Ample FOOD MARKET

Taste the Season

TORONTO YORK STORE

www.amplefood.ca
Tel: 416-395-1693

Facebook | Website | IOS APP | Android APP



Naya Water 20x500ml
瓶装水
Was:$5.99
3.58 case

Golden Royal Ox Thai Jasmine Rice 18LB
金牛皇泰国米
Was:$25.99
20.88 bag

PurOliva Blend Of Canola Oil & Extra Virgin Olive Oil
橄榄油 1.89L
Was:$15.99
10.88 ea

Molisana Pasta Series
意面系列 450g
Was:$2.99
1.98 ea

Fruite Fruit Punch Drink Series 2L
水果饮料系列
Was:$2.99
1.88 ea

Available @ BBQ Section

BBQ Pork (No Cut)
叉烧
Was:$9.99
18.70/kg
8.50 lb

Cool Ocean Impex White Shrimp 13/15 400g
鲜冻南美白虾
Was:$8.99
6.99 ea

SH Basa Steaks 600g
鑫海特选龙利鱼扒
Was:$3.99
2.99 ea

A+ Tilapia Gutted & Scaled IQF 1kg
金山鲫
Was:$5.99
4.99 ea

Ferma Red Fish 750g
红鱼
Was:$9.99
7.99 ea

Viva Sea Round Scad Galunggong 400g
池鱼
Was:$3.99
3 FOR 8.99

Available @ BBQ Section

BBQ Pork On Rice
叉烧饭
Was:$11.99
9.99 order

Chicken Drumsticks
小鸡腿
Was:$3.99
4.38/kg
1.99 lb

Beef Eye Of Round
牛肉眼
Was:$11.99
18.90/kg
8.59 lb

Pork Spare Ribs
猪排骨
Was:$4.59
5.70/kg
2.59 lb

Frozen Ox Tail
急冻牛尾
Was:$12.99
21.10/kg
9.59 lb

Atlantic Salmon Steak
大西洋三文鱼扒
Was:$9.99
17.58/kg
7.99 lb

Frozen Lobster
鲜冻龙虾
Was:$6.99
10.98/kg
4.99 lb

Live Blue Crab
生猛青蟹仔
Was:$5.99
7.90/kg
3.59 lb

Yellow Gold Potatoes 10LB
黄薯
Was:$5.99
3.99 bag

Cauliflower
本地椰菜花
Was:$4.99
JUMBO
2.99 ea

BBQ Sweet Potato
烧烤番薯
Was:$2.99
4.38/kg
1.99 lb

Brazil Mini Watermelon
巴西迷你西瓜
Was:$4.99
3.99 ea

Australian Honey Murcott
澳大利亚大甜桔
Was:$2.99
5.70/kg
2.59 lb

USA Fresh Hami Melon
美国新疆哈密瓜
Was:$1.99
3.06/kg
1.39 lb

Local Gala Apple
本地Gala苹果
Was:$1.99
3.50/kg
1.59 lb

UAS Pom Red Pomegranates
美国POM牌红石榴
Was:$6.99
4.99 ea

Some items might not be illustrated, Please see store for details. All advertised specials available while quantities last. All rights reserved by Ample Food Market. Design and advertisement by Promobiz Solutions. www.promobiz.ca

Effective Date: **Oct. 16 To Oct. 22,** 2026.

605 Rogers Road, Unit A2 Toronto, ON, M6M 1B9 | E-mail: AmpleFoodmarket605@gmail.com | 7 Days A Week 8:30am To 9:00pm





BAKERY

Wonder Bread Series 675g
Was:$3.99



Dempsters Hamburger / Hotdog Buns
Was:$3.99



La Fournee Doree 10 Milk Brioche Rolls 350g
Was:$6.79



Crispy Original Cake Rusk 蛋糕酥 550g
Was:$6.59



Crispy Shortbread Cookies Series 350g
Was:$3.99



Store Baked Bagel Series
Was:$4.99



KITCHEN

Fried Mix Vegetable
炒什菜
Was:$7.99



Fried Rice Noodle With Shrimp
虾米粉
Was:$7.99



Sesame Chicken
芝麻鸡
Was:$10.99



Black Pepper Beef Steak
黑椒牛肉
Was:$12.99



Salt Pepper Fish Fillet
椒盐鱼
Was:$10.99



Fried Chicken With Mushroom
蘑菇鸡
Was:$10.99



Deep Fried Shrimp Roll
虾卷 4pcs
Was:$3.99



Deep Fried Savoury Triangle
咸水角 4pcs
Was:$3.99





Rice Or Noodle
+ Free Soup Or Pop
+ Choice Of Any 2 Items
Of Meat Or Vegetables
套餐+免费汤品或饮料

$11.99 order

Chinese Cuisine is now launching on Uber Eats
(Party Tray order: 416-410-5959)

GINZA SUSHI

CALL US 416-395-1835

Ginza Sushi New Special Grilled Salmon Roll 8pcs
Crispy Shrimp Tempura, Crabmeat, Avocado Inside Topped With Grilled Salmon, Eel Sauce
Was:$9.99



