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
新鲜无骨牛腩
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
2FOR $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!

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