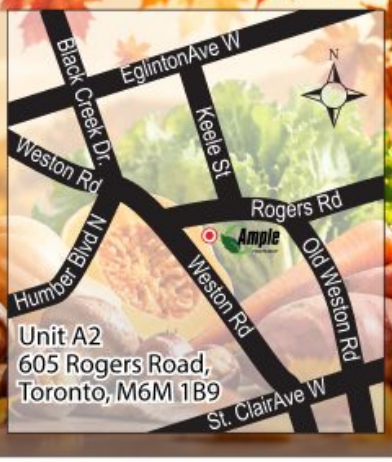
Ample FOOD MARKET

Taste the Season

TORONTO YORK STORE

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

Facebook | Website | IOS APP | Android APP



Unit A2
605 Rogers Road,
Toronto, M6M 1B9

Unico Vegetable Oil
菜油 2L
Was:$ 8.99
5.98 ea

Heinz Tomato Ketchup
亨氏番茄酱 1L
Was:$ 5.99
3.98 ea

Nestle Coffee Mate Original 1.4kg
雀巢咖啡伴侣
Was:$ 12.99
9.98 ea

Nongshim Soon Vegan Kimchi Instant Cup Noodles 6x75g
农心素食辣白菜味杯面
Was:$ 10.99
3.98 case

Real Canadian Water
瓶装水 24x500ml
Was:$ 4.99
2.98 case

Available @ BBQ Section

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

SH White Shrimp Headless 51/60 400g
鑫海鲜冻无头白虾
Was:$ 5.99
4.99 ea

Bulacan Tocino 375g
菲律宾风味猪肉
Was:$ 5.99
3.99 ea

Sanford New Zealand Greenshell Mussels
纽西兰半壳青口 800g
Was:$ 13.99
11.99 ea

Viva Sea Round Scad Galunggong
池鱼 400g
Was:$ 3.99
2 FOR 6.99

SH Pompano
鑫海金鲳鱼
Was:$ 5.99
2 FOR 9.99

Available @ BBQ Section

BBQ Pork On Rice
叉烧饭
Was:$ 12.99
9.99 order

Whole Chicken Wings
鸡全翅
Was:$ 4.99
5.26/kg
2.39 lb

Pork Chop
猪扒
Was:$ 3.99
4.38/kg
1.99 lb

Beef Eye Of Round
牛肉眼
Was:$ 11.99
17.58/kg
7.99 lb

Frozen Ox Tail
急冻牛尾
Was:$ 12.99
19.78/kg
8.99 lb

Atlantic Salmon Fillet
大西洋三文鱼柳
Was:$ 11.99
21.98/kg
9.99 lb

White Shrimp Head On
南美有头白虾
Was:$ 5.99
8.78/kg
3.99 lb

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

Lemon In Bag
袋装黄柠檬
Was:$ 2.99
1.99 bag

Gray Zucchini
白祖奇瓜
Was:$ 2.99
3.06/kg
1.39 lb

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

Mexico Honeydew
墨西哥特大白蜜瓜
Was:$ 7.99
JUMBO
4.99 ea

California Red Grape Seedless
加州无核红提
Was:$ 4.99
8.78/kg
3.99 lb

Brazil Canary Melon
巴西金丝瓜
Was:$ 1.99
2.84/kg
1.29 lb

Ecuador Purple Granadilla Fruit 6pcs
厄瓜多尔紫色百香果
Was:$ 5.99
3.99 pk

New Zealand Sungold Golden Kiwi Fruit 2LB
新西兰盒装黄金奇异果
Was:$ 13.99
9.99 pk

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.cc

Effective Date: **Nov. 06 To Nov. 12,** 2026.

VIETNAMESE SANDWICH

BA LẸ

Made fresh, made with love

6472083397

605 Rogers Rd, York
(Inside Ample Market)



Bánh Cuốn Chả
越南肠粉
Was:$10
$9.00 order



Bánh Ít Trần
越南糯米糍
3 FOR $7.50



Hủ Tiếu Nam Vang
南旺面汤
18.00 order



Bánh Khọt
越南小煎饼
8 FOR $10.00

BAKERY

Dempster's Bread
Was:$4.29



3.29 ea

Country Harvest Bread
(No Sugar Added / 14 Grains / Ancient Grain / Flax & Quinoa) 450g
Was:$4.79



