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 30, To Thursday November 5， 2026

Rose Brand Jasmine WhiteScented Rice 8kg
Was:$ 24.99



$19.88 /bag

AquafinaPure Water 24x500ml
Was:$ 9.99



$7.68 /case

Holiday Luncheon Meat 340g
Was:$ 2.99



$1.88 /ea

Aroy-D Coconut Milk 400ml
Was:$ 2.99



$1.88 /ea

Tommy Mango In Box
Was:$13.99



$8.99 /box

Gold Kiwi 2Lb
Was:$12.99



$8.99 /pk

White Radish
Was:$1.59



98¢ /lb

Fancy Green Zucchini
Was:$1.99



$1.39 /lb

Bbq Sweet Potato
Was:$2.59



$1.98 /lb

Seafood Frozen Tilapia Fish 5Lb (Cleaned)
Was:$13.99



$11.99 /box

Sirens World Frozen Golden Pompano 1kg
Was:$12.99



$10.99 /ea

Whole King Fish
Was:$6.99



$4.99 /lb $5.29 /lb

Live Blue Crab
Was:$5.99



$3.99 /lb

Whole Salmon
Was:$6.99



$4.69 /lb $4.99 /lb

Beef Back Rib



$3.99 /lb

Frozen Ox Tail



$7.99 /lb

Split Chicken Wing



99¢ /lb

Regular Ground Beef



$3.99 /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 White Shrimp
Was:$8.99

$7.99/lb

Salmon Steak
Was:$7.99

$6.99/lb

Black Tilapia
Was:$3.99

no clean $2.99 lb
clean $3.39 lb

Live Cat Fish
Was:$4.99

no clean $3.99 lb
clean $4.29 lb

Red Snapper
Was:$6.99

no clean $5.69 lb
clean $5.99 lb

Black Pomfret
Was:$6.99

no clean $4.99 lb
clean $5.29 lb

Doctor Fish
Was:$6.99

no clean $4.69 lb
clean $4.99 lb

White Perch
Was:$3.99

no clean $2.69 lb
clean $2.99 lb

AL ARSH HALAL MEAT

Hard Chicken
Was:3/$15

3 for $10.00

Whole Chicken(Clean And Cut)
Was:$3.99

$2.99/lb

Chicken Breast Boneless
Was:$6.99

$4.99/lb

Beef With Bone
Was:$6.99

$5.79/lb

Beef Liver
Was:$4.99

$2.99/lb

PRODUCE

Korean Cabbage
Was:$1.29

58¢/lb

Seafood Mushroom
Was: 2/$3.00

2 for $1.60

Red Pepper
Was:$2.59

$1.58/lb

Indian Carrot
Was:$1.59

98¢/lb

Big Taro
Was:$1.99

$1.28/lb

Celery
Was:$2.99

$1.88/ea

Onions In Bag 2Lb
Was:2/$4.00

2 for $2.50

South Africa Orange
Was:$1.99

$1.29/lb

Royal Gala Apple 5LB
Was:$6.99

$4.99/bag

Red Dragon Fruit
Was:$7.99


$5.99/lb

50 Lbs Large Russet Potato

$23.00/bag

Jumbo Carrot 50LB

$18.00/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

Royale Basmati Rice 10LB
Was: 11.99



$8.99 /bag

Pillsbury Chakki Atta 20LB
Was: 16.99



$12.99 /bag

Shodoshima Yam Noodle 620g
Was: 3.99



$2.88 /ea

Nongshim Tonkotsu Ramen Noodle Bowl 101g
Was: 3.59



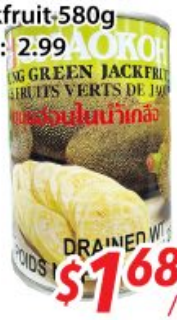
2 for $5.00

Unico Sunflower Oil 3L
Was: 16.99



$12.99 /ea

Chaokoh Young Green Jackfruit 580g
Was: 2.99



$1.68 /ea

Hereford Corned Beef 340g
Was: 5.99



$3.88 /ea

Grace Mackerel In Tomato Sauce 155g
Was: 1.59



88¢ /ea

Nupak Yellow Split Peas 2kg
Was: 3.99



2 for $5.00

Amans Kala Chana & Chana Dal 1.8kg
Was: 5.59



$3.68 /ea

Heinz Tomato Ketchup 1L
Was: 5.99



$3.99 /ea

Buenas Coconut Strings 340g
Was: 3.99



$2.88 /ea

Mang Tomas & UFC All Purpose Sauce 550g
Was: 2.99



$1.99 /ea

Cock Brand Tapioca Starch 400g
Was: 1.79



99¢ /bag

Squid Brand Fish Sauce 725ml
Was: 3.99



$2.68 /ea

M.Y.San Sky Flakes Crackers 800g
Was: 8.99



$5.99 /ea

Britannia 5050 Biscuit 372g
Was: 2.99



$1.99 /ea

Planters Dry Roasted Peanuts 600g
Was: 5.99



$3.99 /ea

Monster Energy 473ml
Was: 2.99



$1.88 /ea

Sunny D Tangy Original Citrus Punch 3.78L
Was: 5.99



$3.99 /ea

Nestea Original Lemon Iced Tea 2.2kg
Was: 12.99



$9.59 /ea

Nestle Coffee Mate 1.4kg
Was: 12.99



$9.99 /ea

Trung Nguyen Ground Coffee 500g
Was: 9.99



$6.59 /ea

Simplyou Body Wash 590ml
Was: 3.99



2 for $5.00

Palmolive Dish Liquid Series 800ml
Was: 3.59



$1.99 /ea

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

Heiwa Battered Cheese Corn Dog Series 360g-400g
Was: 9.99



$8.99 / case

Oyahoho California Mixed Vegetable 1.5kg
Was: 5.99



$4.99 / ea

Kebab Factory Chicken Kebabs 912g
Was: 10.99



$8.99 / ea

Neilson Milk Shake Series 310g
Was: 1.99



$1.69 / ea

KITCHEN

Vegetable Fried Rice
Was:$6.99



$5.99 / order

Sweet & Sour Chicken
Was:$9.99



$7.99 / order

Shrimp Dumpling 4pcs
Was:$3.99



$2.99 / order

Spicy Smelt Fish
Was:$7.99



$5.99 / order

Mushroom Beef
Was:$12.99



$11.99 / order

Breaded Shrimp
Was:10/$6.99



10 for $5.99

Shanghai Noodle With Shrimp (M) Tray
Was:$39.99



$32.99 / order

Black Pepper Beef (M) Tray
Was:$59.99



$54.99 / order

BAKERY & DELI

Country Harvest Grains Bread 600g
Was:$4.79



$3.79 / ea

Crispy Sliced Loaf Cakes 420g
Was:$4.99



$3.99 / ea

H&A Raisin & Sweet Plain Bun
Was:$3.99



$2.99 / ea

La Fourne'e Brioche Hot Dog Bun
Was:$5.99



$4.99 / ea

Lovely Pao Chicken & Pork Siopao 2.7LBs
Was:$18.49



$15.99 / ea

HTB &Yummy 28 Oz Spiced Bun
Was:$8.99



$7.99 / ea

MEAT

Beef Bone



99¢ /lb

Burnt Cow Feet



$1.99 /lb

Pork Ham



$1.79 /lb

Pork Back Hock



$1.79 /lb

Goat Tripe



$2.99 /lb

Beef Tendon



$3.99 /lb