Ample FOOD MARKET

TORONTO YORK STORE

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



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Unit A2
605 Rogers Road,
Toronto, M6M 1B9

Rose Brand Jasmine White Scented Rice
玫瑰花茉莉香米 36LBs
Was:$ 42.99
37.98 bag

Savoy Coconut Cream
椰浆 400ml
Was:$ 3.59
1.98 ea

Golden Ray Sunflower Oil 3L
葵花籽油
Was:$ 10.99
7.98 ea

Unico Solid Light Tuna
吞拿鱼罐头 198g
Was:$ 2.99
1.88 ea

Ferrero Rocher / Collection Chocolate Series 259-300g
金沙巧克力系列
Was:$ 16.99
12.88 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

Cool Ocean Cocktail Shrimp M 400g
凤尾虾
Was:$ 10.99
5.99 ea

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

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

Sarangani Bay Marinated Milkfish 350g
开边牛奶鱼
Was:$ 7.99
5.99 ea

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

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

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

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

Picanha
牛臀肉
Was:$ 16.99
24.18/kg
10.99 lb

Sea Bream
海银鲂
Was:$ 9.99
16.92/kg No Clean
7.69 lb
17.58/kg Clean
7.99 lb

Live Blue Crab
生猛青蟹仔
Was:$ 6.99
10.98/kg
4.99 lb

Live Lobster
生猛龙虾
Was:$ 14.99
24.18/kg
10.99 lb

Red / Green Leaf Lettuce
红叶/绿叶生菜
Was:$ 2.99
1.98 bunch

BBQ Sweet Potato
烧烤番薯
Was:$ 2.99
4.14/kg
1.88 lb

Baby Spinach 2LB
袋装菠菜苗
Was:$ 7.99
4.99 bag

Peru Blueberries Full Pint
秘鲁蓝莓
Was:$ 6.99
4.99 pk

Chinese Honey Pomelo
中国福字白肉蜜柚
Was:$ 3.99
2.99 ea

Mexico Loose Avocado
墨西哥散装牛油果
Was:$ 2.99
2 FOR 3.99

USA Driscoll's Sweet Batch Raspberry
美国新鲜红莓
Was:$ 3.99
2 FOR 3.99
Fri./Sat./Sun. Only

Florida Grapefruit
佛罗里达大西柚
Was:$ 2.99
LARGE
2 FOR 3.99

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: **Nov. 27 To Dec. 3,** 2026.





BAKERY

Villaggio Breads
Was:$4.29
3.49 ea

Wonder Bread Series 675g
Was:$3.99
3.29 ea

Grey Matlock Butterfilled White Loaf / Agege Bread 700g
Was:$4.29
3.29 ea

Crispy Sliced Loaf Cake Series 420g
Was:$4.99
3.99 ea

National Gourmet Falafel Samosa (Beef / Chicken / Vegetable)
Was:$5.49
4.49 ea

All Butter Croissants
Was:$6.49
5.49 pk

KITCHEN

Fried Mix Vegetable
炒什菜
Was:$7.99
6.99 order

Cantonese Noodle
广东面
Was:$6.99
5.99 ea

Honey Chicken
蜜汁鸡
Was:$10.99
8.99 order

Beef With Mushroom
蘑菇牛肉
Was:$12.99
11.99 order

Salt & Pepper Fried Shrimp
椒盐大虾
Was:$10.99
9.99 order

Sweet And Sour Pork
甜酸肉
Was:$10.99
8.99 order

Deep Fried Shrimp Roll
虾卷 4pcs
Was:$3.99
3.29 order

Sesame Balls With Red Bean Paste
红豆芝麻球 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

Spicy Crunchy Roll 8pcs
Was:$8.99
6.59 order

Spicy Crab Meat Roll 8pcs
Was:$5.59
4.59 order

Mix Dragon Roll Combo 16pcs
Shrimp Tempura / Cucumbers / Avocado Inside / Topped With Spicy Crab Meat 4pcs / Salmon 4pcs / Tuna 4pcs / Avocado 4pcs & Eel Sauce
Was:$16.99
13.99 order

