# Ample FOOD MARKET

WWW.AMPLEFOOD.CA TEL: 905-455-3575




E-mail: amplefood888@gmail.com
7 Days A Week 9:00am To 9:00 pm

## Special Valid From Friday October 16, To Thursday October 22, 2026

**Priya Basmati Rice 8LB**
Was:$ 8.99




$5.88 / bag

**Unico Vegetable Oil 3L**
Was:$ 12.99




$9.88 / ea

**Nutrament Energy Nutrition Drink 325ml**
Was:$ 2.99




$1.99 / ea

**Ann Instant Honeyed Ginger Drink 18gx18bags**
Was:$ 3.99




$2.68 / ea

**Local Gala Apple**
Was:$ 1.99



$1.29 /lb

**Jamaican Banana**
Was:$ 2.99



$1.99 /lb

**English Cucumber**
Was: 2/$4



2 for $2.50

**Red Pepper**
Was:$ 2.99



$1.59 /lb

**Butternut Squash**
Was:$ 1.29



59¢ /lb

**Sirens World Frozen Golden Pompano**
400g -500g
Was:$ 4.99



2 for $8.99

**Ferma Squid Tentacles 1kg**
Was:$ 12.99



$10.99 / ea

**Chicken Wings**



$2.59 /lb

**Live Blue Crab**
Was:$ 5.99



$3.99 /lb

**Whole King Fish**
Was:$ 6.99



no clean $4.99 /lb clean $5.29 /lb

**Black Tilapia**
Was:$ 3.99



no clean $2.99 /lb clean $3.39 /lb

**Frozen Goat Leg**



$5.99 /lb

Positions Available for Cashier, Grocery and Vegetable helper, please apply within at Customer Service, Experience preferred.

235 Fletchers Creek Blvd. Brampton ON L6X 0Y7 (On Bovaird Dr) E-mail: amplefood888@gmail.com | 7 Days A Week 9:00am To 9:00pm

