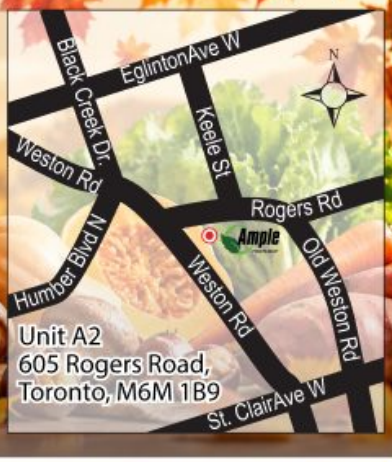
# Ample FOOD MARKET

# 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

Aquafina Water
矿泉水 24x500ml
Was:$9.99
6.98 case

Mr.Goudas Light Red Kidney Beans 4LBs
高先生红腰豆
Was:$7.99
5.58 ea

Rose Brand Jasmine WhiteScented Rice
玫瑰花茉莉香米 8kg
Was:$22.99
17.88 bag

Windsor Table Salt
温莎桌盐 1kg
Was:$1.99
1.00 ea

Bedessee Demerara Gold Demerara Cane Sugar 7LB
蔗糖
Was:$10.99
7.98 ea

Available @ BBQ Section

Roasted Duck (No Cut)
明炉烤鸭
Was:$34.99
28.88 ea

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

Ocean Harvest Waterline Frozen Smoked Norwegian Salmon 150g
烟熏三文鱼
Was:$9.99
6.99 ea

Ferma Frozen 3-Way Mixed Vegetables 750g
杂菜豆
Was:$3.29
1.99 ea

Baguio Sweet / Hot Longanisa 375g
菲律宾甜辣香肠
Was:$4.99
3.99 ea

JF Frozen Fresh Durian With Seed 400g
精选急冻带核金枕头榴莲
Was:$10.99
7.99 ea

Available @ BBQ Section

Roasted Duck On Rice
烧鸭饭
Was:$12.99
9.99 order

Chicken Drumsticks
小鸡腿
Was:$3.29
3.72/kg
1.69 lb

Pork Belly Boneless
无骨猪腩
Was:$5.99
5.48/kg
2.49 lb

Beef Outside
外牛肉
Was:$11.99
17.58/kg
7.99 lb

Beef Baby Back Ribs
小牛肉排
Was:$8.99
10.98/kg
4.99 lb

King Fish Steak
马鲛鱼扒
Was:$7.99
13.18/kg
5.99 lb

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

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

Savoy Cabbage
花边椰菜
Was:$1.99
1.74/kg
79¢ lb

Mama Squash
妈咪瓜
Was:$1.59
1.74/kg
79¢ lb

Commercial Yam
小甜番薯
Was:$1.59
1.74/kg
79¢ lb

Brazil Santa Claus Melon
巴西圣诞青瓜
Was:$1.99
2.84/kg
1.29 lb

Mexico Lucky 7's Avocadoes
墨西哥袋装牛油果
Was:$4.99
3.59 bag

Australia Tangerine
澳洲大甜桔
Was:$3.99
5.70/kg
LARGE
2.59 lb

Costa Rica Golden Pineapple
哥斯达黎加黄金菠萝
Was:$6.99
JUMBO
4.99 ea

Thailand Young Coconut With Straw
泰国吸管椰青
Was:$3.99
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.cc

Effective Date: **Nov. 13 To Nov. 19,** 2026.




