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 November 6, To Thursday November 12, 2026

Mr Goudas Parboiled Long Grain Rice 8kg
Was:$ 15.99
$11.99 /bag

Golden Ray Sunflower Oil 5L
Was:$ 17.99
$13.88 /ea

Nutrament Energy Nutrition Drink 325ml
Was:$ 2.99
$1.99 /ea

Tide Pods Deteregent 2.72L
Was:$ 12.99
$8.88 /ea

Dominion Sweet Mango
Was:$4.99
$3.59 /lb

Mini Watermelon
Was:$5.99
$3.99 /ea

Dominican Avocado
Was:$4.99
$3.59 /lb

Dry Coconut
Was: 2/$4
2 for $1.59

Chayote
Was:$1.99
$1.39 /lb

Sirens World Frozen Raw Shrimp Headless Easy Peel 16/20 1.7Lb
Was:$ 15.99
$13.99 /ea

Gray Ridge Extra Large White Egg 18pcs
Was:$ 6.99
$5.99 /pk

Chicken Drumstick
$1.79 /lb

Split Chicken Wing
99¢ /lb

Shrimp Head On
Was:$ 5.99
$3.99 /lb

King Fish Steak
Was:$ 7.99
$6.99 /lb

Salmon Fillet
Was:$ 10.99
$9.99 /lb

Pork Chop
$1.99 /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

Red Snapper
Was:$6.99


$5.69 lb $5.99 lb

Lane Snapper
Was:$6.99


$5.69 lb $5.99 lb

Yellow Tail Snapper
Was:$6.99


$5.69 lb $5.99 lb

Tuna Steak
Was:$6.99

$4.99 /lb

Sea Bass
Was:$9.99


$8.69 lb $8.99 lb

Sea Bream
Was:$8.99


$7.69 lb $7.99 lb

Basa Fillet
Was:$4.99

$2.99 /lb

Squid
Was:$6.99

$5.99 /lb

AL ARSH HALAL MEAT

Beef With Bone
Was:$6.99

$5.79 /lb

Whole Chicken(Clean And Cut)
Was:$3.99

$2.99 /lb

Beef Tripe
Was:$3.99

$2.99 /lb

Chicken Drumstick
Was:$2.99

$1.99 /lb

Cow Feet Burn
Was:$2.99

$1.99 /lb

PRODUCE

Shanghai Bok Choy
Was:$1.59

98¢ /lb

Baby Mustard
Was:$1.99

$1.28 /lb

Pumpkin
Was:$1.59

98¢ /lb

Loose Carrot
Was:$1.59

78¢ /lb

Seafood Mushroom
Was:2/$4.00

2 for $3.00

Winter Melon
Was:$1.59

98¢ /lb

Coriander
Was:2/$5.00

2 for $3.00

10LB White Potatoes
Was:$5.99

$3.99 /bag

Winter Date
Was:$4.99

$2.99 /lb

Sugar Mandarin
Was:$3.99

$2.99 /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

Daawat Traditional Basmati Rice 4kg
Was: 15.99



$11.99 /bag

Botan Riz Pour Sushi Rice 15LB
Was: 18.99



$15.88 /bag

Quality Chowmein 340g
Was: 2.99



$1.99 /ea

Quaker Oat Series 900g-1kg
Was: 3.99



$2.99 /ea

Mr. Goudas Canola & Vegetable Oil 3L
Was: 11.99



$9.79 /ea

Grace Pure Creamed Coconut 141g
Was: 1.99



2 for $2.50

Grace Chicken Vienna Sausages 130g
Was: 1.99



3 for $4.00

Mae Ploy Coconut Milk 560ml
Was: 3.99



$2.88 /ea

Quality Yellow Split 4LB
Was: 3.99



2 for $5.00

Quality Red Splite Lentils 4LB
Was: 4.99



$2.99 /ea

Lalah Curry Powder 3lb
Was: 12.99



$8.99 /ea

Grace Festival Mix 270g
Was: 2.29



2 for $3.00

Ekono & Mr. Goudas Sea Salt 700g
Was: 1.99



2 for $2.50

Datu Puti Vinegar 1L
Was: 2.99



2 for $3.00

Kewpie Mayonnaise 465ml
Was: 5.99



$4.59 /ea

Ferrero Rocher Collection Chocolate Series 259g-300g
Was: 18.99



$13.99 /ea

Danish Delight Butter Cookies 340g
Was: 3.99



2 for $5.00

Royalty Digestives Cookies 400g
Was: 2.99



$1.88 /ea

Amans Roasted Chana With Skin 400g
Was: 2.99



$1.88 /ea

Red Bull Energy Drink 250ml
Was: 2.99



$1.88 /ea

Peardrax Sparkling Pear Drink 1L
Was: 6.99



$4.59 /ea

Mogu Mogu Fruit Drink Series 1L
Was: 3.99



$2.88 /ea

Loose Cashew
Was: 7.99



$5.88 /lb

Applewood Butane Gas 4x227g
Was: 6.99



$4.99 /ea

Slikey Portable Gas Stove
Was: 18.99



$14.99 /ea

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

Oya Hoho Fajita Vegetable
1.5kg
Was: 5.99



$4.99 / bag

Sarangani Bay Marinated Milk Fish 350g
Was: 6.99



$5.99 / ea

Janes Chicken Nuggest Series
700g
Was: 9.99



$8.99 / ea

French Fries 5Lb
Was: 7.99



$6.99 / bag

KITCHEN

Breaded Shrimp (M) Tray
Was: 60/$34



70 for $34.00

Spicy Peeled Shrimp (M) Tray
Was:$65



$59.99 / tray

Spicy Shrimp
Was: 12/$11.99



15 for $11.99

Black Pepper Beef
Was:$12.99



$11.99 / order

General Tao's Chicken
Was:$9.99



$8.99 / order

Vegetable Fried Rice
Was:$6.99



$5.99 / order

Shrimp Dumpling 4pcs
Was:$3.99



$2.99 / order

Mix Vegetable
Was:$7.99



$6.99 / order

BAKERY & DELI

Home Style Sweet Butter Bread 680g
Was:$3.99



$2.79 / ea

La Rocca Premium Cakes
Was:$30.99



$26.99 / ea

Taza Eggless Cookies 350g
Was:$3.99



$2.99 / ea

Dempster's Signature Burger Bun
Was:$5.39



$4.39 / ea

Crispy Pound Cakes
Was:$4.49



$2.99 / ea

Furlani Garlic Toast 638g
Was:$5.79



$4.49 / ea

MEAT

Beef Bone



99¢ / lb

Pork Back Rib



$2.99 / lb

Pork Eye Of Round



$1.99 / lb

Beef Tendon



$3.99 / lb

Beef Tripe



$2.79 / lb

Regular Ground Beef



$3.99 / lb