

## Colossal WATERMELON

LARGE AVERAGE  
18 LB

SEEDLESS WHOLE WATERMELON U.S.A. Mexico

**9.99**

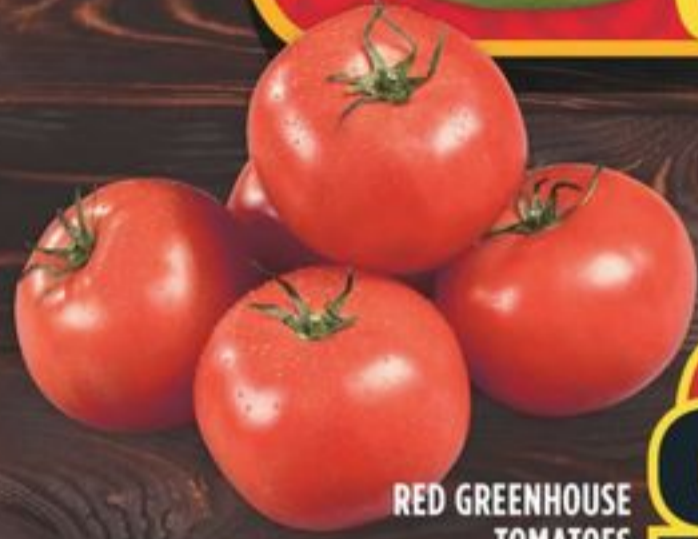
## MASHAWI

THE MEDITERRANEAN BBQ DESTINATION

MARINATED SHISH TAOUK CUBES HALAL

Adonis ORIGINAL RECIPE

**6.99**  
/lb  
15.47/kg



RED GREENHOUSE TOMATOES  
Canada

**99¢**  
/lb  
2.19/kg

BEEF RIB STEAK HALAL

**13.99**  
/lb  
30.47/kg



AA+



APRICOTS U.S.A.

**4.99**  
/lb  
10.99/kg

**7.77**  
/lb  
17.29/kg



COHO SALMON FILLETS  
Previously frozen



PHOENICIA OR CEDAR  
Akawi cheese

**2.29**  
/100 g  
10.39/lb

BEEF SHORT RIB

**10.99**  
/lb  
24.23/kg



AA+

GRAIN FED VEAL BLADE ROAST HALAL

**5.99**  
/lb  
13.27/kg



MAZOLA Oil Assorted choice 2.84 L

**10.99**

CANADIAN LAMB SHOULDER

**7.99**  
/lb  
17.71/kg



EYE OF ROUND BEEF

**6.99**  
/lb  
15.47/kg



**7.77**  
/lb  
17.29/kg



CRAB SECTION  
Previously frozen

<p><b>8.99</b></p> <p>CEDAR Calrose rice 4 kg</p>	<p><b>4.99</b></p> <p>BONNE MAMAN Jam Assorted choice 250 - 280 ml</p>
<p><b>2/\$3</b></p> <p>VALDIGRANO Pasta See variety in store 500 g</p>	<p><b>5.77</b></p> <p>CRACKER BARELL Block cheese Assorted choice 400 g</p>
<p><b>4.99</b></p> <p>CEDAR Walnuts or oriental mixed nuts 454 g</p>	<p><b>3/9.99</b></p> <p>ESKA Natural spring water 24 x 500 ml</p>

