FRESH LAND
恒豐超市 SUPERMARKET

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www.freshlandsupermarket.ca



Special Valid From Friday Nov. 13th To Thursday Nov. 19th, 2026.

Country Fresh Carrot In Bag 2LB
袋装胡萝卜
Was:$1.99
98¢ BAG

Baby Nai Yu Bok Choy
奶油苗
Was:$2.59
$1.28 LB

Avocado In Bag
袋装牛油果
Was:$4.99
$2.98 BAG

Red Pomelo
红肉蜜柚
Was:$3.99
$2.98 EA

Fresh Pork Chop
新鲜猪扒
Was:$2.99
$1.58 LB

Fresh Chicken Leg
新鲜大鸡腿
Was:$2.99
$1.88 LB

Fresh Salmon Steak
新鲜三文鱼扒
Was:$9.99
$5.98 LB

Fresh Lane Snapper 1/2~1/4
新鲜火点
Was:$7.99
$5.98 LB

Nestle Coffee Mate Original 1.4kg
咖啡伴侣
Was:$13.99
$9.88 EA

Grace Instant Oats 1kg
燕麦片
Was:$3.59
$1.68 EA

Aroy-D Coconut Milk 1L
椰奶
Was:$6.99
$3.58 EA

Nutrament Energy Nutrition Drink 325ml
能量饮料
Was:$3.29
$1.98 EA

Holiday Luncheon Meat 340g
假日午餐肉
Was:$2.99
$1.68 EA

Indo Mie Instant Noodles Series 425g
印尼方便面系列
Was:$3.99
$2.58 EA

Sarangani Bay Marinated Milkfish 350g
开边牛奶鱼
Was:$6.99
$4.98 EA

Fu Yang Best Quality Black Tiger Shrimp
Headless 31/40 400g
福洋去头老虎虾
Was:$7.99
$5.98 EA

FROZEN 急冻

Bulacan Pork Tocino 375g
菲律宾风味熏猪肉
Was:$5.99
$3.98 EA

Bulacan Coconut Milk 454ml
冻椰奶
Was:$2.99
2FOR $4.98

Best Quality Frozen Pomfret 1kg
袋装金鲳鱼
Was:$11.99
$8.98 EA

Seabo Squid Tubes Pineapple Cut 454g
海宝宝鲜甜鱿鱼片
Was:$2.99
$1.98 EA

Kebab Factory Kebabs Chicken 912g
烧烤鸡肉串
Was:$9.99
$7.98 EA

Spring Home Spring Roll Pastry 8.5" 275g
第一家春卷皮
Was:$2.29
$1.68 EA

Cavendish Hash Brown Patties 600g
薯饼系列
Was:$2.99
2FOR $4.98

Freshwell Crispy Chive Pockets 420g
吉鲜酥脆韭菜盒子
Was:$4.99
2FOR $8.98

Wanchai Ferry Steam Bun Series 350-390g
湾仔码头蒸包系列
Was:$3.99
2FOR $6.98

Seven Basket Fish Ball 500g
七个篮子火锅五宝
Was:$4.99
$3.98 EA

O'ya Hoho Waxy Corn Series 500g
正大冻糯玉米系列
Was:$2.29
$1.68 EA

Choripdong Frozen Noodle 2.76LB
韩国讚岐乌冬
Was:$5.99
$3.98 EA

Surasang Gyoza Korean
Vegetable Dumpling Series 454g
韩国素菜煎饺系列
Was:$3.99
$2.98 EA

Large White Egg 18pcs
盒装大白蛋
Was:$7.99
$5.98 PK

Maple Leaf Smoked Ham Original 600g
枫叶烟熏火腿
Was:$12.99
$8.98 EA

Tropicana Lower Sugar Orange Juice
Some Pulp 1.36L
低糖少渣橙汁
Was:$5.99
$2.98 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 Mullet
新鲜乌头
Was:$3.99
$2.58 LB