$3.79 pk

GY Mini Croissants
Was:$3.99



2.99 ea

Furlani Garlic / Garlic Parm Toast 638g
Was:$5.79



4.79 ea

Simple Joys Cheese Croissant 270g
Was:$3.99



2.99 ea

Store Baked Apple / Blueberry / Cherry / Raspberry Turnovers
Was:$4.49



3.49 pk

KITCHEN

Fried Mix Vegetable
炒什菜
Was:$7.99



6.99 order

Fried Rice Noodle With Shrimp
虾米粉
Was:$7.99



6.99 order

Lemon Chicken
柠檬鸡
Was:$9.99



8.99 order

Beef With Mushroom
蘑菇牛肉
Was:$12.99



11.99 order

Kung Pao Chicken
宫保鸡丁
Was:$9.99



7.99 order

Roasted Fish
烤鱼
Was:$8.99



7.99 ea

Deep Fried Shrimp Roll
虾卷 4pcs
Was:$3.99



3.29 order

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



3.29 order



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 ぎんざ 銀座

GINZA SUSHI

CALL US 416-395-1835

Red Dragon Roll
Was:$9.99



7.59 order

California Roll 8pcs
加州卷
Was:$5.99



4.99 order

Ginza New Special Combo Monster Combo 24pcs
8pcs Spicy Crunchy Roll, 8pcs Monster Roll, 8pcs Dynamite Roll
Was:$23.99



18.99 order

SALAD

Beef Sandwich
牛肉三明治
Was:$4.99



3.99 ea

Fresh Cut Mix Fruit Large
鲜切杂果(大)
Was:$15.99



13.99 order

Mix Vegetables Salad Small
杂菜沙拉(小)
Was:$2.99



1.99 order

Fresh Cut Honeydew Small
鲜切白蜜瓜(小)
Was:$4.99



2.59 order

Red Pomegranate
红石榴籽
Was:$6.99



4.99 order

Fresh Cut Mango Small
鲜切芒果(小)
Was:$7.99



5.59 order

GROCERY

Renso Foods Coconut Water 1L
椰子水
Was:$2.99
1.98 ea

OKF Aloe Vera Drink
芦荟水 1.5L
Was:$2.99
1.98 ea

Milo Drink Original In Can 250ml
美禄饮料
Was:$1.99
1.28 ea

Monster Energy Drink Series 4x473ml
能量饮品
Was:$9.99
7.98 pk

Teptip Basil Seed Drink Series 290ml
罗勒籽饮料系列
Was:$1.99
1.00 ea

Lay's Potato Chip Series 135-145g
乐事薯片系列
Was:$4.99
2.98 ea

Lotte Choco Pie 156g
乐天巧克力派
Was:$2.99
1.00 ea

Bedessee Royal Danish Delight Butter Cookies 340g
黄油曲奇
Was:$3.99
2 FOR 5.00

Los Angeles El Sabroso Original Guacachip Guacamole Flavoured Tortilla Chips 284g
洛杉矶牛油果片
Was:$4.99
3.98 ea