Mì Vịt Tiềm
药膳鸭肉面



20.00 order

# BAKERY

Villaggio Breads
Was:$4.49



3.49 ea

D'italiano Sliced Bread Series 675g
Was:$4.29



3.49 ea

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



5.99 ea

Crispy Shortbread Cookies Series 350g
Was:$3.99



2.99 pk

National Gourmet Rabba / Samosas / Falafel Series
Was:$5.49



4.49 ea

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




3.59 ea

Maple Pecan Danish 4pcs
枫糖山核桃丹麦酥
Was:$4.99



3.99 pk

# KITCHEN

Braised Tofu With Yuxiang Sauce
鱼香豆腐
Was:$7.99



6.99 order

Fried Shanghai Noodle With Chicken
鸡肉炒上海面
Was:$7.99



6.99 order

General Tao Chicken
左宗鸡
Was:$10.99



8.99 order

Black Pepper Beef Steak
黑椒牛肉
Was:$12.99



11.99 order

Deep Fried Chicken Wings
炸鸡翅 10pcs
Was:$10.99



8.99 order

Salt Pepper Fish Fillet
椒盐鱼
Was:$10.99



9.99 order

Shrimp Siu Mai
鲜虾烧麦 4pcs
Was:$3.99



3.29 order

Steamed Shrimp Dumpling
鲜蒸虾饺 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 SUSHI

CALL US 416-395-1835

Black Dragon Sushi Roll
Was:$9.99



7.59 order

Shimp Tempura Avocado Roll
Was:$5.99



4.99 order

Dragon Roll Combo 24pcs
Green Dragon 8pcs, Red Dragon Roll 8pcs, Black Dragon Roll 8pcs



20.99 order

# SALAD

Chicken Sandwich
鸡肉三明治
Was:$4.99



3.99 order

Mix Fresh Cut Fruit Large
鲜切杂果(大)
Was:$13.99



11.99 order

Garden Salad Small
田园沙拉(小)
Was:$2.99



1.99 order

Fresh Cut Pineapple Small
鲜切菠萝(小)
Was:$5.99



3.99 order

Mixed Bean Salad
杂豆沙拉
Was:$3.99



2.59 order

Fresh Cut Hami Melon Medium
鲜切哈密瓜(中)
Was:$4.99



2.99 order

# GROCERY

Ting Sparkling Grapefruit Drink Series 300ml
西柚味气泡水
Was:$1.79
1.28 ea

Allen's 100% Apple Juice 1.89L
苹果汁
Was:$3.99
2.98 ea

Castello Original Sparkling Water 6x25cl
气泡水
Was:$6.99
4.98 pk

Arizona Green Tea
亚利桑那绿茶 682ml
Was:$1.99
1.00 ea

Loacker Crispy Wafer Series 250g
威化饼系列
Was:$4.99
2 FOR 7.00

Wang Seasoned Seaweed
王字海苔 16x4g
Was:$7.99
SALE 16-8-8
5.98 pk

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

Aurora Peeled Roasted Chestnut 100g
香烤栗仁
Was:$1.99
1.28 ea

Daia Pitted Dates
蜜枣 400g
Was:$2.99
1.98 ea

Vinacafe Chat Instant Coffee Mix 290g
越南速溶咖啡
Was:$4.99
2.98 ea

Cool Runnings 100% Pure Creamed Coconut
椰膏 141g
Was:$1.29
1.00 ea

Longevity Brand Sweetened Condensed Milk 300ml
寿星公炼奶
Was:$4.59
3.58 ea

Pacific Gold Lychee In Syrup 565g
财仔糖水荔枝
Was:$2.99
1.88 ea

Mega Sardines Series
沙丁鱼罐头系列 155g
Was:$1.29
2 FOR 1.50

Lee Kum Kee Hoisin Sauce
李锦记海鲜酱 1.02kg
Was:$6.99
4.98 ea

Kung Fu Soy Sauce
功夫酱油 1000ml
Was:$4.59
2.98 ea

Grace Dry Soup Mix Series
汤包系列 43-60g
Was:$0.99
2 FOR 1.50

Prime Delights Premium Dried Fructus Lycii Goji Berry 200g
古早味宁夏枸杞王
Was:$4.99
3.98 ea

