Al Premium 華盛
FOOD MART | McCOWAN

SUBSCRIBE
DON'T MISS OUR WEEKLY SPECIAL
扫描二维码 解锁每周特价



DR. JART+ VITAL MASK/SOOTHING MASK
蒂佳婷强化保湿面膜/舒缓保湿抗敏面膜
5 ct Reg. $10.99/ea

BEAUTY MEGA SALE
Big Deals. Beautiful Savings.

ITEMS AND PRICES AVAILABLE ONLY IN THE AL PREMIUM McCOWAN STORE LOCATED AT 250 ALTON TOWERS CIRCLE, UNIT 2A.

VALIDATION NOVEMBER 11月, 2026

THU 周四	FRI 周五	SAT 周六	SUN 周日	MON 周一	TUE 周二	WED 周三
12	13	14	15	16	17	18

Please refer to in-store information for accurate pricing and product details, as printing errors may occur.


BOK CHOY SUM
白菜芯
Reg. $1.49/lb
89¢/lb


YU CHOY
油菜
Reg. $1.88/lb
1.68/lb


PORK BELLY BONELESS
无骨猪腩
Reg. $4.99/lb
3.99/lb

3 DAYS ONLY
13/11-15/11
只限本周五、六及日三天。


FRESH SWEET DATES
冬枣
Reg. $3.99/lb
2.99/lb



BLUEBERRIES
大盒蓝莓
Reg. $6.99/ea
4.99/ea


LIVE CARP
游水鲤鱼
Reg. $6.99/lb
5.99/lb



JML INSTANT NOODLE (PORK/BEEF)
今麦郎酸辣猪骨汤面/日式猪骨汤面/金汤肥牛汤面
5 x 158 g /138 g Reg. $6.99/ea
3.99/ea



ROSE BRAND WHITE GLUTINOUS RICE
玫瑰牌白糯米
2 kg Reg. $9.99/ea
5.99/ea



WALOVI COOLING TEA
王老吉凉茶植物饮料
6 ct Reg. $4.99/ea
2.99/ea


SUNFUNG DRIED BEANCURD
新豐福建圆枝腐竹
340 g Reg. $4.99/ea
3.99/ea



ACECOOK OH RICEY RICE NOODLE
特级沙河粉
500 g Reg. $4.59/ea
2.99/ea



FUYANG COOKED SHRIMP 26/30
福洋基围虾26/30
300 g Reg. $6.99/ea
5.88/ea



RB COLOR HAIRDYE CREAM 5N/3N
吕亮彩染发
5N自然棕色/3N深褐色
3 pcs Reg. $10.99/ea
8.99/ea

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VEGETABLE | FRUIT


OPO SQUASH (CHINESE LONG SQUASH)
水瓜
Reg. $1.49/lb
99¢ /lb


GREEN ZUCCHINI
意大利青瓜
Reg. $1.99/lb
99¢ /lb


BABY BOK CHOY (NAIYU)
奶油白菜
Reg. $1.49/lb
99¢ /lb


SEAFOOD MUSHROOM
海鲜菇
Reg. $1.48/ea
2/1.77



RED ONIONS (7 LB)
7磅袋装紫洋葱
Reg. $6.99/ea
4.99 /ea


POMEGRANATE
红石榴
Reg. $3.99/ea
2.88 /ea


GREEN SEEDLESS GRAPE
无核青提
Reg. $3.99/lb
2.88 /lb



MANGO KENT
羊驼牌太阳之子芒果
Reg. $6.99/lb
4.99 /lb


SMALL HONEYDEW
白蜜瓜
Reg. $6.99/ea
5.88 /ea

MEAT


PORK HUNG
猪大肠
Reg. $4.99/lb
2.99 /lb


VEAL BRISKET
牛仔腩
Reg. $9.99/lb
8.99 /lb



AL PREMIUM BEEF SLICED ROLL
雪花肥牛卷
Reg. $9.99/lb
8.99 /lb


BONELESS CHICKEN BREAST
无骨鸡胸
Reg. $7.99/lb
5.59 /lb

SEAFOOD


BELT FISH
冰鲜牙带
Reg. $8.99/lb
5.99 /lb


LIVE DOG FISH
生鱼
Reg. $6.99/lb
4.99 /lb


LIVE EEL
游水野生白鳝
Reg. $25.99/lb
22.99 /lb


SALTED JELLYFISH HEAD
盐汁特吸海蜇头
Reg. $29.99/ea
25.99 /ea


WHITE POMFRET
冰鲜小白鲳
Reg. $3.99/lb
2.99 /lb



3 FISH ODEN COMBO
关东煮
Reg. $7.99/ea
5.99 /ea

RESTAURANT CASH & CARRY

12 ct



COCK BRAND SRIRACHA HOT CHILI SAUCE
鸡牌是拉差甜辣椒酱箱装
793 g
Reg. $86.00/ea
59.99 /ea

22 lb


GREEN ZUCCHINI
青意大利瓜
18.00 /cs

22 lb


FRESH CARROTS
红萝卜
12.00 /bag

mc.alpremium.ca

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5 ct Reg. $10.99/ea

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GROCERY



LOTTE MILKIS MILK & YOGURT FLAVOR
汽水
1.5 L Reg. $3.99/ea
2.99/ea



HOT KID MILK DRINK
旺仔牛奶
6 x 245 ml Reg. $10.99/ea
7.99/ea



FERRERO ROCHER T48
费列罗巧克力T48
600 g Reg. $22.99/ea
19.99/ea



ROASTED ORGANIC CHESTNUT
新丰有机甘栗仁
240 g Reg. $4.99/ea
2.99/ea



KJELDSENS BUTTER COOKIES
丹麦蓝罐曲奇
908 g Reg. $19.99/ea
15.99/ea



DATU PUTI VINEGAR
白醋
1 L Reg. $2.99/ea
1.99/ea


PEANUT OIL
金龙鱼浓香花生油
1.8 L Reg. $15.99/ea
12.99/ea



YU QUAN PRESERVED VEGETABLE/ THREE GORGES BRAND PRESER
鱼泉鲜香榨菜/三峡牌老板菜/老板菜丝
5 x 70 g / 4 x 70 g Reg. $1.99/ea
2/2.99



