FRESH LAND
恒豐超市 SUPERMARKET

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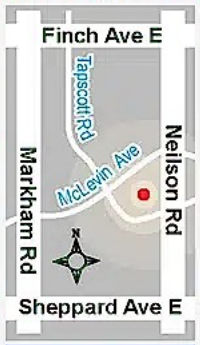

VISA MasterCard Interac 支

www.freshlandsupermarket.ca



Special Valid From Friday Nov. 20th To Thursday Nov. 26th, 2026.

Winter Melon
冬瓜
Was:$1.59
68¢ LB



Bok Choy Sum
白菜芯
Was:$1.99
98¢ LB



Gala Apple
纽西兰苹果
Was:$1.99
$1.28 LB



Honeydew
白蜜瓜
Jumbo 特大
Was:$6.99
$4.98 EA



Fresh Bone In Pork Belly
新鲜有骨猪腩
Was:$4.99
$2.58 LB



Fresh Chicken Wings
新鲜鸡全翅
Was:$3.99
$1.98 LB



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



Fresh Lake Yellow Croaker
新鲜本地黄花
Was:$2.99
$1.98 LB



Minar Classic Exthreemly Long Grain Basmati Rice 10LB
印度米
Was:$15.99
$11.88 BAG



Food Empire Cafe Pho Instant Coffee 216g
越南速溶咖啡
Was:$4.99
$2.98 EA



Nong Shim Instant Cup Noodle Series 6x75g
农心杯面系列
Was:$12.99
$8.98 CASE



MPP Glutinous Rice Pudding 900g
米婆婆米酒
Was:$4.99
$2.98 EA



Calbee Hot & Spicy / Pizza Potato Chips 55g
卡乐B薯片系列
Was:$2.99
$1.98 EA



LKK Panda Brand Oyster Flavoured Sauce
李锦记熊猫蠔油 510g
Was:$4.99
$2.98 EA



Ocean Taste Frozen Durian Pulp Seeded
海之味A级老树有核榴莲肉 400g
Was:$9.99
$6.98 EA



PW Handmade Dumpling Wonton Series
品味大虾云吞系列 300g
Was:$8.99
2FOR $12.98



FROZEN 急冻

AA-1 Galunggong 450g
印度池鱼
Was:$3.59
2FOR $4.98

Bulacan Shredded Young Coconut 454g
冻椰丝
Was:$2.99
2FOR $4.98

Baguio Sweet / Hot Longanisa 375g
菲律宾香肠
Was:$4.99
$3.98 EA

Crispy Tandoori Naan 426g
坦都里烤馕
Was:$2.99
$1.58 EA

Iriple Crown Vegetable Spring Roll 1000g
春卷
Was:$3.99
$2.98 EA

SH Turbot Fish
鑫海桂花鱼
Was:$8.99
$6.98 LB

SH Banga Mary Fish
鑫海三牙鱼
Was:$4.99
$3.98 LB

Fu Yang Basa Fillet 400g
福洋龙利鱼柳
Was:$2.99
2FOR $4.98

AED Broiled Eel 227g
蒲烧鳗鱼
Was:$10.99
$7.98 EA

Ocean Taste Frozen Whole Abalone 234g
海之味大鲍鱼
Was:$5.99
$3.98 EA

Fu Yang Best Quality Clam Meat 300g
福洋蚬肉
Was:$3.99
$2.98 EA

OWL Kamjatang Pork Bone Potato Soup 700g
猫头鹰土豆猪骨汤
Was:$8.99
$6.98 EA

Best Quality Frozen Shrimp Shaomai / Dumpling 400g
鲜虾烧麦/虾饺
Was:$7.99
$5.98 EA

Parkay Vegetable Oil Margarine 427g
植物人造黄油酱
Was:$3.99
2FOR $4.98

Green Hat Cabbage Kimchi 1.2kg
韩国泡菜
Was:$7.99
$4.98 EA

Hoi Tin Chow Mein 425g
海天炒面
Was:$2.59
$1.98 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 Spanish Mackerel
新鲜花鲭
Was:$6.99
$4.98 LB