Fresh Jack Fish
新鲜白果鲳
Was:$5.99
$4.28 LB

Fresh Beef Shank Boneless
新鲜无骨牛腿
Was:$7.99
$5.98 LB

Fresh Bone In Pork Ham
新鲜带骨猪腿肉
Was:$2.99
$1.98 LB

Fresh Pork Back Rib
新鲜猪肉排
Was:$4.59
$3.28 LB

Fresh Free Run Chicken
新鲜走地鸡
Was:$17.99
$13.98 EA

Fresh Pork Loin Boneless
新鲜猪肉眼
Was:$3.29
$2.68 LB

Fresh Ground Pork
新鲜猪肉碎
Was:$2.59
$1.58 LB

Previously Frozen Burnt Cow Feet
冻烧牛脚
Was:$3.59
$2.58 LB

Previously Frozen Goat Leg
冻羊腿
Was:$7.99
$5.98 LB

PRODUCE 果蔬

Mustard
大芥菜
Was:$1.99
$1.28 LB



Korean Cabbage
高丽菜
Was:$1.29
78¢ LB



Baby Spinach 2LB
袋装菠菜叶
Was:$7.99
$5.98 BAG



Zucchini
意大利青瓜
Was:$1.59
98¢ LB



1Lb Fresh Garlic
袋装蒜头
Was:$2.59
$1.98 PK



Opo Squash
水瓜
Was:$2.59
78¢ LB



Asia Pear
水晶梨
Was:$1.99
$1.28 LB



Sunkist Orange
新奇士甜橙
Was:$1.99
$1.28 LB



Australia Mandarin
澳大利亚甜橘
Was:$2.99
$2.38 LB



Pomegranate
红石榴
Was:$3.99
2FOR $4.98



GROCERY 杂货

Glico Pocky Pretz Stick Series 93g
格力高饼干条系列
Was:$4.59
$2.98 EA



Ferrero Rocher Chocolate 259-300g
金沙巧克力
Was:$17.99
$13.98 EA



White Castle Butter Cookies 908g
曲奇饼干
Was:$9.99
$7.98 EA



M.Y.San Graham Honey Cracker 800g
空中霸王全麦蜂蜜梳打饼
Was:$11.99
$8.98 EA



Handi Roasted Chana 400g
烤鹰嘴豆
Was:$2.59
$1.68 EA



ITN Fruit Juice Beverage Series 3L
果汁饮料系列
Was:$7.99
$5.98 EA



Starbucks Coffee Series 405ml
星巴克咖啡系列
Was:$4.29
$3.28 EA



Foodiejoie Dried Sorrel 100g
福字干洛神花
Was:$2.99
$2.28 EA



Mega Sardines Series 155g
沙丁鱼罐头系列
Was:$1.59
98¢ EA



Campbell's Mushroom Cream Soup 284ml
金宝蘑菇汤
Was:$1.99
$1.28 EA



Aroy-D / Cock Sweet Chili Sauce Series
甜辣鸡酱/春卷酱 700-920g
Was:$4.99
$3.98 EA



Mang Tomas All-Purpose Sauce
調味醬 550g
Was:$3.59
$2.28 EA



Sukina Buckwheat Noodle 3LB
日本荞麦面
Was:$7.59
$5.98 EA



Kraft KD Original Macaroni & Cheese Dinner
卡夫芝士意面 200g
Was:$2.29
$1.58 EA



Lucky Me Instant Cup Noodle Series 70g
杯面系列
Was:$2.29
$1.58 EA



Handi Crispy Fried Onions 400g
炸洋葱
Was:$3.99
$2.28 EA



Walkerswood Jerk Seasoning Series 280g
牙买加风味调味料
Was:$4.99
$3.98 EA



Quality Huskless Split Mung Beans 1.8kg
绿豆瓣
Was:$6.59
$4.98 EA



Quality Chickpeas 1.8kg
鸡豆
Was:$4.99
$3.58 EA



Nupak Light Red Kidney Beans 2kg
红腰豆
Was:$10.99
$6.98 EA



Hot Pot Season 火锅正当时

Hi Hot Pot Seasoning Series 120g
海底捞火锅底料系列
Was:$4.99
$3.58 EA

D.Y Seafood Snakehead Fish Fillet 250g
大渔海产黑鱼片
Was:$3.99
$2.98 EA

Golden Buffalo Bean Thread 300g
金牛绿豆粉丝
Was:$3.29
$2.68 EA

Black Tie Shrimp Paste (Raw) 150g
海太郎鲜甜虾滑
Was:$2.99
2 FOR $4.98

OKF Farmer's Aloe Vera Drink 1.5L
OKF芦荟水
Was:$3.99
$2.28 EA

Best Choice Beef Roll
大众牛肉卷
Was:$10.99
$8.88 LB

CBC Beef Blade Roll
焯记牛肉卷
Was:$10.99
$8.88 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

Assorted Vegetable And Tofu
杂菜豆腐
Was:$7.99
SAVE $2 $5.99 ORDER

Bombay Chicken
家乡鸡
Was:$12.99
SAVE $2 $10.99 ORDER

BBQ Pork
叉烧
Was:$13.99
SAVE $2 $11.99 ORDER

Salt & Pepper Fish Fillet
椒盐鱼柳
Was:$12.99
SAVE $2 $10.99 ORDER

Honey Chicken
蜜汁鸡
Was:$10.99
SAVE $2 $8.99 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，敬请斯谅。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。

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