SUNSHINE in your PLATE with our FRUITS



**3 LB**

**new CROP**

**LARGE FRUIT**

**4<sup>99</sup>**

**ORANGES**  
Bag 3 lb  
Spain or Egypt

**RED CHERRIES**  
U.S.A.

**SEE PRICE IN STORE**

**BLUEBERRIES**  
Pint  
U.S.A./Mexico/Peru

**3<sup>99</sup>**

**STRAWBERRIES**  
454 g  
U.S.A.

**JANERYK GREEN PLUMS**  
Turkey or U.S.A.

**12<sup>99</sup>**  
/lb  
28<sup>00</sup>/kg

**LEMONS**  
Bag 2 lb  
South Africa

**4<sup>99</sup>**

**2 LB**

**SEEDLESS RED OR BLACK GRAPES**  
Chile

**3<sup>99</sup>**  
/lb  
8<sup>00</sup>/kg

**LARGE FRUIT**

**CUT WATERMELON**  
U.S.A.

**99¢**  
/lb  
2<sup>00</sup>/kg

**ATAULFO OR RED MANGOES**  
Mexico

**2/\$5**

**LARGE FRUIT**

**GRAPEFRUIT**  
Turkey

**3/\$5**

**LARGE FRUIT**

**LIMES**  
Mexico

**3/1<sup>99</sup>**

**BI-COLOR CORN**

**3/1<sup>99</sup>**

**CORN BI-COLOR**  
U.S.A.

**DISCOVER LOQUATS**

**8<sup>99</sup>**  
/lb  
19<sup>00</sup>/kg

**LOQUATS**  
Spain

**2/\$3**

**GREEN ONIONS**  
Mexico

**FRESH MINT BUNCH**  
Morocco

**1<sup>99</sup>**  
/lb  
4<sup>00</sup>/kg

**LEBANESE CUCUMBERS**  
Canada

**3/\$5**

**AVOCADOS**  
Mexico

**CORIANDER, CANADIAN PARSLEY OR ITALIAN PARSLEY**  
U.S.A.

**3/\$5**

**ATTITUDE**  
Organic salad  
Assorted choice  
U.S.A.  
142 g

**3<sup>99</sup>**

**ORGANIC**

**BEST Juice**  
Assorted choice  
1L

**3<sup>49</sup>**

**CEDAR**  
Almonds  
454 g - 1 lb

**5<sup>99</sup>**

**CEDAR**  
Roasted & Salted Pistachios  
Pistachios rôties et salées  
454 g - 1 lb

**12<sup>99</sup>**

**CEDAR**  
Roasted salted pistachios  
454 g

**SLICED FRUITS AND VEGETABLES PLATTERS**  
10"  
Assorted choice

**13<sup>99</sup>**

ENJOY **PRODUCTS** with our *quality* **FRESH MEATS AND SPECIALTIES**



Adonis ORIGINAL RECIPE

**649** /lb  
14<sup>97</sup>/kg

SOUVLAKI THIGH CHICKEN HALAL



Adonis ORIGINAL RECIPE

**549** /lb  
12<sup>10</sup>/kg

SOUVLAMARINATED CHICKEN WINGS HALAL



BEEF RIB EYE STEAK HALAL  
**1799** /lb  
39<sup>97</sup>/kg



BEEF CUBES FOR SKEWERS HALAL  
**999** /lb  
22<sup>97</sup>/kg



Adonis ORIGINAL RECIPE

BEEF KAFTA HALAL  
**749** /lb  
16<sup>97</sup>/kg



Adonis ORIGINAL RECIPE

BEEF SOUJOK SAUSAGES HALAL  
**749** /lb  
16<sup>97</sup>/kg



LEAN GROUND BEEF HALAL  
**549** /lb  
12<sup>97</sup>/kg



CANADIAN LEG OF LAMB HALAL  
**1199** /lb  
26<sup>97</sup>/kg

combine with your **FAVORITE MARINADE**



**299** /lb  
6<sup>59</sup>/kg

CHICKEN DRUMSTICKS HALAL

perfect for **YOUR BBQ**



**599** /lb  
13<sup>21</sup>/kg

BONELESS CHICKEN THIGHS HALAL



CHICKEN LEGS HALAL  
**349** /lb  
7<sup>97</sup>/kg



WHOLE CHICKEN HALAL  
**299** /lb  
6<sup>97</sup>/kg



SOLMAZ Chicken macon halal 375 g  
**449**



SCHNEIDERS Jumbo juicy original or beef wieners 375 - 450 g  
**629**



BRETAGNE Foie - Liver Assorted choice 150 g  
**2/\$5**



CARVER'S CHOICE Bacon 500 g  
**529**

TASTE **FRESHNESS** of our FISH AND SEAFOOD



Free Cleaning

COOKING SERVICE available



**7.99** /lb  
17.62 /kg

FRESH SEA BASS

OCTOPUS  
Thawed cleaned octopus

**9.99** /lb  
22.00 /kg



LIVE OR COOKED LOBSTER

MARKET PRICE



SQUID TUBE  
Previously frozen

**6.99** /lb  
15.40 /kg



THAWED BASA FILLETS

**4.99** /lb  
11.00 /kg



BLUE TIDE  
Raw tiger shrimps 21/25  
Previously frozen

**11.99** /lb  
26.40 /kg



BLUE TIDE  
Mix seafood  
350 g

**4.99**



TRY OUR MARINATED SALMON

READY FOR THE BBQ



**8.77** /lb  
19.33 /kg

MARINATED SALMON FILLETS COHO THAWED  
See variety in store

THAWED SOLE FILLETS

**8.99** /lb  
19.80 /kg



BLUE TIDE  
Cod fillets  
400 g

**6.99**



**4.99** MUSSEL KING  
Cooked mussel frozen  
See variety in store  
454 g



**3.79** BLUE TIDE  
Sardines  
800 g



**12.99** BLUE TIDE  
Nordic shrimps  
125 - 175  
400 g



**25.99** BLUE TIDE  
Peeled raw white shrimps 16/20  
907 g

A TRIP IN THE Mediterranean Sea



YOU HAVE **CHOICE** *with* PRODUCTS FROM HERE  
*even more* **AND ALL OVER THE WORLD**