SALAD

Beef Sandwich
牛肉三明治
Was:$4.99
3.99 ea

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

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

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

Red Pomegranate
红石榴籽
Was:$6.99
4.99 order

Fresh Cut Mango Medium
鲜切芒果(中)
Was:$10.99
8.59 order

GROCERY

Pedras Drink Series
饮料系列 4x250ml
Was:$5.99
4.98 pk

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

CocoMax 100% Coconut Water 1L
椰子水
Was:$3.59
2 FOR 5.00

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

Bauducco Panettone Classic / Chocolate Cake 680g
潘妮托尼蛋糕
Was:$10.99
8.88 ea

Ding Dong Snack Series 95g
叮咚零食
Was:$0.99
3 FOR 2.00

M.Y.San Sky Flakes Cracker 800g
空中霸王饼
Was:$7.99
5.98 ea

S&F Cream Crackers 200g
梳打饼干
Was:$1.59
1.00 ea

Merilin China Green Tea
美林中国绿茶 200g
Was:$3.99
2 FOR 5.00

Foodiejoie Dried Sorrel
干洛神花 100g
Was:$2.99
2.00 ea

Unico Chick Peas / Red Kidney Beans 540ml
鸡豆/红腰豆
Was:$1.99
2 FOR 3.00

Montalva Pork Sausages 6pieces 160g
猪肉肠
Was:$2.99
2.00 ea

Foodiejoie Canned Yellow Peach 1500g
糖水黄桃罐头
Was:$6.99
4.98 ea

Mr.Goudas Corn Meal 2kg
高先生玉米粉
Was:$2.99
2.00 ea

Mr. Goudas Yellow Split Peas 2kg
去衣黄豆瓣
Was:$2.99
2.00 ea

Jufran Banana Sauce
香蕉酱 550g
Was:$2.99
2.00 ea

UFC Sweet Filipino Style Spaghetti Sauce 900g
意粉酱
Was:$5.99
3.98 ea

Maggi Soy Sauce Series
美极生抽/老抽 700ml
Was:$3.99
3.00 ea

Merilin Himalayan Pink Salt
美林喜马拉雅粉盐 2.5kg
Was:$6.99
4.98 ea

Chin Su Fish Sauce
金苏鱼露 500ml
Was:$ 3.99
2.98 ea

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

Prosper Unity Long Kou Vermecelli 1kg
家和龙口粉丝
Was:$5.99
3.98 ea

Erawan Brand Rice Stick Series
三象沙河粉系列 454g
Was:$ 2.29
2 FOR 3.00

Turbo Power Windshield Washer 3.78L
玻璃水
Was:$4.99
3.98 ea

Windsor Safe-T-Salt Ice Melt 10kg
雪盐
Was:$5.99
3.88 ea

PRODUCE

Brazil White Peach 1kg
巴西空运盒装白毛桃
Was:$ 11.99
by AIR
9.99 case

Chinese Pear Gift Box 3.5kg
中国礼盒装秋月梨
Was:$ 21.99
19.99 case

Columbia Passion Fruit 3pcs
哥伦比亚百香果
Was:$ 4.99
by AIR
3.99 pk

Fancy Green Zucchini
意大利青瓜
Was:$ 1.99
2.84/kg
1.29 lb

Baby Shiitake Mushroom
小香菇
Was:$ 6.99
10.10/kg
4.59 lb

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

Peeled Garlic 3LB
袋装蒜肉
Was:$ 9.99
7.99 bag

Purple Onion 10LB
袋装紫洋葱
Was:$ 7.99
LARGE
4.99 bag

Dasheen Bush
芋艿
Was:$ 6.99
10.98/kg
4.99 lb

Taro
大芋头
Was:$ 1.59
2.18/kg
99¢ lb

Fresh Ginseng
新鲜人参
Was:$ 13.99
19.54/kg
8.88 lb

Spinach Head On
有头菠菜
Was:$ 2.99
4.38/kg
1.99 lb

Tong Ho
唐蒿
Was:$ 2.99
4.38/kg
1.99 lb

Yu Choy
油菜
Was:$ 1.99
3.48/kg
1.58 lb

Baby Shanghai Bok Choy
上海苗
Was:$ 1.99
3.48/kg
1.58 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
30.00 bag

Russet Potato 50LB
褐皮土豆 7kg
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

Frozen Whole Jumbo Squid
冻大鱿鱼1500g
Was:$5.99
$3.99 ea

Ferma / Atlantic Pride Sardine 750g
沙丁鱼
Was:$6.99
$4.99 ea

Spain Frozen Mackerel
冻西班牙池魚
Was:$5.99
8.78/kg
$3.99 lb

Sea Rage Premium Quality Calamari Tubes 2.5LB
鱿鱼筒
Was:$10.99
$8.99 ea

Cool Ocean Impex Frozen Sole Fillets 908g
鳎鱼柳
Was:$10.99
$8.99 ea

Cool Ocean Impex Frozen Oyster Meat 450g
韩国统营牡蛎肉
Was:$12.99
$10.99 ea

GL Flavoured Crayfish Series
小霸龙小龙虾系列 750g
Was:$11.99
$8.99 ea

Siren's World Galunggong
池鱼 450g
Was:$3.99
4 FOR $10.00

Patty King Beef Patties 1.4kg
牙买加牛肉馅饼
Was:$13.99
$11.99 ea

Saputo Mozzarellissima Ball
马苏里拉奶酪球 340g
Was:$6.99
$4.99 ea

SEAFOOD

Red Grouper Steak
大红斑鱼扒
Was:$17.99
32.98/kg
$14.99 lb

Skate Wing Skinless
去皮斑翅
Was:$4.99
8.78/kg
$3.99 lb

Mackerel
池鱼
Was:$4.99
7.90/kg No Clean $3.59 lb
8.78/kg Clean $3.99 lb

White Perch
单线
Was:$3.99
5.70/kg No Clean $2.59 lb
6.58/kg Clean $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

Boston Porgy
波士顿海鲷
Was:$3.99
5.70/kg No Clean $2.59 lb
6.58/kg Clean $2.99 lb

Green Sea Bass
海青斑
Was:$9.99
19.12/kg No Clean $8.69 lb
19.78/kg Clean $8.99 lb

MEAT

Free Run Chicken
走地鸡
Was:$18.99
$13.99 ea

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

Frozen Burnt Cow Skin
冻烧牛皮
Was:$9.99
15.38/kg
$6.99 lb

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

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

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

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

Ground Beef
牛肉碎
Was:$7.99
10.98/kg
$4.99 lb

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

DELI

Wolski Ukrainian / Swedish / Balkan Salad Series 796ml
Was:$4.49
$3.99 ea

The Keg Teriyaki Basting & Dipping Sauce 355ml
Was:$5.99
$4.49 ea

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

The Laughing Cow Cheese Dippers Original 4pk
Was:$6.99
$5.99 ea

Ammerländer Fontal German Cheese
Was:$2.59
$2.09 100g

Landeiro Smoked Bacon
Was:$3.29
Imported
$2.29 100g

Fantino & Mondello Calabrese Spicy Dry Salami 100g
Was:$5.99
$3.99 ea

Ilios Sesame / Sea Salt Breadsticks 120g
Was:$2.49
$1.99 ea