Y&Y Glutinous Rice Flour / Rice Flour 400g
如意牌糯米粉/粘米粉
Was:$1.59
1.00 ea

Merilin Chicken Broth Mix
美林鸡精 1kg
Was:$9.99
6.98 ea

Aji No Moto Umami Seasoning 454g
味精
Was:$3.99
2.98 ea

Shodoisland Asian Style Sweet Potato Noodles
小豆岛红薯粉条 1.36LB
Was:$3.99
2.98 ea

Prime Delights Jiangxi Rice Vermicelli 400g
古早味江西米粉
Was:$1.59
88¢ ea

Mistolin Original Tira Spray
原味清洁喷雾 545ml
Was:$4.99
3.98 ea

SpaSoap Liquid Hand Soap Series
洗手液系列 1.9L
Was:$5.99
3.98 ea

# PRODUCE

South Africa Sugar Pear
南非糖心啤梨
Was:$2.99
4.38/kg
1.99 lb

Chinese White Honey Pomelo
中国白肉蜜柚
Was:$3.99
2.99 ea

Vietnam Fresh Longan
越南新鲜龙眼
Was:$3.99
5.70/kg
2.59 lb

Chinese Fresh Ginger
中国生姜
Was:$1.99
3.50/kg
1.59 lb

Enviro King Oyster Mushroom
有机皇子菇
Was:$3.99
ORGANIC
2.99 pk

Head Lettuce
圆生菜
Was:$3.99
2.59 ea

Habanero Pepper
哈瓦那辣椒
Was:$5.99
6.58/kg
2.99 lb

Fresh Peanut
新鲜花生
Was:$2.99
5.70/kg
2.59 lb

Fruity Carrot
水果胡萝卜
Was:$1.99
2.18/kg
99¢ lb

Red Beets
红菜头
Was:$1.29
1.30/kg
59¢ lb

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

Lotus Root
莲藕
Was:$2.99
3.50/kg
1.59 lb

Korean Cabbage
高丽菜
Was:$1.39
1.74/kg
79¢ lb

Baby Nai Yu Bok Choy
奶油苗
Was:$2.99
3.50/kg
1.59 lb

Shanghai Bok Choy
上海白
Was:$1.59
2.62/kg
1.19 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:$6.99
10.98/kg
$4.99 lb

Black Tie Patagonian Toothfish 454g
海太郎银鳕鱼脸珠肉
Was:$4.99
$1.99 ea

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

Tastee Foods Corp Beef Patties 1.2kg
馅饼系列
Was:$14.99
$12.99 ea

Sh Frozen Lemongrass Stick 227g
鑫海香茅
Was:$3.59
$2.69 ea

Choripdong Frozen Noodle U-Dong 1.25kg
讚岐急冻乌冬
Was:$6.99
$4.99 ea

Golden Sea Brand Wild Squid Rings 300g
鱿鱼圈
Was:$4.99
$3.99 ea

Jongga Mat Kimchi (Sliced Cabbage Kimchi) 400g
宗家韩国泡菜
Was:$7.99
$5.99 ea

SH Vegetable Spring Rolls 1000g
鑫海素菜春卷
Was:$4.99
$3.99 ea

Spring Creek 18 Quail Eggs
鹌鹑蛋
Was:$4.49
$3.99 pk

# SEAFOOD

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

Tilapia Fillet
鲈鱼柳
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

Boston Porgy
波士顿海鲈
Was:$3.99
4.38/kg No Clean $1.99 lb
5.26/kg Clean $2.39 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
黄尾鲕
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
10.32/kg No Clean $4.69 lb
19.98/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

# MEAT

Beef Flank Steak
炒牛肉
Was:$19.99
32.98/kg
$14.99 lb

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

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

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

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

Free Run Chicken
走地鸡
Was:$19.99
$15.99 ea

Frozen Whole Duck
冰鸭
Was:$27.99
$19.99 ea

# DELI

Mastro Salami Sopressata
Was:$3.39
$2.99 100g

Tirol Milch Smoked Emmentaler Cheese
Was:$2.89
$2.39 100g

Saputo Feta Light Cheese 200g
Was:$5.99
$3.99 ea

Milhafre Dos Acores Queijo Acoriano 200g
Was:$7.99
$7.49 ea

Woerle Happy Cow Big Pack Austria Cheese 360g
Was:$8.49
$7.99 ea

Ilios Sundried Tomatoes 280g
Was:$5.19
$4.49 ea

Wellknown Formulas Pickled Red Cabbage 650g
Was:$3.79
$2.99 ea

Fabridoce Brigadeiros Coco E Lima Coconut & Lime 120g
Was:$8.99
$8.49 ea