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 13, To Thursday November 19 , 2026

Grace Coconut Water 500ml
Was:$ 1.99



99 ¢ /ea

Grace Coconut Milk 400ml
Was:$ 1.99



99 ¢ /ea

Grace Corned Beef 340g
Was:$ 5.59



$3.88 /ea

Grace Ackee In Salt Water 540ml
Was:$ 14.99



$10.88 /ea

Peeled Sugar Cane
Was:$4.99



$3.59 /lb

Juice Orange
Was:$1.99



$1.29 /lb

BBQ Sweet Potato
Was:$2.99



$1.98 /lb

Big Taro
Was:$1.99



$1.28 /lb

Fancy Green Zucchini
Was:$1.99



$1.39 /lb

Sanford New Zealand Greenshell Mussels 800g
Was:$ 13.99



$11.99 /ea

Iriple Crown Vegetable Spring Roll 1000g
Was:$ 5.99



$3.99 /ea

Pork Belly Boneless



$2.99 /lb

Frozen Ox Tail



$7.99 /lb

Red Snapper
Was:$ 6.99



no clean $4.69 /lb
clean $4.99 /lb

Live Cat Fish
Was:$ 5.99



no clean $3.99 /lb
clean $4.29 /lb

Live Blue Crab
Was:$ 5.99



$3.99 /lb

Split Chicken Wing



99 ¢ /lb

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

SEAFOOD

White Perch
Was:$3.99


$2.69 lb $2.99 lb

Whole King Fish
Was:$6.99


$4.99 lb $5.29 lb

Tilapia Fillet
Was:$8.99

$7.99 /lb

Golden Pompano
Was:$5.99


$4.99 lb $5.29 lb

Headless White Shrimp
Was:$8.99

$7.99 /lb

Fresh Headless Smelt Fish
Was:$4.99

$3.99 /lb

Black Pomfret
Was:$6.99


$4.99 lb $5.29 lb

Black Tilapia
Was:$3.99


$2.99 lb $3.39 lb

AL ARSH HALAL MEAT

Beef Liver
Was:$3.99

$2.99 /lb

Burnt Cow Feet
Was:$2.99

$1.99 /lb

Ground Beef
Was:$6.99

$5.99 /lb

Lamb Feet White
Was:$2.99

$1.99 /ea

Beef With Bone
Was:$6.99

$5.79 /lb

PRODUCE

Korean Cabbage
Was:$1.59

58¢ /lb

Indian Carrot
Was:$1.59

98¢ /lb

Mini Mushroom
Was:2/$5

2 for $3.00

White Radish
Was:$1.59

98¢ /lb

Head Lettuce
Was:$3.99

$2.59 /ea

Jumbo Yam
Was:$1.59

99¢ /lb

Beet
Was:$1.39

59¢ /lb

Honey Pomelo White Flesh
Was:$3.99

$2.99 /ea

Asian Pear
Was:$1.99

$1.29 /lb

Fresh Peanuts
Was:$3.99

$2.49 /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

Grace Long Grain White Rice & Parboiled Rice 8kg
Was: 17.99



$14.88 /bag

Indian Gate Excel Basmati Ricen 10Lb
Was: 15.99



$11.99 /bag

Prime Delights Kong Moon Rice Stick 450g
Was: 1.99



2 for $3.00

Super Q Cornstarch Sticks 454g
Was: 1.99



2 for $3.00

PurOliva Oil & Primo Olive Oil 1.89L
Was: 16.99



$11.99 /ea

Grace & Prosperity & Golden Panda Sweetened Condensed Whitener 297ml-390ml
Was: 1.99



2 for $2.50

Titus Sardines In Soybean Oil 125g
Was: 2.99



2 for $3.50

Deep Kesar Mango Pulp 850g
Was: 3.99



$2.88 /ea

Jobo Tropical Fruit Salad 3kg
Was: 8.99



$5.88 /ea

Foojoy Dried Red Skin Peanut 700g
Was: 4.99



$3.59 /ea

Grace Soup Mix 45g-60g
Was: 1.29



2 for $1.50

Walkwood Jerk Seasoning 280g
Was: 5.99



$3.88 /ea

Tusk Brand Tamarind Paste 400g
Was: 2.99



2 for $3.50

Lee Kum Kee Panda Brand Oyster Sauce 907g
Was: 6.99



$4.99 /ea

Lee Kum Kee Hoisin Sauce 1.02kg
Was: 7.99



$5.88 /ea

Hong Kong Egg Roll Seasonal Delights 454g
Was: 6.99



$4.88 /ea

S&F Cream Crackers 200g
Was: 1.79



99¢ /ea

Grace Banana Chips 85g
Was: 1.79



99¢ /ea

Eska Natural Spring Water 24x500ml
Was: 6.99



$4.59 /ea

Grace Peanut Punch 250ml
Was: 1.79



99¢ /ea

Tetley Orange Pekoe 300' 945g
Was: 17.99



$12.88 /ea

Nestle Milo The Energy Drink 400g
Was: 5.99



$3.99 /ea

Lysol Toilet Bowl Cleaner 946ml
Was: 4.99



$3.29 /ea

Essy Facial Tissue 2400 Sheets
Was: 6.99



$4.99 /pk

Essy Bith Tissue 18 Rolls
Was: 16.99



$11.99 /pk

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

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FROZEN

Tropica Cassava 1.75kg
Was: 8.99
$7.99 /ea

SH Frozen 3 Way Mixed Vegetable 750g
Was: 2.59
$1.99 /ea

Armstrong Marble Cheese Series 400g
Was: 7.99
$6.99 /ea

Premium Paratha Deshi Style 30pcs
Was: 8.99
$7.99 /ea

KITCHEN

Vegetable Shanghai Noodle
Was:$6.99
$5.99 /order

Honey Garlic Chicken
Was:$9.99
$8.99 /order

Chicken Feet
Was:4/$3.99
5 for $3.99

Kong Pao Chicken
Was:$9.99
$7.99 /order

Breaded Shrimp
Was:10/$6.99
12 for $6.99

Spicy Smelt Fish
Was:$7.99
$5.99 /order

Mixed Vegetable (M) Tray
Was:$36.00
$29.99 /order

Golden Fried Chicken Wing (M) Tray
Was:$55.00
$49.99 /order

BAKERY & DELI

D'Italiano White And Brown Bread 675g
Was:$4.59
$3.59 /ea

Home Style Bakery Chin Chin
Was:$6.79
$4.79 /ea

Dempster's Bagels 450g
Was:$4.99
$4.39 /ea

Bella's Chicken Skin& Pork Chicharon
Was:$5.49
$4.19 /ea

Melewa Swiss Roll 650g
Was:$7.99
$6.49 /ea

Regal Snacks 375g
Was:$4.79
$2.99 /ea

MEAT

Salted Pork Tail
$3.59 /lb

Regular Ground Beef
$3.99 /lb

New Zealand Lamb Shoulder
$5.99 /lb

Beef Tendon
$3.99 /lb

Goat Tripe
$2.99 /lb

Burnt Cow Skin
$4.99 /lb