Ample FOOD MARKET

Happy Halloween

TORONTO YORK STORE

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

Facebook | Website | IOS APP | Android APP



Unit A2
605 Rogers Road,
Toronto, M6M 1B9

Mr.Goudas Parboiled Long Grain Rice 8kg
高先生米
Was:$ 15.99
8kg **12.88** bag

Cedar Canola / Vegetable Oil
芥花籽油/菜油 2.84L
Was:$ 10.99
7.98 ea

Knorr Chicken Broth Mix 1kg
家乐牌鸡粉
Was:$10.99
8.88 ea

Holiday Luncheon Meat 340g
假日午餐肉
Was:$2.99
1.88 ea

Carnation Evaporated Milk
三花淡奶 354ml
Was:$2.99
1.88 ea

Available @ BBQ Section

Fish Sauce Chicken
鱼露鸡 (no cut)
Was:$ 24.99
19.99 ea

Available @ BBQ Section

Cool Ocean Impex White Shrimp 21/25 400g
南美白虾
Was:$ 7.99
5.99 ea

Ferma Squid Tentacles 1kg
鱿鱼须
Was:$ 13.99
11.99 ea

Seabo Frozen R16 Durian Pulp With Seed 400g
海宝宝冻有核榴莲肉
Was:$ 10.99
8.99 ea

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

AA-1 Bangus Whole Milkfish
牛奶鱼
Was:$ 4.99
8.78/kg
3.99 lb

Roasted Pork On Rice
烧猪饭
Was:$ 12.99
9.99 order

Pork Spare Ribs
猪排骨
Was:$ 4.59
5.26/kg
2.39 lb

Chicken Drumsticks
小鸡腿
Was:$ 3.59
3.50/kg
1.59 lb

Beef Sirloin
牛肚肉
Was:$ 11.99
17.58/kg
7.99 lb

Beef Striploin Steak
西冷牛扒
Was:$ 15.99
24.18/kg
10.99 lb

Fresh Scallop
特大带子肉
Was:$ 9.99
JUMBO
15.38/kg
6.99 lb

Whole Salmon
原条三文鱼
Was:$ 6.99
10.32/kg No Clean **4.69** lb
10.98/kg Clean **4.99** lb

Live Blue Crab
生猛青蟹仔
Was:$ 5.99
8.78/kg
3.99 lb

Cauliflower
椰菜花
Was:$ 4.99
JUMBO
2.99 ea

L&M Baby Sweet Potatoes
美国袋装甜番薯 5LB
Was:$ 4.99
2.99 bag

Taro
大芋头
Was:$ 1.59
2.18/kg
99¢ lb

South Africa Orange
南非甜橙
Was:$ 1.99
3.06/kg
1.39 lb

Mexico Cuctas Pear
墨西哥仙人掌果
Was:$ 2.99
4.38/kg
1.99 lb

Ontario Golden Blush Apple
本地黄金苹果
Was:$ 1.99
3.06/kg
1.39 lb

Mexico Rambutan
墨西哥红毛丹
Was:$ 4.99
Fri./Sat./Sun. Only
6.58/kg
2.99 lb

Chinese Fresh White Honey Pomelo
中国白肉蜜柚
Was:$ 3.99
JUMBO
2.99 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. 30 To Nov. 05,*** *2026.*

VIETNAMESE SANDWICH

BA LẸ

Made fresh, made with love

6472083397

605 Rogers Rd, York
(Inside Ample Market)









BAKERY

Dempster's Bread
Was:$4.29



Dempsters Hamburger / Hotdog Buns
Was:$3.99



La Fournee Doree Sliced Brioche 500g
Was:$6.99



Kimberley's Halloween Cookies And Two-Bite Mini Cupcakes
Was:$3.49



Simple Joys Banana Nut Sliced Cake 400g
Was:$4.59



Bridor Baguettes Bread
Was:$2.99



KITCHEN

Stir Fried Eggplant
炒茄子
Was:$7.99



Cantonese Noodle
广东面
Was:$6.99



Sesame Chicken
芝麻鸡
Was:$10.99



Beef Broccoli
牛肉炒西兰花
Was:$12.99



Boneless Salmon
无骨三文鱼
Was:$9.99



Salt & Pepper Fried Shrimp
椒盐大虾
Was:$11.99



Pork Siu Mai
猪肉烧麦 4pcs
Was:$3.99



Chicken Feet With Black Bean Sauce
豉汁凤爪 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 銀座

