



# ADONIS

Mediterranean market

محلات أدونيس

**The lowest PRICE**

3L

**6<sup>98</sup>**

CEDAR Sunflower oil 3L



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

BONELESS SKINLESS SPLIT CHICKEN BREAST HALAL



JUMBO

**3<sup>99</sup>** /lb  
8<sup>80</sup>/kg

RED CHERRIES U.S.A.

BLUEBERRIES PINT U.S.A. Mexico



LARGE

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



RED VINE TOMATOES Canada

**99¢** /lb  
2<sup>18</sup>/kg

RED, ORANGE, YELLOW OR GREEN PEPPERS Canada Mexico



**1<sup>99</sup>** /lb  
4<sup>39</sup>/kg

BEEF KAFTA HALAL



Adonis ORIGINAL RECIPE

**6<sup>99</sup>** /lb  
15<sup>41</sup>/kg

Our featured PRODUCT



Free Cleaning

ROYAL SEA BREAM

**6<sup>88</sup>** /lb  
15<sup>47</sup>/kg



Adonis ORIGINAL RECIPE

**2<sup>49</sup>** /lb  
5<sup>49</sup>/kg

MARINATED CHICKEN DRUMSTICKS HALAL



**14<sup>99</sup>** /lb  
33<sup>07</sup>/kg

BEEF RIB EYE STEAK HALAL

BLUE TIDE White cooked shrimp 61/70 340 g



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

CEDAR Roasted salted pistachios 454 g



**7<sup>99</sup>**

DAIA Branched dates 1 kg

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

ALNUBALAA Super premium basmati rice 4.54 Kg



**2/\$4**

DECECCO Pasta Assorted choice 454 g



UNICO Passata tomato sauce 600 ml

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

LAVAZZA Crema e gusto of Rossa Ground coffee 250 g



LOCKER QUADRATINI Wafers Assorted choice 220 - 250 g

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

UNICO Solid light tuna THON PALE ENTIER 3 x 80 g



UNICO Light tuna in olive oil 3 x 80 g

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

BLACK DIAMOND Bloc cheese Assorted choice 400 g



**2/\$5**

BEST Juice Assorted choice 1 L



BEST MANGUI and BEST GOYAVE

FROM THURSDAY, MAY 23<sup>RD</sup> TO WEDNESDAY, MAY 29<sup>TH</sup>, 2024

SUNSHINE in your **PLATE** with our **FRUITS**

**new ARRIVAL**

**LEMONS**  
South Africa

**LIMES**  
Mexico

**YELLOW OR WHITE PEACHES**  
U.S.A.

**10/4.99**

**4.99** /lb  
11.00 /kg

**APRICOTS**  
U.S.A.

**5.99** /lb  
13.21 /kg

**EGGPLANTS**  
Mexico

**1.99** /lb  
4.39 /kg

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

**9.99** /lb  
22.01 /kg

**GREEN ZUCCHINI**  
Mexico

**1.99** /lb  
4.39 /kg

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

**3.99**

**RADISH BUNCH OR GREEN ONIONS**  
Canada, U.S.A.

**3/\$5**

**OUR LARGE GRAPES**

**RED, GREEN OR BLACK SEEDLESS GRAPES**  
Chile, Mexico, India

**3.99** /lb  
8.80 /kg

**LOQUATS**  
Spain

**7.99** /lb  
17.61 /kg

**DISCOVER THE LOQUATS**

**6 UN**

**5.99**

**AVOCADOS**  
Bag 6 un Mexico

**LARGE**

**1.49** /lb  
3.29 /kg

**ORANGES**  
U.S.A.

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

**3/\$5**

**1.5 LB**

**4.99**

**MEDLEY, GRAPE OR CHERRY TOMATOES**  
1.5 lb Canada or Mexico

**5.99** /lb  
13.21 /kg

**FRESH ALMONDS**  
U.S.A. Turkey

**LARGE FRUIT**

**2/\$5**

**RED OR ATAUFO MANGOES**  
Mexico

**3 Hearts of Romaine**

**5.99**

**ROMAINE HEARTS LETTUCE**  
3 un U.S.A.

**BROCCOLI**  
U.S.A.