More than 100 varieties sliced to your liking

**179**  
/100 g  
8<sup>12</sup>/lb

**SOLMAZ**  
Chicken breast Halal  
Assorted choice

**OLYMEI**  
Smoked ham  
See variety in store



**149**  
/100 g  
6<sup>7</sup>/lb

**NEGRONI**  
D'Italia prosciutto



**279**  
/100 g  
12<sup>11</sup>/lb

**TAHSIN**  
Soujouk Halal  
Assorted choice  
350 g



**799**

**ALZAHRAA**  
Turkey breast Halal



**149**  
/100 g  
6<sup>7</sup>/lb

**MARCANGELO**  
Cold cuts  
Assorted choice  
100 g



**599**

**MASTRO**  
Cold cuts  
Assorted choice  
150 - 250 g



**799**



**529**

**ALZAHRAA**  
Beef salami Halal  
400 g

**THE UNIQUE  
CANADIAN FETA**



**199**  
/100 g  
9<sup>03</sup>/lb

CANADIAN FETA CHEESE

**THE TUMA  
unsalted  
CHEESE**



UNSALTED TUMA CHEESE

**229**  
/100 g  
10<sup>39</sup>/lb

FIOR DE LATTE CHEESE



**229**  
/100 g  
10<sup>11</sup>/lb

SAPUTO  
Provola cheese



**249**  
/100 g  
11<sup>11</sup>/lb

FRICO  
Edam ball cheese



**299**  
/100 g  
13<sup>11</sup>/lb

PRÉSIDENT  
Brie or emmental cheese



**399**

SAPUTO  
Bocconcini  
cheese  
Assorted choice  
200 g



**699**

OKA  
Cheese  
Assorted choice  
190 g



**699**

VAUDREUIL  
Champtier cheese  
180 g



**799**

ALEXIS DE PORTRNEUF  
Brie or camembert cheese  
Assorted choice  
300 g



**399**

TRE STELLE OR SAPUTO  
Ricotta cheese  
Assorted choice  
400 - 475 g

**For  
SNACKING**

**149**  
/100 g  
6<sup>7</sup>/lb



**299**  
/100 g  
13<sup>11</sup>/lb



ROASTED PISTACHIOS  
Assorted choice

**179**  
/100 g  
8<sup>11</sup>/lb



STUFFED GREEN OLIVES

**269**  
/100 g  
12<sup>11</sup>/lb



BROWN OR BLACK  
MOCHA COFFEE

**Hot DEALS**

**BAUJI**  
Chocolate or vanilla  
Croissant  
300 g  
**2.99**

**KIMBO**  
Espresso coffee  
250 g  
**2.99**

**LAZIZA**  
Non-alcoholic beer  
Assorted choice  
6 x 330 ml  
**7.99**

**ADONIS DISCOVERY PRODUCT**

**CEDAR**  
Stuffed Vine Leaves  
Feuilles de vigne farcies  
375 - 400 g  
**2.99**

**NESCAFÉ**  
Instant coffee  
See variety in store  
100 g or 18 un  
**5.99**

**DARE**  
Cookies  
See variety in store  
336 - 400 g  
**4.99**

**RUBICON**  
Juice  
Assorted choice  
1L  
**2/\$5**

**COCA-COLA, SPRITE OR CANADA DRY**  
Soft drinks  
12 x 355 ml  
**7.49**

**MONTPELLIER**  
Carbonated water  
Assorted choice  
10 x 355 ml  
**5.99**

**BUBLY**  
Sparkling water  
Assorted choice  
12 x 335 ml  
**3/3.99**

**FREEZ**  
Drinks  
Assorted choice  
275 ml

**OASIS**  
Juice  
Assorted choice  
960 ml  
**2.19**

**CHRISTIE**  
Crackers  
Assorted choice  
145 g  
**2/\$6**

**MEDITERRANEA**  
Taratelli  
Assorted choice  
250 - 300 g  
**2/\$8**

**LAY'S**  
Chips  
See variety in store  
130 - 235 g  
**2/\$9**

**MISS VICKIE'S**  
Chips  
Assorted choice  
190 - 200 g

**TOSTITOS**  
Chips  
See variety in store  
205 - 295 g

**TOSTITOS**  
Salsa  
Assorted choice  
416 - 423 ml

**LAVAZZA**  
Coffee bean  
See variety in store  
1 kg  
**19.99**

**GRISSOL**  
Crackers  
Assorted choice  
350 - 400 g  
**4.49**

**MILANO**  
Milk cookies  
800 g

**BENLIAN**  
Rice cake  
Assorted choice  
100 g  
**2/\$3**

**RICERICE**  
Rice cakes  
Assorted choice  
100 g

**TIDE PODS**  
Laundry detergent  
16 un  
**6.99**

**GREAT IDEAS**

**ADD THEM EVERYWHERE**

**AOUN**  
Burgul  