G7 TRUNG NGUYEN INSTANT COFFEE
3合1速溶咖啡
288 g Reg. $4.99/ea
2/6.99


EAGLECOIN FRIED DACE
鹰金钱豆豉鲮鱼
4 x 184 g Reg. $15.99/ea
10.99/ea


COCK BRAND SWEET CHILLI SAUCE/ SWEETENED CHILLI SAUCE FOR SPRING ROLL
650 ml / 700 ml Reg. $4.99/ea
3.99/ea



LEE KUM KEE SOY SAUCE
李锦记鲜味生抽
1.9 L Reg. $9.99/ea
6.99/ea



SF QUAIL EGGS IN WATER
新丰清水鹌鹑蛋
425 g Reg. $2.99/ea
1.99/ea



P/GOLD LYCHEE IN SYRUP
财仔牌精选糖水荔枝
565 g Reg. $2.99/ea
1.99/ea



CARNATION EVAPORATED MILK
三花淡奶
6 x 354 ml Reg. $13.99/ea
10.99/ea



SPAM LUNCHEON MEAT 25%/ FAMILY PACK
午餐肉
4 x 340 g Reg. $19.99/ea
12.99/ea



FOOJOY SHAOXING COOKING WINE
福顺兴厨用花雕酒
3 L Reg. $5.99/ea
4.99/ea



RED DRAGON BAMBOO SHOOT
红龙牌竹笋
1 kg Reg. $6.99/ea
4.99/ea

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5 ct Reg. $10.99/ea

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GROCERY


SB CRAYFISH TAIL
7个篮子小龙虾尾
680 g Reg. $19.99/ea
14.99/ea


SH FROZEN BASA FILLET
鑫海龙利鱼柳
800 g Reg. $5.99/ea
4.99/ea



FROZEN BAY SCALLOPS
扇贝肉
800 g Reg. $12.99/ea
8.99/ea


100% DIM SUM SHRIMP & WONTON SERIES
100%大虾系列点心
12 pcs Reg. $8.99/ea
2/13.88



SB/SH COOKED CALMS
7个篮子/鑫海有壳花蛤
400 g Reg. $3.39/ea
2/5

COSMETICS


LL RD PINK SAKURA
本色恩粉红恋人樱花水语香薰
150 ml
Reg. $13.99/ea
9.99/ea



IN GARDENIA JASMINE/ CAMELLIA
200 ml
Reg. $18.99/ea
13.99/ea

HOUSEWARE



PK MULTI PURPOSE COOKWARE
厨霸复底三层蒸锅
32 cm
Reg. $59.99/ea
29.99/ea


CREAMIC NONSTICK WOK
34 cm
Reg. $25.49/ea
19.99/ea

ORIENTAL KITCHEN


BBQ PORK WITH RICE
叉烧饭
Reg. $9.99/ea
8.99/ea


BBQ DUCK WITH RICE
烧鸭饭
Reg. $10.99/ea
9.99/ea


BBQ DUCK
明炉烧鸭
Reg. $29.99/ea
27.99/ea

HEALTH



净化肝脏，养护肝脏细胞，舒肝散热，舒缓黄疸。
LIVER FLUSH
护肝宁
500 ml
Reg. $31.99/ea
22.99/ea

• BEAUTY & PERSONAL CARE & FRAGRANCE •

Discover Our New Beauty Arrivals!

美妆部每周精选新品好物

YOUR FAVORITE K-BEAUTY & J-BEAUTY ESSENTIALS

LELA LADYBRO

本色恩粉红恋人
樱花水语香氛
Sakura Diffuser
150 ml



$9.99 ea.

RYO

吕亮彩染发霜
Bright Colour
Hair Dye Cream
120 g



$8.99 ea.

DR. JART+

蒂佳婷保湿面膜
Vital/Soothing Mask
5 pcs



$3.99 ea.

IN GARDENIA

清栀沐香香氛
茉莉/山茶
Reed Diffuser
200 ml



$13.99 ea.

MEDIHEAL

美迪惠尔
芦荟保湿胶
Aloe Vera
Hydrogel
300 g



$2.99 ea.

SONG CHAO

宋朝蜡笔小新
车载香氛
Crayon Shin Chan
Car Air Freshener
120 ml



$13.99 ea.

KOBAYASHI

小林制药消臭洁厕灵
Toilet Cleansing Tablet
1 pc



2/5

DR ALTHEA

舒缓保湿喷雾
345 Relief
Cream Mist
100 ml



$20.99 ea.

KUSTIE

蔻斯汀果酱嫩肤沐浴露
Fruit Jam Body Wash
450 g



$5.99 ea.

Al Premium | 華盛

THURSDAY, NOVEMBER 12 TO WEDNESDAY, NOVEMBER 18, 2026.

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Items and pricese available only in the Al Premium Eglinton store and McCowan store.