GINZA SUSHI

CALL US 416-395-1835

Green Dragon Roll
绿龙卷
Was:$8.99



Crispy Shrimp Tempura Roll
Was:$5.59



New Spicy Maki Combo 24pcs
8pcs Spicy Crab Meat / 8pcs Spicy Salmon / 8pcs Spicy Avocado Rolls
Was:$17.59



SALAD

Chicken Sandwich
鸡肉三明治
Was:$4.99



Fresh Cut Papaya Small
鲜切木瓜(小)
Was:$3.99



Mix Fruit & Nuts Salad Medium
杂果坚果沙拉(中)
Was:$5.99



Fresh Cut Watermelon Small
鲜切西瓜(小)
Was:$4.99



Thai Mango Salad
泰式芒果沙拉
Was:$8.99



Fresh Cut Fruit Mix Large
鲜切杂果(大)
Was:$12.99



GROCERY

Mogu Mogu Lychee Flavoured Drink 1L
荔枝味饮料
Was:$3.99
1.00 ea

Guarana Antarctica Drink 12x355ml
饮料
Was:$15.99
10.98 pk

S&F Maria Cookies
玛利亚饼干 400g
Was:$1.99
2 FOR 3.00

Cha Cha Sunflower Seeds Series 260g
洽洽香瓜子
Was:$2.99
2 FOR 5.00

White Castle Butter Cookies 80g
曲奇饼干
Was:$0.99
3 FOR 2.00

Cuetara Choco Flakes
巧克力薄脆饼干 350g
Was:$4.99
3.98 ea

Pilao Traditional Coffee 500g
咖啡
Was:$15.99
10.98 ea

Ferrero Rocher / Collection Chocolate Series 259-300g
金沙巧克力系列
Was:$19.99
13.98 ea