## SEAFOOD

Headless Shrimp
Was:$8.99

$7.99 /lb

Salmon Fillet
Was:$10.99

$9.99 /lb

Tilapia Fillet
Was:$8.99

$7.99 /lb

Live Cat Fish
Was:$4.99


$3.99 lb $4.29 lb

Squid
Was:$6.99

$5.99 /lb

White Perch
Was:$3.99


$2.69 lb $2.99 lb

Red Snapper
Was:$6.99


$5.69 lb $5.99 lb

Sardine
Was:$3.99

$2.99 /lb

## AL ARSH HALAL MEAT

Veal With Bone
Was:$7.99

$6.99 /lb

Beef With Bone
Was:$6.99

$5.99 /lb

Whole Chicken(Clean N Cut)
Was:$3.99

$2.99 /lb

Burnt Cow Feet
Was:$2.99

$1.99 /lb

Beef Stomach
Was:$3.99

$2.99 /lb

## PRODUCE

Bok Choy Sum
Was:$1.99

$1.28 /lb

Baby Mustard
Was:$1.99

$1.28 /lb

Korean Cabbage
Was:$1.29

58¢ /lb

Loose Carrot
Was:$1.29

78¢ /lb

Indian Carrot
Was:$1.99

99¢ /lb

Bbq Sweet Potato
Was:$2.99

$1.98 /lb

Red Onion 3LB
Was:$4.99

$2.99 /bag

Golden Dates
Was:$5.99

$3.99 /lb

Asian Pear
Was:$1.99

$1.29 /lb

Passion Fruit 3pcs
Was:$5.99

$3.99 /pk

50 Lbs Large Russet Potato

$25.00 /bag

Jumbo Carrot 50LB


$22.00 /bag

50 Lbs Cooking Onion

$25.00 /bag

25 Lbs Jumbo Red Onions

$18.00 /bag

Green Cabbage

$17.00 /box

Colossal Spanish Onion 50 LB

$33.00 /bag

Chef White Potato

$22.00 /bag

# GROCERY

Nupak Long Grain Parboiled Rice 8kg
Was: 16.99


$12.88 /ea

Sher Besan Chana Flour 4Lb
Was: 6.99


$4.59 /ea

Grace Instant Oats 1kg
Was: 3.99


2 for $5.00

Imma Chow Mein 340g
Was: 3.59


2 for $5.00

Prime Delights Kong Moon Rice Stick 450g
Was: 2.29


2 for $3.00

Montego Callaloo 540ml
Was: 3.99


2 for $5.00

Carnation Evaporated Milk 354ml
Was: 2.99


$1.88 /ea

Mr. Goudas Coconut Milk 400ml
Was: 1.99


99¢ /ea

Golden Panda Condensed Creamer 390ml
Was: 1.99


2 for $2.50

Aman's Black Eye Peas 4Lb
Was: 6.99


$4.59 /ea

Mr Goudas Table Salt 1kg
Was: 1.79


99¢ /ea

Foodiejoie Soy Sauce Series 500ml
Was: 2.29

2 for $3.00

Lkk Panda Oyster Sauce 907g
Was: 7.99

$5.99 /ea

Simply Campbell's No Salt Added Chicken Broth 946ml
Was: 2.99


$1.88 /ea

Global Choice Mustard Oil 1L
Was: 5.99


$3.99 /ea

Meharban Mango & Guava Juice 3L
Was: 5.99


$3.99 /ea

Red Bull 250ml
Was: 2.99


$1.88 /ea

CocoMax 100% Coconut Water 1L
Was: 3.99


2 for $5.00

Ferrero Rocher Collection Chocolate Series 300g
Was: 18.99

$13.99 /ea

Excelsior Water Crackers & Cream Cracker 225g
Was: 2.59


$1.68 /ea

S&F Cream Crackers 200g
Was: 1.79


99¢ /ea

Tetley Orange Pekoe Easy Pull Opening 300 Tea Bags 945g
Was: 17.99


$12.88 /pk

Downy Fabric Softener 4.35L
Was: 21.99


$16.99 /ea

Lysol Toilet Bowl Cleaner 946ml
Was: 4.99


$3.29 /ea

Softsoap Soothing Aloe Refill Hand Soap 2.36L
Was: 8.99


$6.99 /ea

Some items might not be illustrated. Please see store for details. All advertised specials available while quantities last.
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## FROZEN

SH Basa Fillet 500g
Was: 2.99



2 for $5.00

Guapa Frozen Pigeon Peas 300g
Was: 2.99




$1.99 /ea

Tastee Beef Patties 1.2kg
Was: 14.99




$13.99 /ea

Delmonte Orange Juice 2.5L
Was: 6.99



$5.99 /ea

## KITCHEN

Cantonese Noodle
Was:$6.99



$5.99 /order

Sweet & Sour Chicken
Was:$9.99



$8.99 /order

Spicy Basa Fish Fillet
Was:$10.99



$9.99 /order

Kong Pao Chicken
Was:$9.99



$8.99 /order

Mushroom Beef
Was:$12.99



$10.99 /order

Shao Mai (Pork)
Was: 4/$3.99



5 for $3.99

Shrimp Fried Rice (M) Tray
Was:$39.99



$34.99 /order

Breaded Shrimp (M) Tray
Was: 60/$33.99



60 for $29.99

## BAKERY & DELI

Wonder White, Whole Wheat And White+Fibre Bread 675g
Was:$4.49




$3.49 /ea

Appleton Spiced Bun 28oz
Was:$6.49




$5.49 /ea

La Fourne'e Brioche Mini Slider Rolls
Was:$5.99




$4.99 /ea

Dempster's Bagels
Was:$5




$4.39 /ea

Sweet Creations Chocolate & Palm Leave Pastry
Was:$6.99



$5.99 /ea

Fresh Baked Chocolatine
Was:$0.99



3 for $1.49

## MEAT

Beef Tripe



$2.99 /lb

Goat Tripe



$2.99 /lb

Beef Bone



99¢ /lb

Salted Pork Tail



$3.59 /lb

New Zealand Lamb Shoulder




$5.99 /lb

Smoked Ham




$3.99 /lb