FRESH LAND
恒豐超市 SUPERMARKET

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www.freshlandsupermarket.ca



Special Valid From Friday Nov. 27th To Thursday Dec. 03rd, 2026.

Onion In Bag
袋装洋葱
Was:$1.99
98¢ BAG

Buttercup Squash
妈咪瓜
Was:$1.29
38¢ LB

Golden Pineapple
菠萝
Was:$6.99
$4.98 EA

Blueberry
盒装蓝莓
Was:$6.99
$4.88 PK

Fresh Pork Butt
新鲜猪梅头
Was:$3.59
$1.98 LB

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

Fresh Yellow Tail Snapper (1/2 ~ 1/4)
新鲜黄尾鲹
Was:$7.99
$5.98 LB

Live Canada Lobster (1-1.25LB)
生猛加拿大龙虾
Was:$13.99
Fri. to Sun. Only
仅限周五至周日3天
$9.98 LB

LA Red Dates 2.5kg
利安新疆灰枣
Was:$12.99
$8.88 EA

Dole Pineapple Juice 1.36L
菠萝汁
Was:$5.99
$3.88 EA

Kung Fu Soy Sauce 1000ml
味王功夫酱油
Was:$5.99
$3.88 EA

Jobo Tropical Fruit Salad 820g
热带杂果
Was:$2.99
$1.88 EA

Orion Choco Pie 360g
好丽友巧克力派
Was:$6.99
$3.88 EA

UFC Spaghetti Sauce 1kg
意粉酱
Was:$5.99
$4.88 EA

Best Quality Tilapia 1kg
袋装金山鲫
Was:$4.99
$3.98 EA

Northern King Black Tiger Shrimp 8/12 400g
一哥无头海虎虾
Was:$11.99
$8.98 EA

FROZEN 急冻

Bulacan Grated Cassava 454g
冻木薯粉
Was:$1.99


2FOR $2.98

Spring Home Samosa Pastry 30Shts 180g
第一家咖喱角皮
Was:$1.99


2FOR $2.98

Lazeez Plain Paratha 30pcs 2.4kg
印度煎饼
Was:$8.99


$6.98 EA

G&L Frozen Golden Pompano
正大急冻金鲳鱼
Was:$4.59

$3.98 LB

AA-1 Tulingan Bullet Tuna 680g
小吞拿
Was:$4.59


$3.98 EA

Best Quality Frozen Raw Peeled Deveined Tail Off Vannamei Shrimp 220g
福洋生虾仁
Was:$3.99