**2.99**

**JUMBO**

**15.99**

**WHOLE WATERMELON**  
U.S.A.

**99¢** /lb  
2.19 /kg

**SLICED WATERMELON**  
U.S.A.

**2/\$3**

**ENGLISH CUCUMBERS**  
Canada

**11.99**

**BARBECUE ASSORTED VEGETABLES**  
See variety in store



ENJOY quality

# PRODUCTS

with our Halal FRESH MEATS AND SPECIALTIES



**749**  
/lb  
16<sup>51</sup>/kg

BEEF INSIDE ROUND STEAK HALAL



**699**  
/lb  
15<sup>41</sup>/kg

EXTRA LEAN GROUND BEEF HALAL



BEEF SHORT RIB STEAK HALAL

**1099**  
/lb  
24<sup>23</sup>/kg



Adonis ORIGINAL RECIPE

**899**  
/lb  
19<sup>01</sup>/kg

BEEF SHAWARMA HALAL



Adonis ORIGINAL RECIPE

MARINATED BEEF TENDERLOIN CUBES HALAL

**1799**  
/lb  
39<sup>05</sup>/kg



Adonis ORIGINAL RECIPE

**749**  
/lb  
16<sup>51</sup>/kg

MAKANEK SAUSAGES HALAL



CHICKEN LEGS HALAL

**299**  
/lb  
6<sup>03</sup>/kg



TOP SIRLOIN BEEF STEAK HALAL

**849**  
/lb  
18<sup>01</sup>/kg

## PERFECT FOR YOUR BBQ



Adonis ORIGINAL RECIPE

**649**  
/lb  
14<sup>31</sup>/kg

HALAL SOUVLAKI CHICKEN BREAST



AA+

**1499**  
/lb  
33<sup>03</sup>/kg

BEEF RIB STEAK



CANADIAN LAMB SHOULDER

**999**  
/lb  
22<sup>02</sup>/kg



CHICKEN WITH VEGETABLES SKEWERS HALAL

**749**  
/lb  
16<sup>51</sup>/kg

SOLMAZ Smoked chicken breast Halal 175 g

**399**



OLYMEL Turkey breast or ham Assorted choice 400 - 500 g

**899**



HARVEST CREEK BBQ chicken sausage Halal 908 g

**379**



MARC ANGELO Mortadella slices 125 g

**429**



TASTE *all the* **FRESHNESS** of our FISH AND SEAFOOD

MARINATED AT THE SAME PRICE

ATLANTIC SALMON FILLETS  
Plain or marinated

**11.99** /lb  
26.43/kg



TILAPIA FILLETS

**8.99** /lb  
19.92/kg

RAW TIGER SHRIMPS 31/40  
Previously frozen

**9.99** /lb  
22.02/kg

THAWED CLEANED SQUID

**10.99** /lb  
24.19/kg

COD FILLETS

**8.99** /lb  
19.92/kg

BLUE TIDE  
Norwegian smoked salmon  
500 g

**23.99**

ROYAL HARBOUR  
Scallops 80/120  
340 g

**7.99**

BLUE TIDE  
Cooked shrimp ring  
26 - 30 with sauce  
284 g

**5.99**

FERMA FROZEN OCTOPUS  
750 g

**12.99**

LIVE OR COOKED LOBSTER

**MARKET PRICE**

**LOBSTER**

Take advantage of our cooking service at our fish counter. There are also four ways to cook it at home: boiling water, steaming, baking or grilling!

**MARINATED SHRIMPS**

A quick and easy solution for the barbecue  
See our different marinades in store

**8.99** /lb  
19.92/kg

MARINATED WHITE SHRIMP 21 - 25  
Previously frozen  
See variety in store

**8.99** /lb  
19.92/kg

CRAB LEG  
Frozen or thawed

BLUE TIDE  
White shrimp easy peel 31/40  
400 g

**6.99**

Malpeque Oysters  
"FOR THE LOVE OF OYSTERS"  
A PRODUCT OF PRINCE EDWARD ISLAND, CANADA

**13.99**

MALPEQUE OYSTERS  
25 un

**11.99** /lb  
26.43/kg

TUNA STEAK  
THAWED OR FROZEN

BLUE TIDE  
Basa steak  
907 g

**8.99**

BLUE TIDE  
Arrowtooth flounder  
907 g

**8.99**

BLUE TIDE  
Salmon tartare  
227 g

**8.99**

BLUE TIDE  
Tuna tartare  
227 g

**8.99**

**FISH SECTION explained**

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



The Bastourma is made from pressed and dried beef, without forgetting the addition of succulent oriental spices

