GROCERY

Red Rain Energy Drink
355ml



99¢/EA

Jamaican Coconut Milk
400ml



99¢/EA

Kosa Red Skin Peanut
908g



$3.99/EA

Kosa Young Green Jackfruit In Brine
540g



$1.68/EA

Quality Whole Mung Beans
4lb



$4.77/EA

MitRam Basil
200g



$1.39/EA

Britannia Toastea Milk Rusk
560g



$2.88/EA

Quality Priya Basmati Rice
8lb



$6.99/EA

Jamaican Ginger Beer
500ml



$1.39/EA

Brown Betty Chow Mein Noodles
340g



99¢/EA

St Mary's Banana Chips Original
30g



59¢/EA

Walkerswood Jamaican All-Purpose Mix & Blenda Green Seasoning
280g



$3.59/EA

Sunasia Premium Chicharon Fried Pork Rinds
250g



$5.99/EA

Monde Eggnog Cookies
130g



$1.49/EA

Bulacan Bagoong Balayan Salted Anchovy Sauce
300ml



$1.99/EA

Marca Pina Fish Sauce
1000ml



$2.88/EA

AUTUMN SALE



Sunlight Original Fresh Concentrated Detergent
5.6L



$12.99/EA

Dove Dairy Moisture Shampoo
1.18L



$9.99/EA

Royale Original Soft Bathroom Tissue
30 Rolls=60 30rolls



$14.99/EA

Pork Bone In/Boneless Belly



$2.59/LB

Frozen Beef Short Ribs



$5.99/LB

Kebab Factory Chicken Kebabs
912g



$6.99/EA

Bibigo Dumplings Series



$9.99/EA

FROZEN

SH Black Tiger Shrimp
31/40 400g



$5.99/EA

Frozen Basa Steak
600g



$2.79/EA

Fu Yang Vegetable Spring Roll
1kg



$2.99/EA

Maizteca Tortillas
794g



$2.99/EA

Appleton California Mixed Vegetable
1.5kg



$3.99/EA

Frozen Banana Leaves
454g



2/$3.00

Smart Choice & Seven Baskets Scallop
300g



$3.99/EA

Kababayan Squid
400g



$4.99/EA

Lactantia Butter
454g



$5.99/EA

Neilson Milkshake Series
310ml



2/$3.00

Oasis Orange Juice
2.5L



$6.99/EA

Buenas & Bulacan Grated Coconut
454g



$1.99/EA

BAKERY

Grey Matlock Butter Filled Bread
700g



$2.99/EA

Moms Made Namak/Methi/ Spicy Para
300g



$2.29/EA

La Fournée Dorée Hot Dog Rolls
385g



$4.29/EA

Atul Bakery Cream Roll Series
50g



2/$1.29

WHOLESALE

50lb Onion



JUMBO

$24.99/BAG

White Potato
50lb



$23.99/BAG

Frozen Chicken Leg Meat Boneless
25kg



$230.00/CS

Beef Striploin



$7.99/LB

Spring Home TYJ Spring Roll Pastry
8.5inch
20 sheet x 40pks



$58.00/EA

Grated Cassava
40x454g



$60.00/EA

SH Banana Leaves
20x454g



$33.00/EA

White Eggs
6x30pcs



$55.00/EA

VEGETABLES & FRUITS

Thai Green Chili



$1.99 /PK

BBQ Sweet Potato



$1.88 /LB

Red Onion (s) 10lb



$2.99 /BAG

Carrots



58¢ /LB

Crown Broccoli



$1.28 /LB

Fresh Peanut



$1.99 /LB

Organic Cauliflower



$1.38 /LB

Napa



68¢ /LB

Bartlett Pear



$1.28 /LB

Jamaican Cooking Banana



$1.99 /LB

Apple Mango



2/$3.00

Green Plantain



$1.58 /LB

MEATS & SEAFOOD

Lean Pork



$2.59 /LB

Beef White Feet



$1.99 /LB

Beef Flanks



$5.59 /LB

Beef Back Ribs



$4.29 /LB

Beef Skin



$4.99 /LB

Ground Chicken



$2.99 /LB

Turkey Drumstick



$2.59 /LB

Goat Tripe



$2.99 /LB

Fresh Salmon Fillet



$9.99 /LB

Fresh Salmon Steak



$7.99 /LB

Fresh Whole King Fish



$4.99 /LB

Guyanese Fine Bangamary



$6.99 /LB

MISSISSAUGA LOCATION

TIK TOK

INSTAGRAM

WEBSITE

FreshPro FOODMART



7333 GOREWAY DR, MISSISSAUGA, ON L4T 2T8 | TEL: 905-678-6788
WWW.FRESHPROFOODMART.COM | OPEN 7 DAYS A WEEK | 8AM TO 11PM

PROMOTIONAL PERIOD FRIDAY OCT 30 >>> THURSDAY NOV 05, 2026

Raw Pepitas



BY WEIGHT $3.77 LB

Coffee Mate Original 1.4kg



$9.99 EA

Mr. Goudas Sweetened Condensed Milk 300ml



$2.88 EA

Guyana Gray Snapper (Whole)



BY AIR $5.99 LB

A+ Frozne Tilapia 1kg



$3.59 EA

Naturalle Paratha 2.4kg



$4.99 EA

Iogo Creamy Yogurt Series 16x100ml



$5.99 EA

Live Blue Crab



$2.99 LB

Chicken Wing



$1.99 LB

Boneless Chicken Breast



$4.99 LB

Boneless Pork Ham Steak



$1.99 LB

Frozen Goat Leg



$4.99 LB

Boneless Beef Outside Oven Roast



$7.99 LB

Green Long Bean



$2.99 LB

Cassava



99¢ LB

Guyana Spice Mango



BY AIR $5.88 LB

FuYu Persimmon



$1.99 LB

* Check price on store display tags in case of disrepancy due to printing error in the advertisement.

FreshPro Foodmart reserves the right to limit quantities. No raincheck.