$2.98 EA

Seabo Scallops 40/60 300g
海宝宝鲜甜带子
Was:$5.99

$3.98 EA

Ten Ten Dumpling Series 800g
天天水饺系列
Was:$7.99


$5.98 EA

Sanquan Frozen Steamed Flour Bun Series
三全面点坊奶黄包/豆沙包 360g
Was:$2.99

2FOR $4.98

Siwin Taiwanese Style Pork Sausage 375g
喜旺台湾烤肠
Was:$7.99


$5.98 EA

Woo Yang Chef Story Corn Dog Series 400g
韩国芝士热狗
Was:$10.99


$7.98 EA

K-Fish Frozen Pre Fried Fish Cake 1.98LB
韩国鱼饼
Was:$7.99


$5.98 EA

Shirakiku Edamame In Pod 400g
白菊枝豆
Was:$2.99


$1.98 EA

Del Monte Orange Juice Series 2.5L
橙汁系列
Was:$6.99

$5.98 EA

Bedessee Marshalls Salt Alaskan Fish 280g
阿拉斯加无骨咸鱼柳
Was:$3.99


$2.98 EA

Ramen Series 1kg
一町拉面系列
Was:$4.99

$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 Skate Wing
新鲜斑翅
Was:$4.99

$3.28 LB

Fresh White Perch
新鲜单线
Was:$3.99

Large 大
$2.58 LB

Fresh Ox Tail
新鲜牛尾
Was:$13.99

$9.98 LB

Fresh Pork Front Feet
新鲜猪前蹄
Was:$2.99

$1.88 LB

Fresh Turkey Wings
新鲜火鸡翅
Was:$3.99

$2.88 LB

Fresh Pork Shoulder Blade
新鲜西施骨
Was:$3.59

$2.58 LB

Fresh Beef Neck Bone
新鲜牛颈骨
Was:$3.99

$2.58 LB

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

$4.98 LB

Previously Frozen Burnt Cow Skin
冻烧牛皮
Was:$9.99

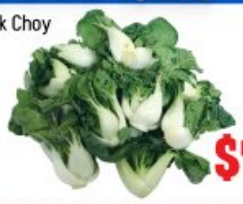
$5.98 LB

Fresh Pork Liver
新鲜猪肝
Was:$2.59

$1.58 LB

PRODUCE 果蔬

Baby Nai Yu Bok Choy
奶油苗
Was:$2.59
$1.38 LB



Purple Yam
紫心番薯
Was:$2.59
$1.88 LB



Red Shallot
红葱仔
Was:$2.59
$1.28 BAG



Chayote
合掌瓜
Was:$1.99
$1.28 LB



King Oyster Mushroom
盒装皇子菇
Was:$3.59
$2.58 PK



Carrot
胡萝卜
Was:$1.59
68¢ LB



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



Fuyu Persimmons
富贵柿
Was:$2.99
$1.98 LB



Asia Pear
水晶梨
Was:$1.99
$1.28 LB



South Africa Orange
南非甜橙
Was:$1.59
98¢ LB



GROCERY 杂货

Planters Dry Roasted Peanuts 600g
加拿大产香烤花生
Was:$6.99
$4.98 EA



Zaika Kesar Mango Pulp 850g
芒果罐头
Was:$4.59
$3.28 EA



Hamdard Rooh Afga 800ml
玫瑰露饮料
Was:$4.99
$3.98 EA



Brooke Bond Taj Mahal Loose Leaf Black Tea
印度红茶 900g
Was:$13.99
$9.98 EA



TAZA 100% Avocado Oil 500ml
纯牛油果油
Was:$10.99
$8.98 EA



ABC Sweet Soy Sauce 600ml
甜酱油
Was:$6.99
$4.88 EA



Vietnamese Calamansi Juice Beverage 1L
元初越南小青柠水
Was:$5.99
$3.98 EA



Ting Sparkling Grapefruit Drink Series 300mL
西柚味气泡水系列
Was:$1.99
$1.28 EA



Grace Dry Soup Mix Series 45g
汤包系列
Was:$1.29
88¢ EA



Juliang Organic Sunflower Seeds 908g
巨量有机葵花籽
Was:$9.99
$7.98 EA



Kraft KD Original Macaroni & Cheese Dinner
卡夫芝士意面 200g
Was:$1.99
$1.28 EA



Modena Cheese Flavoured Snacks 16x14g
芝士圈
Was:$5.99
$3.98 EA



Aroy-D Bamboo Shoot Strips 550ml
清水笋丝
Was:$2.99
$2.28 EA



Shodoisland Panko Japanese Style Bread Crumbs 227g
小豆岛面包糠
Was:$2.99
$2.28 EA



Shodoisland Instant Japanese Style Noodles
小豆岛日式乌冬 4x200g
Was:$3.99
$2.98 EA



LKK Black Pepper Sauce 294ml
李锦记黑椒汁
Was:$5.99
$3.98 EA



Foodiejoie Dried Lotus Seeds 300g
福牌通心白莲子
Was:$7.99
$6.88 EA



M Rhizoma Dioscoreae 454g
鹿牌河南淮山片
Was:$10.99
$8.98 EA



Cashmere Original Bathroom Tissue
厕纸 12=24 Rolls
Was:$15.99
$10.88 PK



Palmolive Dish Liquid Series 828ml
洗洁精系列
Was:$3.99
$2.88 EA



Hot Pot Season 火锅正当时

Really Canned Yellow Peach 760g
真心黄桃罐头
Was:$4.99
$2.98 EA

Bulacan Fish / Squid Ball Series 200g
鱼丸/鱿鱼丸
Was:$2.59
$1.98 EA

Hereford Luncheon Meat 320g
哈佛午餐肉
Was:$2.99
$2.28 EA

Sanford Greenshell Mussels 800g
纽西兰半壳青口
Was:$14.99
$9.98 EA

Coconut Palm Coconut Milk Drink 1L
椰树牌椰汁
Was:$4.99
$2.98 EA

China Maid Bean Curd Sticks 170g
筌美元枝腐竹
Was:$3.99
$2.88 EA

Best Choice Pork Butt Roll
大众顶级猪肉卷
Was:$5.99
$4.88 EA

CBC Pork Shoulder Roll
焯记梅头猪肉卷
Was:$5.99
$4.88 LB

KABEER HALAL MEAT

BEEF · CHICKEN · GOAT · LAMB · VEAL

416.722.9598

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

Honey Chicken Wings
蜜汁鸡翅
Was:$10.99
SAVE $2 $8.99 ORDER

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

Sweet & Sour Chicken
甜酸鸡肉
Was:$10.99
SAVE $2 $8.99 ORDER

Teriyaki Chicken
铁板鸡
Was:$14.99
SAVE $2 $12.99 ORDER

Cantonese Noodle
菜炒广东面
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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