**379**  
/100 g  
17<sup>99</sup>/lb

BASTOURMA HALAL

**MASTRO**  
Ham or porchetta  
Assorted choice



**229**  
/100 g  
10<sup>99</sup>/lb

**SAN DANIELE**  
Sliced mortadella  
Assorted choice  
175 g



**399**

**SOLMAZ**  
Montreal style smoked  
turkey breast Halal



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

**SOLMAZ**  
Sliced pepperoni  
Halal  
200 g



**299**

**ALZAHRAA**  
Beef salami Halal  
200 g



**449**

**ALZAHRAA**  
Beef bologna Halal  
Assorted choice



**129**  
/100 g  
5<sup>85</sup>/lb

**MAPLE LEAF**  
NATURAL  
Cold cuts  
Assorted choice  
175 g



**599**

DISCOVER OUR  
BALADI IN BRINE  
CHEESE



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

BALADI IN BRINE CHEESE

BULGARIAN  
FETA CHEESE



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

BULGARIAN FETA CHEESE  
Double cream



**299**  
/100 g  
13<sup>99</sup>/lb

JARLSBERG  
Original cheese



**MAKLER**  
Halal  
Kashkaval  
cheese

**229**  
/100 g  
10<sup>99</sup>/lb

KASHKAVAL



**349**  
/100 g  
15<sup>99</sup>/lb

L'EXTRA  
Brie cheese

**AGROPUR**  
Grand cheddar  
cheese  
3-6 years old  
200 g

**699**



**999**

CASTELLO  
Traditional danish blue  
cheese



**599**

PRÉSIDENT  
Brie or camembert cheese  
230 g



**SAPUTO**  
Feta cheese  
1 kg

**1299**

FETOS



**JURA FLORE**  
JuraFlore 6 or  
12 months aged  
cheese  
200 g

**799**



Antipasto



**199**  
/100 g  
9<sup>99</sup>/lb

MARINATED MUSHROOMS  
OR ARTICHOKE



**219**  
/100 g  
9<sup>94</sup>/lb

OLIVE FETA SALAD



**199**  
/100 g  
9<sup>99</sup>/lb

OLIVE MARINATED MIX  
PITTED



**179**  
/100 g  
8<sup>99</sup>/lb

SPICY MIXED OLIVES

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



**6.99**  
/lb  
15.41/kg

ADONIS  
Greek or fattouche salad

ADONIS  
Hot red pepper  
cheese or  
vegetarian  
cheese pizza  
Un



**3.49**

**HOT RED  
PEPPER  
CHEESE**

ADONIS  
Mouhamara dip  
250 g

**4.99**



ADONIS  
Half-moon cheese pie or  
cheese rolls  
12 un

**10.99**



ADONIS  
Sfiha  
Medium  
12 un

**11.99**



ADONIS  
Mouskan sandwich  
Un

**6.99**



**12.99**

ADONIS  
Chicken biryani, rice with salmon  
or chicken  
Medium



DISCOVER OUR  
50 VARIETIES  
OF CAKES



**NAMMOURA**

Delicious Eastern  
pastries made with  
semolina, yogurt  
or milk and  
oriental spices.

**6.99**  
/lb  
15.41/kg

NAMMOURA



ADONIS  
Strawberry  
mousse cake  
8 in (10 servings)