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

Fresh Front Pork Hock
新鲜猪前蹄
Was:$2.99
$1.98 LB

Fresh Beef Back Rib
新鲜牛排骨
Was:$6.99
$3.98 LB

Fresh Chicken Leg Meat
新鲜鸡腿肉
Was:$6.99
$4.98 LB

Previously Frozen Beef Tripe
冰鲜牛肚
Was:$4.99
$2.98 LB

Fresh Chicken Liver
新鲜鸡肝
Was:$3.59
$1.98 LB

Fresh Ground Beef
新鲜牛肉碎
Was:$5.99
$3.98 LB

Fresh Young Chicken
新鲜嫩鸡
Was:$3.99
$2.98 LB

Previously Frozen Beef Tongue
急冻牛舌
Was:$9.99
$8.58 LB

PRODUCE 果蔬

Baby Mustard
芥菜仔
Was:$1.99
98¢ LB



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



Eddoes
芋仔
Was:$2.59
$1.88 LB



Red Beets
红苋果
Was:$$1.59
98¢ LB



Dasheen Leaf
芋头叶
Was:$5.99
$3.98 LB



Peeled Garlic In Bag 3lb
袋装蒜肉
Was:$7.99
$6.88 BAG



Sweet Mandarin
袋装小甜桔
Was:$2.59
$1.58 LB



White Pomelo
白肉蜜柚
Was:$3.99
$2.98 EA



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

Shan Ginger Garlic Paste Series 700g
姜蓉蒜蓉系列
Was:$ 6.99
$4.98 EA



Paramount Egg Noodle 800g
鸡蛋面
Was:$ 2.99
$2.28 EA



Mom Made Vegetarian Spicy / Namak Para
印度零食 300g
Was:$ 2.99
2FOR $5.00



Royalty Digestives Biscuit 400g
皇室消化饼干
Was:$ 2.99
$1.98 EA



Dunya Harvest Whole Grain White Quinoa
白藜麦 624g
Was:$ 6.99
$4.98 EA



HTB Hardouch Bread Series 907g
切片面包系列
Was:$ 5.99
$4.98 EA



Grace Blackeye Peas 540ml
眉豆罐头
Was:$ 2.99
$1.98 EA



Carnation Thick Cream 170ml
康乃馨浓奶油
Was:$ 3.99
$2.98 EA



Grace Browning Caramel 142ml
棕色糖浆
Was:$ 2.99
$2.58 EA



Kosa Fish Sauce
鱼露 750ml
Was:$ 3.99
$2.28 EA



Wangzhihe Cooking Wine 500ml
王致和精制料酒
Was:$ 2.99
$1.68 EA



Inday's Best Real Squeezed Calamansi
浓缩青柠汁 500ml
Was:$ 13.99
$11.98 EA



Prime Delights Premium Dried Northeast Black Fungus 150g
古早味精选东北云耳
Was:$ 6.99
$4.98 EA



UFC Canton Noodle 454g
大黄面
Was:$ 5.99
$3.98 EA



Hershey's Kisses Pokemon Milk Chocolate
宝可梦牛奶巧克力 180g
Was:$ 6.99
$3.98 EA



FC Soy Sauce Bamboo Shoots 280g
富春江上海油焖笋
Was:$ 2.99
$2.58 EA



Bibizan Mini Cracker Series 408g
比比赞小圆饼干系列
Was:$3.59
$2.98 EA



Sunasia Chicharron Family Size
炸猪皮 250g
Was:$ 8.59
$5.98 EA



BFL Herbal Jelly Series 3x220g
宝丰龙龟苓膏系列
Was:$ 2.99
$1.98 EA



Deeyeo Facial Tissue 60 Sheets
德祐加厚版洗脸巾
Was:$ 2.99
$1.98 EA



Hot Pot Season 火锅正当时

Foojoy Quail Eggs In Water 425g
福字鹌鹑蛋
Was:$2.99
$1.98 EA

Fu Yang Frozen White Shrimp Head ON 30/40
福洋盒装有头白虾 400g
Was:$6.99
$4.98 EA

Double Happiness Shanghai Beancurd 500g
双喜上海南乳
Was:$5.99
$4.98 EA

Searay Fish Tofu Series 250g
海威鱼肉豆腐系列
Was:$3.99
$2.98 EA

Arctic Ocean Soda Series 6x330ml
北冰洋汽水系列
Was:$7.99
$5.98 PK

Lelewa Yogurt Flavored Drink 10x400ml
乐乐娃乳酸菌饮料
Was:$1.99
2FOR $2.98

CBC Lamb Shoulder Roll
焯记羊肉卷
Was:$11.99
$9.98 LB

Best Choice Lamb Shoulder Roll
大众羊肉卷
Was:$11.99
$9.98 LB

KABEER HALAL MEAT

BEEF · CHICKEN · GOAT · LAMB · VEAL

416.722.9598

Veal Shoulder $7.49 lb	Beef Shoulder $5.99 lb	Beef Oxtail $9.49 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

Black Pepper Chicken
黑椒鸡
Was:$12.99
SAVE $2 $10.99 ORDER

Tangy And Spicy DicedChicken
酸辣鸡丁
Was:$12.99
SAVE $2 $10.99 ORDER

BBQ Pork Ribs
烧排骨
Was:$12.99
SAVE $2 $10.99 ORDER

Lemon Pepper Chicken Wings
林檬椒盐鸡翅
Was:$10.99
SAVE $2 $8.99 ORDER

Shanghai Noodle
上海粗炒
Was:$5.99
SAVE $1 $4.99 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。

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