香瓜子
Was:$ 2.99



$1.98 EA

Azpom Pure Pomgranate Juice 1L
红石榴汁
Was:$ 5.99



$4.88 EA

Tim Hortonshot Chocolate 500g
热巧克力粉
Was:$ 6.99



$5.88 EA

Red Rose Orange Pekoe Tea 209g
红玫瑰茶包
Was:$ 6.99



$4.58 EA

ShodoShima Roasted Black / White Sesame Seed 227g
小豆岛香煎黑/白芝麻
Was:$ 4.59



$2.98 EA

Golden Apple Pure Sesame Oil 217ml
金苹果小磨香油
Was:$ 3.59



$2.88 EA

Hereford Vienna Sausage 130g
哈佛鸡肉肠仔
Was:$ 2.29



$1.58 EA

Unico Solid Light Tuna 198g
吞拿鱼罐头
Was:$ 3.29



$2.28 EA

Foojoy Salted Duck Eggs 375g
福字特大熟红心咸蛋
Was:$ 4.59



$2.98 EA

Allen's Original White Vinegar
白醋 500ml
Was:$ 1.98



98¢ EA

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



$4.98 EA

Marca Pina Patis Fish Sauce 1L
王梨标鱼露
Was:$ 3.99



$2.98 EA

Quality Red Split Lentils 1.8kg
红扁豆瓣
Was:$ 4.99



$3.58 EA

Ashirvaad Whole Wheat Flour 20LB
全麦面粉
Was:$ 19.99



$13.98 BAG

Hot Pot Season 火锅正当时

Bull Head Hotpot Soup Base Series 350g
牛头牌火锅汤底系列
Was:$6.59
$5.68 EA

China Maid Soybean Roll 200g
荃美火锅黄金卷
Was:$5.99
$3.98 EA

Merilin Broad Vermicelli 300g
美林火锅炖粉
Was:$3.59
$2.88 EA

Seven Basket White Fish Ball 400g
七个篮子白鱼丸
Was:$3.99
2FOR $6.98

Wang La Kat / Jia Duo Bao Herbal Tea 6x310ml
王老吉/加多宝凉茶系列
Was:$7.99
$5.98 PK

Gold Plum Chinkiang Vinegar 550ml
金梅镇江香醋
Was:$2.99
$1.88 EA

CBC Beef Brisket Roll
焯记肥牛腩卷
Was:$8.99
$7.58 LB

KABEER HALAL MEAT

BEEF · CHICKEN · GOAT · LAMB · VEAL

416.722.9598

Veal Shoulder $7.49 lb	Beef Shoulder $5.99 lb	Beef Oxtail $8.99 lb	Beef Medium Qeema $5.99 lb	Lean Ground Beef $7.49 lb	Chicken Thigh Boneless 10LB $55.00 bag
Lamb Leg $10.49 lb	Lamb Shoulder $9.49 lb	Frozen Goat $6.29 lb	Chicken Wings $2.99 lb	Chicken Drumstick $1.98 lb	Chicken Leg Clean & Cut $2.99 lb
Whole Chicken Clean & Cut $3.79 lb	Chicken Breast Boneless 10LB $55.00 bag				

416-855-1160 EXPRESS MUNCHIES 416-855-1160

Crispy Calamari
椒盐鱿鱼
Was:$14.99
SAVE $2 $12.99 ORDER

Chili Chicken
辣子鸡
Was:$12.99
SAVE $2 $10.99 ORDER

Assorted Vegetables
炒杂菜
Was:$7.99
SAVE $2 $5.99 ORDER

Chili Beef
香辣牛肉
Was:$14.99
SAVE $2 $12.99 ORDER

Home Style Stir Fry Rice Vermicelli
家乡炒粉
Was:$6.99
SAVE $1 $5.99 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。

Scan me to see more flyers. 查阅更多特价品传单请扫二维码。

647-350-8998
Mon. - Sun.9am - 9pm
Unit 99, 31 Tapscott Rd, Toronto, ON M1B 4Y7