Excelsior Espresso Ground Coffee 200g
咖啡
Was:$5.99
3.98 ea

Ritter Sport Chocolate Series 100g
巧克力系列
Was:$3.99
2 FOR 5.00

Quaker Oats Series 1kg
麦片系列
Was:$3.99
2 FOR 5.00

Kellogg's Selected Cereal
早餐麦片 230g–280g
Was:$3.99
2 FOR 5.00

Aurora Sea Salt Series
海盐系列 1kg
Was:$1.99
1.28 ea

Benjamins Vanilla Flavouring 480ml
香草调味料
Was:$4.99
3.98 ea

Foodiejoie Honey 1kg
福字蜂蜜
Was:$7.99
5.98 ea

Huy Fong Sriracha Hot Chili Sauce 714ml
是拉差香甜辣椒酱
Was:$6.99
4.98 ea

San Miguel Pure Foods Halal Corned Beef
牛肉罐头 340g
Was:$7.99
5.98 ea

Grace Mackerel 155g
池鱼罐头
Was:$1.49
1.00 ea

Red Drago Sour Bamboo Shoot 1kg
红龙竹荀
Was:$4.99
3.98 ea

Phoenix Barge Brand Glutinous Rice 4LB
凤艇牌糯米
Was:$5.99
3.98 ea

Red Dragon Sour Pickled Mustard 300g
红龙酸菜
Was:$1.29
88¢ ea

Vifon Pho Vietnamese Style Instant Rice Noodles 4x60g
越南米粉
Was:$2.99
1.98 pk

Dettol Antiseptic Liquid
滴露消毒液 1L
Was:$12.99
9.98 ea

Renova Paper Towels Single
厨房纸
Was:$3.59
1.98 ea

PRODUCE

Vietnam Fresh Durian
越南新鲜榴莲
Was:$13.99
19.78/kg
by AIR
8.99 lb

Chinese Sugar Mandarin
中国砂糖橘
Was:$3.99
4.38/kg
1.99 lb

Chinese Winter Jujube
中国特大冬枣
Was:$4.99
6.58/kg
2.99 lb

Pumpkin
南瓜
Was:$1.99
2.18/kg
99¢ lb

White Radish
白萝卜
Was:$1.59
1.74/kg
79¢ lb

Jalapeno Pepper
圆小椒
Was:$3.99
4.38/kg
1.99 lb

Loose Carrot
散装胡萝卜
Was:$1.59
1.74/kg
79¢ lb

Short Napa
短绍菜
Was:$1.59
1.94/kg
88¢ lb

Seafood Mushroom
海鲜菇
Was: 2/$4.00
2 FOR $1.59

Dry Coconut
老椰子
Was: 2/$5.00
2 FOR $2.00

Purple Yam
紫心番薯
Was:$1.99
3.06/kg
1.39 lb

Tong Ho
唐蒿
Was:$2.99
3.50/kg
1.59 lb

Coriander
唐人芫茜
Was: 2/$5.00
2 FOR $3.00

Baby Mustard
芥菜仔
Was:$1.59
2.18/kg
99¢ lb

Baby Shanghai Bok Choy
上海苗
Was:$1.99
3.50/kg
1.59 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
李锦记熊猫鲜味蚝油
54.99 case

FROZEN

Triple Crown Dried Anchovy
凤尾鱼干 227g
Was:$5.99
$3.99 ea



SH Cuttle Fish
鑫海大墨鱼
Was:$6.99

Ocean Charm Wild Pacific Pink Salmon 440g
大西洋三文鱼柳
Was:$9.99
$6.99 ea

Prime Choice Harvest Cassava 1.5kg
冻木薯块
Was:$12.99
$8.99 ea

Ferma Broad Beans
蚕豆 750g
Was:$3.99
$2.99 ea

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

Seven Baskets Frozen Mushroom & Vegetable Buns
7个篮子香菇素菜包 480g
Was:$4.99
$2.99 ea

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

Milk 2 Go Chocolate Milk
巧克力牛奶饮品 6x200ml
Was:$6.99
$5.99 pk

Armstrong Melts Slices Cheese 450g
切片芝士
Was:$4.99
$3.99 ea

SEAFOOD

Tuna Fillet
吞拿鱼柳
Was:$8.99
15.38/kg
$6.99 lb

Basa Fillet
龙利鱼柳
Was:$4.99
6.58/kg
$2.99 lb

Lane Snapper
火点
Was:$6.99
12.52/kg No Clean $5.69 lb
13.18/kg Clean $5.99 lb

Yellow Tail Snapper
黄尾鲹
Was:$6.99
12.52/kg No Clean $5.69 lb
13.18/kg Clean $5.99 lb

American Red Snapper
红鸡
Was:$6.99
12.52/kg No Clean $5.69 lb
13.18/kg Clean $5.99 lb

Green Sea Bass
海青斑
Was:$9.99
16.92/kg No Clean $7.69 lb
17.58/kg Clean $7.99 lb

Sea Bream
海银鲹
Was:$8.99
16.92/kg No Clean $7.69 lb
17.58/kg Clean $7.99 lb

Mackerel
特大池鱼
Was:$5.99
JUMBO
10.32/kg No Clean $4.69 lb
10.98/kg Clean $4.99 lb

MEAT

Beef Shoulder Blade Steak Boneless
牛梅头
Was:$12.99
19.78/kg
$8.99 lb

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

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

Pork Baby Back Ribs
猪肉排
Was:$6.99
8.78/kg
$3.99 lb

Pork Loin Boneless
猪肉眼
Was:$4.99
6.58/kg
$2.99 lb

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

Frozen Mutton Leg
冻羊腿
Was:$8.99
13.18/kg
$5.99 lb

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

Beef Tripe
牛肚
Was:$7.99
10.98/kg
$4.99 lb

Stewing Hen Chicken
新鲜老鸡
Was:$5.99
$3.99 ea

DELI

Ilios Dill Pickles With Garlic 750g
Was:$3.99
$3.49 ea

Ijevan Spicy / Mild Adjika 500g
Was:$5.99
Imported
$4.99 ea

Zakuson Gourmet Hot Mustard 250g
Was:$3.49
Imported
$2.99 ea

Wellknown Formulas Mix Vegetables Pickled Premium 660g
Was:$3.99
$2.99 ea

Compliments Smoked Bacon-Style Turkey Strips 375g
Was:$6.49
While Quantities Last
$5.99 ea

Gold Label XXL Smokey's Pork Sausages 750g
Was:$9.99
$8.99 ea

Banquet Gourmet Coalho Grill Cheese
Was:$12.99
$11.99 ea

Jokers Rye Wheat Crouton Series (Cheddar Cheese Flavour / Roasted Ribs Flavour / Sour Cream & Herbs Flavour / Lard & Garlic Flavour) 90g
Was:$2.49
$1.99 ea