Assorted choice  
900 g  
**2.99**

**SEE TABOULE RECIPE**

**CEDAR**  
Stuffed Green Olives  
Olivees vertes farcies  
200 ml  
**2/\$3**

**CEDAR**  
Chick pea Dip  
Hummus Tahini  
Trempeete de pois chiches  
400 g

**CEDAR**  
Mushrooms  
pieces & stems  
284 ml

**UNICO**  
Balsamic vinegar  
500 ml  
**3.99**

**UNICO**  
Sunflower oil  
1L

**KRAFT**  
Mayo  
Assorted choice  
890 ml  
**4.99**

**HEINZ**  
Ketchup  
Assorted choice  
750 ml - 1L  
**3.49**

**BULL'S EYE**  
BBQ sauce  
Assorted choice  
425 ml

**QUICK**  
Lemon juice  
500 ml  
**3.99**

**CEDAR**  
Couscous  
Assorted choice  
907 g  
**3.49**

**CEDAR**  
Chunk light tuna  
Assorted choice  
170 g  
**3/\$5**

**PRIMO**  
Pasta sauce  
Assorted choice  
680 ml  
**2/\$5**

**CEDAR**  
Tahini  
907 g  
**8.99**

**Our FROZEN products**

**ALFA**  
Spinach-cheese mini roll  
or kibi feta cheese phyllo  
pastry  
500 g  
**4.99**

**CEDAR**  
Vegetables, romano  
beans or green fava  
beans  
750 g - 1 kg  
**3.49**

**BÖREK TWIST**  
Ground beef  
phyllo pie  
900 g  
**12.99**

**CHAPMANS**  
Premium ice cream, yogurt  
and sorbet  
Assorted choice  
2L  
**4.99**

TASTE **ADONIS** specialties  
all the PREPARED EVERY DAY FOR YOU

ADONIS  
Hummus, garlic sauce  
or baba ghanouj  
250 g

**3<sup>99</sup>**



ADONIS  
Chicken or beef  
shawarma  
Un

**6<sup>99</sup>**



**5<sup>99</sup>**

ADONIS  
Chickpea or couscous salad  
454 - 500 g



**10<sup>99</sup>**

ADONIS  
Spinach pie or mini hot-dog  
12 un



**12<sup>99</sup>**

ADONIS  
Creamy pasta with chicken  
Un



**10<sup>99</sup>**

ADONIS  
Lahmajoun  
Large, 6 un  
950 g



**13<sup>99</sup>**

ADONIS  
Flat beef kebbe  
Large



**15<sup>99</sup>**

ADONIS  
Faciha  
Medium



OUR VANILLA  
MOUSSE CAKE

**26<sup>99</sup>**

VANILLA MOUSSE CAKE  
8 in (10 servings)



**11<sup>99</sup>**  
/lb  
26<sup>43</sup>/kg

OUR OSMALIEH  
Osmalieh kashta



**2<sup>99</sup>**

CRISPY  
Pound cake  
Assorted choice  
368 - 420 g



**2/\$7**

ADONIS  
Rum baba  
cake



**1<sup>99</sup>**

BERLINER  
Light rye or caraway  
traditional bread  
454 g



**3<sup>99</sup>**

PITA BREAK  
Moring rounds  
muesli flat  
bread  
450 g



**2/\$7**

ADONIS  
Sliced cakes  
See variety in store



**2/\$6**

DEMPSTER'S  
Sliced breads,  
hot-dog or  
hamburger buns  
675 g - 8 un



**2/\$7**

DEMPSTER'S  
7" tortillas  
Assorted choice  
340 g



**2/\$7**

ADONIS  
Chocolate or vanilla eclair  
Un



# STOCK up ON DEALS *from* AROUND THE WORLD



**4.99**

PHOENICIA OR CEDAR  
Labneh cheese  
500 g



**3.49**

KIRI  
Cream cheese  
spread  
144 - 150 g

BEATRICE  
Sour cream  
Assorted choice  
500 ml



**2/\$5**



**2.79**

PHOENICIA  
Plain yogurt  
Assorted choice  
750 g



**4.49**

DANONE OIKOS  
Greek yogurt  
Assorted choice  
4 x 95 - 100 g

SOYA  
SENSATIONNEL  
Refrigerated drink  
Soya  
Assorted choice  
1.89 L



**4.29**

INTERNATIONAL  
DELIGHT  
Coffee whitener  
Assorted choice  
946 ml



**5.99**

LAIT'S GO  
Chocolate milk or partly  
skimmed milk  
6 x 200 ml



**4.99**



**3.99**

TRE STELLE  
Mascarpone cheese  
275 g

BLACK  
DIAMOND  
Cheese sticks  
Assorted choice  
252 - 336 g



**5.88**

KRAFT  
SINGLES  
Cheese slices  
Assorted choice  
410 g



**4.49**