Ample FOOD MARKET

Black Friday



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

Interac

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

Special Valid From Friday November 27, To Thursday December 3， 2026

Holiday Luncheon Meat
340g
Was:$ 2.99



$1.88 /ea

AA 1 Mackerel 425g
Was:$ 1.99



2 for $2.88

Knorr Chicken Broth Mix
1Kg
Was:$ 11.99



$8.88 /ea

Red Dragon & Foodiejoie Jasmine Rice 8kg
Was:$ 16.99



$12.88 /bag

Red Pomegranate
Was:$3.99



2 for $5.00

Fresh White Dragon Fruit
Was:$3.99



$2.59 /lb

Baby Spinach 2LB
Was:$7.99



$5.99 /bag

Purple Onions 10Lb
Was:$7.99



$5.88 /bag

BBQ Sweet Potato
Was:$2.99



$1.98 /lb

Cool Ocean Cooked Shrimp
500g
Was:$ 11.99



$10.99 /ea

Appleton Foods Chopped Spinach 750g
Was:$ 2.99



$1.99 /ea

Pork Feet



99¢ /lb

Split Chicken Wing



99¢ /lb

Black Tiger Shrimp Headless
Was:$ 9.99



$7.99 /lb

King Fish Steak
Was:$ 8.99



$7.99 /lb

Black Tilapia
Was:$ 3.99



$2.99 /lb $3.39 /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

Lane Snapper
Was:$6.99


$5.69 lb $5.99 lb

Yellow Tail Snapper
Was:$6.99


$5.69 lb $5.99 lb

Red Snapper
Was:$6.99


$5.69 lb $5.99 lb

Sea Bass
Was:$9.99


$8.69 lb $8.99 lb

Sea Bream
Was:$8.99


$7.69 lb $7.99 lb

White Perch
Was:$3.99


$2.69 lb $2.99 lb

Golden Pompano
Was:$5.99


$4.99 lb $5.29 lb

Salmon Fillet
Was:$10.99

$9.99 /lb

AL ARSH HALAL MEAT

Frozen Goat Leg
Was:$7.99

$6.99 /lb

Chicken Breast
Bag 11 Lbs

$55.00 /bag

Chicken Drumstick
Was:$2.99

$1.99 /lb

Beef With Bone
Was:$6.99

$5.49 /lb

Beef Boneless
Was:$8.99

$6.99 /lb

PRODUCE

Shanghai Bok Choy
Was:$1.59

98¢ /lb

Korean Cabbage
Was:$1.59

58¢ /lb

Indian Carrot
Was:$1.99

98¢ /lb

Big Bok Choy
Was:$1.29

79¢ /lb

Mini King Oyster Mushroom
Was: 2/$5

2 for $3.00

White Radish
Was:$1.59

98¢ /lb

Red /Green Leaf Lettuce
Was: 2/$5

2 for $3.00

Passion Fruit 3pcs
Was:$6

$3.99 /pk

Seedless Red Grape
Was:$3.99

$2.59 /lb

Ya Pear
Was:$1.59

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

$28.00 /bag

Chef White Potato

$22.00 /bag

GROCERY

Nupak Long Grain Parboiled Rice 8kg
Was: 16.99


$12.99 /bag

Narra White Glutinous Rice 4Lb
Was: 4.99


$2.99 /ea

Prime Delights Jiangxi Rice Vermicelli 400g
Was: 1.79

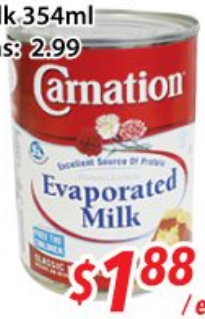

99¢ /ea

Amans Brown Sugar 10Lb
Was: 11.99


$8.88 /ea

Pur Oliva Blend Of Canola Oil & Extra Virgin Olive Oil 1.89L
Was: 16.99


$11.99 /ea

Carnation Evaporated Milk 354ml
Was: 2.99


$1.88 /ea

Governors Choice Ackee 540ml
Was: 12.99


$9.99 /ea

Jobo Mackerel In Tomato Sauce 155g
Was: 1.29


69¢ /ea

Mr. Goudas Chick Peas 398ml
Was: 1.79


99¢ /ea

Aman's Black Eye Peas 4Lb
Was: 4.99


$3.29 /ea

Grace Jerk Seasoning 284ml
Was: 4.99


2 for $7.00

Cock Brand Sweet Chilli Sauce For Chicken - Spring Roll 650-700ml
Was: 4.99

2 for $7.00

Foodiejoie Soy Sauce Series 500ml
Was: 2.29

2 for $3.00

Datu Puti Vinegar 1L
Was: 2.29


2 for $3.00

Marca Pina Value Pack 2×1L
Was: 5.99


$3.99 /ea

M.Y.San Sky Flakes Crackers 800g
Was: 7.99


$5.99 /ea

Meharban Pitted Deglet Dates 1.5LB
Was: 5.59

$3.99 /ea

Hongyuan Juava Candy 350g
Was: 2.99


$1.88 /ea

Vita Malt 330ml
Was: 1.99


2 for $2.50

D&G Soft Drink Series 355ml
Was: 1.99


2 for $2.50

CocoMax 100% Coconut Water 1L
Was: 3.99


2 for $5.00

Global Choice Mustard Oil 1L
Was: 5.99

$3.99 /ea

Foodiejoie Dried Sorrel 100g
Was: 2.99


$1.99 /ea

Palmolive Orange Dish Liquid 4.27L
Was: 12.99


$9.59 /ea

Cashmere Bathroom Tissue 30=62Rolls
Was: 20.99


$15.99 /ea

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

Patty King Beef Patties 1.4kg
Was: 12.99
$11.99/ea



Ferma Red Fish 750g
Was: 9.99
$8.99/ea



Taza Parathas Jumbo Pack 1.6kg
Was: 6.99
$5.99/ea



Neilson Milk Shake Series 310g
Was: 1.99
2 for $3.00

KITCHEN


Spicy Chicken
Was:$9.99
$7.99/order


Mushroom Chicken
Was:$9.99
$8.99/order


Spicy Shrimp 12pcs
Was:$11.99
$10.99/order


Fried Scallop 12pcs
Was:$4.99
$3.99/order


Fried Sesame Ball 5pcs
Was:$3.99
$2.99/order


Vegetable Fried Rice
Was:$6.99
$5.99/order


Vegtable Shanghai Noodle (M) Tray
Was:$30
$24.99/order


Spicy Peeled Shrimp (M) Tray
Was:$70
$59.99/tray

BAKERY & DELI



Wonder White, Whole Wheat And White+Fibre Bread 675g
Was:$4.49
$3.49/ea



Crispy Whole Wheat & White Roti
Was:$4.99
$2.99/ea


H&A Raisin & Sweet Plain Bun 350g
Was:$3.99
$2.99/ea



Appleton Spiced Bun 28oz
Was:$6.99
$5.49/ea





Grace Coconut Bun 285g
Was:$2.99
$1.99/ea



Wonder Ball Park Classic Hotdog &Buger Bun
Was:$4.99
$3.99/ea

MEAT


Chicken Drumstick
$1.79/lb


Pork Back Rib
$2.99/lb


Pork Eye Of Round
$1.99/lb


Split Chicken Wing 5kg
$18.99/box


Goat Tripe
$3.99/lb


Beef Ribeye Roll
$7.99/lb


Fresh Beef Eye Of Round
$6.99/lb


Regular Ground Beef
$3.59/lb