Orion Turtle Chips 12x50g
好丽友龟薯片
Was:$19.99
15.98 ea

Lotte Choco Pie 12 Packs
乐天巧克力派 336g
Was:$3.99
2.98 ea

Vinamilk Ong Tho Sweetened Whitener
越南寿星公甜奶 300ml
Was:$2.59
2 FOR 3.00

AA -1 Mackerel Series
池鱼罐头 425g
Was:$1.99
2 FOR 3.00

Foodiejoie Quail Egg In Water 425g
水浸鹌鹑蛋
Was:$2.99
1.98 ea

Red Drago Fried Garlic
红龙炸蒜 227g
Was:$3.99
2.98 ea

Foodiejoie Dried Red Skin / Round Peanut 700g
福牌红衣/珠豆花生
Was:$3.99
2.98 ea

Kingsford's Corn Starch
鹰粟粉 454g
Was:$2.59
1.98 ea

Handi Crispy Fried Onion
炸洋葱 400g
Was:$2.99
1.98 ea

Super Q Bihon / Palabok Cornstarch Sticks 454g
玉米米粉
Was:$1.99
1.28 ea

Prime Delight Longkou Vermicelli 300g
古早味龙口粉丝
Was:$2.99
1.98 ea

Samyang Buldak Hot Sauce 165ml
三养辣酱
Was:$5.99
4.98 ea

Foodiejoie Light / Dark / Mushroom Soy Sauce
福字酱油系列 500ml
Was:$1.99
2 FOR 3.00

Knorr Original Liquid Seasoning 250ml
家乐牌鲜露
Was:$2.59
2 FOR 3.00

Coconut Tree Brand Dried Noodle 400g
椰树牌康西米粉
Was:$2.59
2 FOR 3.00

Clorox Concentrated Bleach Original
漂白液 3.57L
Was:$7.99
5.98 ea

Dove Body Wash Series
沐浴露系列 1L
Was:$ 12.99
9.98 ea

PRODUCE

Vietnam Red Flesh Dragon Fruit
越南红肉火龙果
Was:$ 7.99
13.18/kg
by AIR
5.99 lb

Vietnam Fresh Longan 2kg
越南龙眼
Was:$13.99
9.99 case

Korean Shine Muscat Grapes
韩国晴王葡萄
Was:$ 9.99
15.38/kg
6.99 lb

Curly Cucumber
鲁青瓜
Was:$ 1.59
2.18/kg
99¢ lb

Onion 2LB
洋葱
Was: 2/$4.00
2 FOR $2.50

Enviro Mini King Oyster Mushroom 170g
有机迷你皇子菇
Was:$ 3.99
ORGANIC
2.99 pk

White Cello Mushroom
盒装白蘑菇
Was: 2/$5.00
2 FOR $3.00

Baby Yellow Onion 10LB
小黄洋葱
Was:$ 3.99
2.88 bag

Fresh Ginseng
新鲜人参
Was:$ 15.99
21.98/kg
9.99 lb

Jamaica Pampkin
牙买加南瓜
Was:$ 2.99
3.50/kg
1.59 lb

Green Papaya
青木瓜
Was:$ 1.99
2.18/kg
99¢ lb

Bok Choy Sum
白菜苳
Was:$ 1.99
2.84/kg
1.29 lb

Yu Choy Miu
油菜苗
Was:$ 2.99
3.94/kg
1.79 lb

Chinese Broccoli
唐人菜兰
Was:$ 1.99
2.84/kg
1.29 lb

Taiwan Bok Choy
台湾白菜
Was:$ 1.99
1.94/kg
88¢ lb

WHOLESALE

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

Chicken Leg Quarter
大鸡腿 18kg
Was:$ 99.99
EXCELDOR
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
白糖 20kg
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
李锦记熊猫鲜味蚝油
54.99 case

FROZEN

Cool Ocean Impex Sea Frozen American Plaice
桂花鲽
Was:$7.99
13.18/kg
$5.99 lb



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

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



Golden Saba Steamed Whole Banana 454g
熟香蕉
Was:$3.99
$2.99 ea



Ocean Harvest Raw Breaded Squid Rings 454g
面包香鱿鱼圈
Was:$8.99
$6.99 ea



G&L Frozen Clams 400g
正大花蛤
Was:$3.99
$2.99 ea



Choripdong Frozen Noodle U-Dong 1.25kg
讚岐急冻乌冬
Was:$5.99
$4.99 ea



Siren's World Assorted Fish Ball 500g
什锦鱼丸
Was:$4.99
$3.99 ea



SH Red Chili 227g
鑫海鲜冻小米椒
Was:$2.99
$1.99 ea



Zakuson Spicy Kimchi
泡菜 500ml
Was:$5.99
$3.99 ea

SEAFOOD



Live BC Clam
生猛温哥华蜆
Was:$8.99
17.58/kg
$7.99 lb



Atlantic Salmon Steak
大西洋三文鱼扒
Was:$8.99
15.38/kg
$6.99 lb



Tilapia Fillet
鲩鱼柳
Was:$8.99
17.58/kg
$7.99 lb



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



Jack Fish
芒果鲳
Was:$5.99
10.32/kg No Clean $4.69 lb
10.98/kg Clean $4.99 lb



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



Tilapia
金山鲫
Was:$3.99
5.92/kg No Clean $2.69 lb
6.58/kg Clean $2.99 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



Bone In Beef Shank Center Cut
切片中段带骨牛展
Was:$8.99
13.18/kg
$5.99 lb



Pork Shoulder Blade Boneless
无骨猪梅头
Was:$4.99
6.58/kg
$2.99 lb



Pork Ribs Center Cut
切条猪排骨
Was:$6.99
8.78/kg
$3.99 lb



Whole Beef Baby Back Ribs
整条小牛肉排
Was:$7.99
12.30/kg
$5.59 lb



Mature Chicken
半老嫩鸡
Was:$13.99
$10.99 ea



Whole Beef Eye Round
整条牛肉眼
Was:$10.99
15.38/kg
$6.99 lb



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



Frozen Skin On Goat
有皮羊
Was:$11.99
17.58/kg
$7.99 lb



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



AMI Frozen Whole Duck
冰鸭
Was:$27.99
$19.99 ea

DELI



Icim Triangle Processed Cheese 100g
Was:$2.99
$1.49 ea



Compliments Potato Salad 454g
Was:$2.99
$1.99 ea



Boursin Garlic & Fine Herbs Soft Cheese 250g
Was:$9.99
$8.99 ea



Fantino & Mondello Calabrese Spicy Dry Salami 100g
Was:$5.99
$4.99 ea



Ilios Original Cream Cheese 300g
Was:$4.99
$3.99 ea



Woolwich Roasted Garlic Goat Cheese 113g
Was:$4.49
$3.99 ea



Ryki Ser Rycki Edam Cheese
Was:$2.59
$2.09 100g



Delfresh BBQ Chicken
Was:$2.39
$2.09 100g