New Maki Combo 24pcs
Crispy Shrimp Tempura Roll 8pcs, Spicy Crab Meat Roll 8pcs, California Roll 8pcs
Was:$15.99



Shrimp Tempura Cucumber Roll
Was:$5.59



SALAD

Chicken Sandwich
鸡肉三明治
Was:$4.99



Mix Fruit Large
鲜切杂果(大)
Was:$15.99



Mix Vegetables Salad Medium
杂菜沙拉(中)
Was:$4.99



Fresh Cut Honeydew Medium
鲜切白蜜瓜(中)
Was:$5.99



Thai Mango Salad
泰式芒果沙拉
Was:$8.99



Red Pomegranate
红石榴籽
Was:$7.99



GROCERY

Nutrament Energy Nutrition Drink
能量饮料 325ml
Was:$2.99
1.98 ea

Power Malt Extra Energy Drink 330ml
能量饮料
Was:$1.99
1.00 ea

Kool-Aid Jammers Series 10x180ml
果汁饮料
Was:$ 4.99
2.98 ea

Bauducco Wafer Roll Series 400g
华夫卷
Was:$4.99
2.98 ea

Vieira Maria Biscuit
玛利亚饼干 800g
Was:$4.99
3.98 ea

Excelsior Water Crackers 300g
水泡饼干
Was:$2.59
2 FOR 3.00

Big Foot Flavored Corn Snack Series 25g
大脚玉米零食系列
Was:$0.99
2 FOR 1.00

Hong Kong Egg Roll 454g
香港悠品四季家乡蛋卷
Was:$6.99
4.98 ea

Dan D Pak Cashews 454g
丹帝腰果
Was:$9.99
7.98 ea

Loose Walnut Halve
散装核桃仁
Was:$6.99
10.96/kg
4.98 lb

Senorita Brand Cooked Dry Peas 155g
熟豌豆
Was:$0.99
2 FOR 1.00

Titus Sardines In Soybean Oil 125g
沙丁鱼罐头
Was:$2.59
1.58 ea

Grace Festival Mix 270g
牙买加小吃炸粉
Was:$1.99
2 FOR 3.00

Bot Banh Cuon Taky Flour For Wet Rice Roll Mix 400g
财记粉捲粉
Was:$1.99
1.00 ea

Lee Kum Kee Shrimp Sauce 287ml
李锦记幼滑虾酱
Was:$9.99
6.98 ea

Datu Puti Soy Sauce And Vinegar Value Pack 2x1L
菠萝酱油醋套装
Was:$5.99
3.98 ea

Maggi Savor Liquid Seasoning Classic / Calamansi 130ml
家乐调味酱油
Was:$2.59
1.68 ea

Dunya Harvest Chia Seed / White Quinoa 567g-624g
奇亚籽/白藜麦
Was:$5.99
4.58 ea

Prime Delights Premium Dried Fructus Lycii Goji Berry 200g
古早味枸杞
Was:$5.99
3.98 ea