**26.99**



**3.99**

VACHON  
Cake  
Assorted choice  
252 - 336 g



**2/\$5**

ADONIS  
Rum ball cake



ADONIS  
Almond, pistachio  
or chocolate roll

**2/\$7**



**2.99**

RUDOLPH  
Bayerische rye bread  
500 g



**2/\$3**

CRISPY TEA RUSK  
200 g



VILLAGGIO  
Italian sliced bread  
570 - 675 g

**2/\$7**



DEMPSTER'S  
Bagels  
Assorted choice  
6 un

**2/\$6**



ADONIS  
Znoud el sit

**3/\$6**



**Hot DEALS**

**2<sup>99</sup>** CEDAR Butter flavoured cookie 350 g

**7<sup>99</sup>** MAMA ROSA Olive pomace oil 1 L

**3<sup>99</sup>** PLANTERS Dry roasted peanuts 454 g

**4/\$5** CLUB SUPREME Aluminum foil 25'

**2/\$5** ADONIS DISCOVERY PRODUCT

**9<sup>99</sup>** ADONIS DISCOVERY PRODUCT

**2/\$7** ALPHONSO OR ALJUICE Juice Assorted choice 1.5 - 1.75 L

**1<sup>79</sup>** ESKA Natural spring water 4 L

**4<sup>49</sup>** OASIS Juice Assorted choice 8 x 200 ml

**7<sup>99</sup>** PEPSI, 7UP OR SCHWEPES Soft drink 12 x 355 ml

**6<sup>99</sup>** PAQUITO Syrup Assorted choice 750 ml

**1<sup>79</sup>** DARE COLLATION Cookies Assorted choice 250 g

**3<sup>99</sup>** CEDAR Candies Assorted choice 350 - 400 g

**2/\$9** RUFFLES, CHEETOS OR DORITOS Chips See variety in store 170 - 285 g

**6<sup>49</sup>** NESQUIK Drink mix or chocolate syrup 540 g or 700 ml

**6<sup>99</sup>** KRAFT Peanut butter Assorted choice 1 kg

**6<sup>99</sup>** CEDAR Jam Assorted choice 250 ml

**5<sup>99</sup>** ARCTIC POWER Laundry detergent 3.96 L

**GREAT recipe IDEAS**

**2<sup>99</sup>** CEDAR Legumes See variety in store 907 g

**4<sup>99</sup>** ADONIS Dressing Assorted choice 480 ml

**ADD THEM EVERYWHERE**

**15<sup>99</sup>** ZINDA Medium couscous 4.54 kg

**16<sup>99</sup>** FIVE ROSES Flour 10 kg

**4<sup>99</sup>** PILAROS Olives Assorted choice 375 ml

**2/\$5** CEDAR Sliced hearts of palm 398 ml

**4<sup>99</sup>** AURORA Marinade See variety in store 500 ml

**5<sup>49</sup>** PORTUGALLO Sauce Assorted choice 355 ml

**2<sup>99</sup>** HEINZ Mustard 380 ml

**5<sup>99</sup>** HEINZ Ketchup 3 x 375 ml

**Our FROZEN products**

**4<sup>49</sup>** ARCTIC GARDENS Frozen legume Assorted choice 675 - 750 g

**7<sup>99</sup>** CEDAR Frozen potatoes Assorted choice 2.27 kg

**5<sup>99</sup>** KELLOGG'S EGGO Waffles Assorted choice 560 g

**3<sup>99</sup>** LEZZA Vegetarian Kebbe 375 g

# STOCK up ON DEALS *from* AROUND THE WORLD

**SAPUTO**  
Shredded cheese  
Assorted choice  
1 kg

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



**BURNBRAE**  
Large omega 3 eggs  
or free run eggs  
12 un

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

**YOPLAIT OR IÖGO**  
Yogurt  
Assorted choice  
16 x 95 - 100 g

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

**ACTIVIA**  
Yogurt  
Assorted choice  
12 x 100 g

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

**IÖGO NANO**  
Yogurt  
Assorted choice  
8 x 60 g

**2/\$5**

**LIBERTÉ MÉDITERRANÉE**  
Yogurt  
Assorted choice  
900 g

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

**SEALTEST**  
Sour or cottage cream  
Assorted choice  
500 ml / 500 g

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

**BEATRICE**  
Chocolate milk or  
buttermilk  
1 L

**2<sup>79</sup>**

**THE LAUGHING COW**  
Cheese  
Assorted choice  
267 g

**6<sup>49</sup>**

**TRE STELLE**  
Mini mini  
bocconcini  
500 g

**9<sup>99</sup>**

**PRÉSIDENT**  
Salted or  
unsalted butter  
250 g

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

**20% OFF ON ALL OF OUR BULK NUTS**

**ADONIS**

**2<sup>99</sup>**  
/100 g  
13<sup>57</sup>/lb

**ASSORTED ROASTED CASHEW NUTS**

**1<sup>39</sup>**  
/100 g  
6<sup>31</sup>/lb

**REGULAR ORIENTAL MIX NUTS**

**RAW WALNUTS**

**1<sup>69</sup>**  
/100 g  
7<sup>11</sup>/lb

**RAW ALMONDS**

**1<sup>99</sup>**  
/100 g  
9<sup>11</sup>/lb

**SWEET SALTED BBQ NUTS MIX**

**1<sup>39</sup>**  
/100 g  
6<sup>11</sup>/lb

**EXTRA ORIENTAL MIX NUTS**

**2<sup>49</sup>**  
/100 g  
11<sup>11</sup>/lb

**ASSORTED ROASTED PISTACHIOS NUTS**

**2<sup>79</sup>**  
/100 g  
12<sup>11</sup>/lb

**ASSORTED ROASTED ALMONDS**

**1<sup>99</sup>**  
/100 g  
9<sup>11</sup>/lb

**ASSORTED PEANUTS**

**99¢**  
/100 g  
4<sup>11</sup>/lb

**ASSORTED ROASTED CHICK PEAS**

**1<sup>19</sup>**  
/100 g  
5<sup>11</sup>/lb

**ASSORTED ROASTED PUMPKIN SEEDS**

**2<sup>39</sup>**  
/100 g  
10<sup>11</sup>/lb

**ASSORTED ROASTED BRESILIAN NUTS**

**3<sup>99</sup>**  
/100 g  
18<sup>11</sup>/lb

**ROASTED SALTED FILBERT NUTS**

**2<sup>39</sup>**  
/100 g  
10<sup>11</sup>/lb

**ROASTED SALTED MACADAMIA NUTS**

**5<sup>49</sup>**  
/100 g  
24<sup>11</sup>/lb