FROZEN

Astro Plain Yogurt
750g



$2.99/EA

Lactantia Butter
454g



$5.99/EA

Mi Pueblito Mexican Style Corn Tortillas
2kg



$9.99/EA

Crispy Tandoori/ Garlic Naan
426g



2/$3.00

Siren's Three Spot Crab
1kg



$8.99/EA

Best Quality Pompano



$3.59/LB

G&L Frozen Clams
400g



2/$5.00

Seven Basket Squid Pineapple Cut
260g



$2.99/EA

Frozen Vegetable Spring Rolls
1kg



$2.99/EA

Bedessee Whole Cassava
1.5kg



$4.99/EA

Apna Taste Indian Dessert Series



$4.99 - $8.99/EA

Milk 2 Go Chocolate Milk
6x200ml



$5.99/EA

BAKERY

Mom Made Namak/Methi/ Spicy Para



$2.29/EA

Tasty Pastry Cheese Cake Original/Mango



$7.99/EA

La Fournee Doree Chocolate Croissants
360g



$5.59/EA

Furlani Texas Toast Garlic & Garlic Parmesan
638g



$4.59/EA

WHOLESALE

50lb Onion



JUMBO

$24.99/BAG

White Potato
50lb



$23.99/BAG

Chicken Drumstick
18kg



$55.99/CS

Chicken Leg Meat
25kg



$220.00/CS

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



$58.00/EA

Grated Cassava
40x454g



$60.00/EA

SH Banana Leaves
30pcs



$60.00/EA

White Eggs
6x30pcs



$55.00/EA

VEGETABLES & FRUITS

Chestnut



$1.58/LB

Shallot



2/$2.50

Costa Rica Sweet Potato



$1.58/LB

Guyana Pumpkin



$1.39/LB

King Mushroom



2/$3.00

10LB Red Onion



$4.99/BAG

Buttercup Squash



68¢/LB

Fresh Mint



2/$1.99

Red Seedless Grapes



$2.99/LB

Ambrosia Apple



$1.29/LB

Brown Pear



$1.28/LB

South Africa Orange



99¢/LB

MEATS & SEAFOOD

Beef Regular Tripe



$2.99/LB

Boneless Chicken Leg



$3.99/LB

Burnt Muscovy Duck



$22.99/EA

Pork Ham Steak



$1.59/LB

Pork Hock



$1.99/LB

Goat Liver



$3.99/LB

Beef Striploin Steak



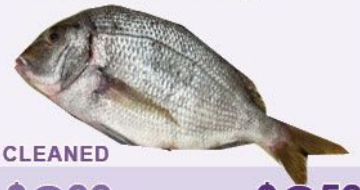
$7.99/LB

Lean Pork



$2.59/LB

Fresh Boston Porgy



CLEANED

$2.99/LB

$2.59/LB

Guyana Bangamary (Big) Headless



$3.99/LB

Fresh Red Snapper



CLEANED

$7.99/LB

$7.59/LB

Fresh White Perch



CLEANED

$2.99/LB

$2.59/LB

GROCERY

Esma Pickled Cucumbers
680g



$1.99 /EA

Coco India Coconut Milk
400ml



$1.29 /EA

Foodiejoie Dried Hot Chili
454g



$3.99 /EA

Phidelia Cranberry Mix
400g



$5.99 /EA

Desi Suji Coarse
4lb



$3.59 /EA

Britannia Bourbon Creme Biscuit With Chocolate
390g



$1.99 /EA

Handi Phool Makhana
400g



$10.99 /EA

Daawat Everyday Basmati Rice
4kg



$9.99 /EA

Mr.Goudas Yellow Split Pea
4.4lb



$2.29 /EA

Foodiejoie Dried Sorrel
100g



$2.49 /EA

Excelsior Water Crackers
300g



$1.59 /EA

Benjamins Artificial Vanilla Flavouring



$3.59 /EA

Jack'n Jill Cream-O Chocolate & Vanilla Cream Cookie
300g



$2.99 /EA

Jack'n Jill Piattos Cheese Flavored & Sour Cream & Onion Flavored Potato Crisps
170-212g



$2.77 /EA

Bulacan Pancit Canton Flour Stick Noodles
454g



$2.99 /EA

UFC Banana Sauce
550g



$2.29 /EA



WINTER SALE

Cookerking Granite Non-Stick Cookware Set
6 Piece



$120.00 /EA

Tide Simply Refreshing Breeze & Daybreak Fresh Detergent
2.72L



$9.99 /EA

Irish Spring Original 12Hr Fresh Deodorant Soap
113gx20



$14.99 /EA

Best Choice Beef Ribeye Roll



$7.99 /LB

Pork Chop



$1.99 /LB

Kebab Factory Chicken Kebabs
912g



$6.99 /EA

Choripdong Assorted Fried Fish Balls
500g



$3.99 /EA

MISSISSAUGA LOCATION ONLY

TIK TOK

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FreshPro FOODMART



2027 Calendars
Now Available

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

Flyer Promotional Period: Friday November 27, 2026 To Thursday December 03, 2026

Nutrament Vanilla Energy Nutrition Drink 325ml



$1.99 EA

Ekono+ Sea Salt 700g



88¢ EA

Carnation Evaporated Milk 354ml



$1.68 EA

Live White Tilapia



$7.99 LB

Cool Ocean Headless White Shrimp 21/25 400g



$3.99 EA

Earth's Own Beverage Drink Series 1.89L



$2.99 EA

Deep Large Shredded Coconut 340g



$1.99 EA

Guyana Yellow Gillbacker



$6.99 LB

Chicken Drumstick



$1.39 LB

Boneless Pork Belly



$2.99 LB

Frozen Mutton Leg



Limit 2 pcs Per Family

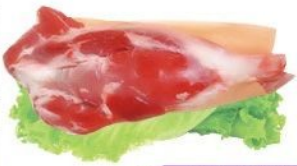
$4.99 LB

White Cow Feet



$1.99 LB

Boneless Beef Shank



$5.99 LB

Indian Carrots



88¢ LB

3PC Romaine Hearts



$3.58 BAG

Golden Pineapple



$4.99 EA

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.