Viet Choice Rice Vermecelli
鲜米粉 908g
Was:$3.99
2.98 ea

Yopokki Korean Ramen Rice Cake 145g
韩国拉面年糕
Was:$3.99
2 FOR 5.00

Mi Lau Thai Instant Noodle Shrimp Flavor
虾味越南方便面 5x83g
Was:$3.99
2.98 ea

Golden Panda White Glutinous Rice 4LB
金熊猫糯米
Was:$4.99
2 FOR 7.00

LUX Body Wash Series
沐浴露 1L
Was:$9.99
5.98 ea

Purex 4 In 1 Detergent
洗衣水 6L
Was:$19.99
14.98 ea

PRODUCE

Chinese Red Flesh Honey Pomelo
中国红肉蜜柚
Was:$4.99
2.99 ea

Colombia Golden Dragonfruit
哥伦比亚黄金火龙果
Was:$6.99
13.18/kg
5.99 lb
by AIR

Chinese Fragrant Pear
中国雪香梨
Was:$2.99
5.70/kg
2.59 lb

English Cucumber
长青瓜
Was: 2/$4.00
2 FOR $3.00

Fruit Carrot
水果萝卜
Was:$ 1.99
2.18/kg
99¢ lb

Garlic 5pcs
5粒装蒜头
Was: 2/$3.00
2 FOR $2.00

Green Plantains
青大蕉
Was:$ 2.59
3.50/kg
1.59 lb

Enoki Mushroom 200g
金针菇
Was: 2/$4.00
2 FOR $2.00

Red Cabbage
紫椰菜
Was:$ 1.59
1.30/kg
59¢ lb

Red Shallot 1LB
红葱头
Was:$ 2.99
1.88 bag

Lotus Root
莲藕
Was:$ 2.99
3.94/kg
1.79 lb

Korean Cabbage
高麗菜
Was:$ 1.59
1.74/kg
79¢ lb

Taiwan Bok Choy
台湾白菜
Was:$ 1.99
2.84/kg
1.29 lb

Bok Choy Sum
白菜心
Was:$ 1.59
2.18/kg
99¢ lb

Shanghai Bok Choy
上海白
Was:$ 1.59
2.18/kg
99¢ lb

WHOLESALE

Frozen Beef Blood
牛血 18kg
Was:$59.99
49.99 ea

Chicken Leg Quarter
大鸡腿 18kg
Was:$ 99.99
79.99 case

Purple Onion 25LB
红洋葱
18.00 bag

Cooking Onion 50LB
洋葱
23.00 bag

Super Colossal Spanish Onion 50LBs
大洋葱
33.00 bag

Russet Potato 50LB
褐皮土豆
23.00 bag

Yellow Potatoes 50LB
黄薯
25.00 bag

Green Cabbage In Box
箱装椰菜 50LB
16.00 case

Redpath Fine Sugar 20kg
白糖
29.99 bag

Mr.Goudas Par-Boiled Rice 20kg
高先生黄米
32.99 bag

Windsor Hi Grade Granulated Salt 20kg
盈莎盐
13.99 ea

LKK Hoisin Sauce
李锦记海鲜酱 2.27kg
52.99 case

LKK Panda Oyster Flavored Sauce 5LB
李锦记熊猫鲜味蠔油
54.99 case

FROZEN

Siren's World Frozen Golden Pompano 1kg
金鲳鱼
Was:$12.99
$10.99 ea



Cool Ocean Frozen Oyster Meat 450g
韩国牡蛎肉
Was:$12.99
$10.99 ea



Seabo Frozen R16 Durian Pulp With Seed 400g
海宝冻榴莲肉
Was:$10.99
$7.99 ea



Ferma Codfish Cakes
鳕鱼饼 360g
Was:$4.99
$3.99 ea



Ferma Portuguese Style Custard Tarts 450g
葡式蛋挞
Was:$6.99
$5.99 ea

Coconut Tree Tapioca Noodle
椰树牌濑粉 400g
Was:$1.99
$1.69 ea



Coconut Tree Frozen Banana Cake 142g
炸香蕉饼
Was:$2.99
$1.99 ea



Yutaka Miso Tonkotsu Ramen Chashu Pork 660g
日本茶猪肉味噌拉面
Was:$8.99
$5.99 ea



Jintian Dumpling / Wonton / Bun Series 260-380g
锦添点心系列
Was:$4.99
5 FOR $11.99



Que Huong Vietnamese Sausage 420g
越式香肠系列
Was:$7.99
$5.99 ea



SEAFOOD

Live BC Clams
鲜活温哥华蚬
Was:$8.99
17.58/kg
$7.99 lb



Live Shell Oyster
生猛壳蚝
Was:$4.99
$2.99 ea



White Shrimp Headless
南美无头白虾
Was:$8.99
17.58/kg
$7.99 lb



Squid
特大鱿鱼
Was:$7.99
JUMBO
13.18/kg
$5.99 lb



Whole King Fish
原条马鲛鱼
Was:$6.99
10.98/kg No Clean $4.99 lb
11.64/kg Clean $5.29 lb



White Perch
单线
Was:$3.99
5.92/kg No Clean $2.69 lb
6.58/kg Clean $2.99 lb



American Red Snapper
红鸡
Was:$7.99
12.52/kg No Clean $5.69 lb
13.18/kg Clean $5.99 lb



Golden Pomfret
黄立鲳
Was:$5.99
10.32/kg No Clean $4.69 lb
10.98/kg Clean $4.99 lb



MEAT

Beef Baby Shank
嫩牛腰
Was:$12.99
21.98/kg
$9.99 lb



Picanha
牛臀肉
Was:$16.99
28.58/kg
$12.99 lb



Veal Chop
小牛扒
Was:$15.99
21.98/kg
$9.99 lb



Whole Beef Striploin
整条西冷牛扒
Was:$15.99
24.18/kg
$10.99 lb



Burnt Cow Feet
牛脚
Was:$4.59
5.70/kg
$2.59 lb



Pork Ham Steak
猪腿扒
Was:$3.29
4.38/kg
$1.99 lb



Pork Ribs Center Cut
切条猪排骨
Was:$6.99
9.44/kg
$4.29 lb



Pork Ham Hock
猪后蹄
Was:$3.29
4.38/kg
$1.99 lb



Frozen Chicken Wings (Mid Joint) 2kg
冰鲜鸡中翅
Was:$29.99
$19.99 bag



Stewing Hen
煲汤老鸡
Was:$5.99
$3.99 ea



DELI

O Gourmet Parmigiano Grated Cheese 500g
Was:$ 24.49
Imported
$19.99 ea



Palhais Original Goat Cheese 200g
Was:$ 9.99
Imported
$8.99 ea



Saputo Feta Cheese With Olives 120g
Was:$ 5.99
$3.99 ea



Saputo Creamy Traditional Ricotta Cheese 200g
Was:$5.99
$4.99 ea



Belevini Spreadable Feta Cheese 200g
Was:$ 7.49
$6.99 ea



Landana Smoked Gouda Cheese
Was:$ 2.99
$1.99 100g



Compliments Peameal Style Bacon 454g
Was:$6.99
$4.99 ea



Schneider's Salsa Salami
Was:$ 2.99
$2.09 100g

