



ADONIS

Mediterranean market

محلات أدونيس



CHICKEN DRUMSTICKS
PREPARED

1.99
/lb
4.39/kg



BEEF RIB EYE
STEAK HALAL

14.99
/lb
33.03/kg



COLOSSAL
18 lb

WHOLE
WATERMELON
U.S.A.

9.99



YELLOW
PEACHES
U.S.A.

1.99
/lb
4.39/kg



BEEF TOMATOES
Canada

99¢
/lb
2.18/kg



ITALIAN EGGPLANTS
Canada and/or Holland

ITALIAN

2.99
/lb
6.69/kg



2.8 L

Stock up on
OLIVE OIL!

CEDAR
Extra virgin olive oil
2.8 L

29.99



CANADIAN LAMB
SHOULDER HALAL

8.99
/lb
19.81/kg



MARINATED SHISH
TAOUK CUBES HALAL

Adonis
ORIGINAL
RECIPE

6.99
/lb
15.41/kg



4/\$5

ADONIS
Chick peas or fava beans
54w/0 ml

1.69

BARILLA
Pasta
See variety in store
410 g



OCTOPUS
Thawed cleaned

8.77
/lb
19.33/kg



99¢

PHOENICIA
Sardines
See variety in store
120 g

7.99

ALKANATER
Tahineh
908 g

CEDAR
Wild flower honey
1 kg



COD FILLETS
Thawed

8.77
/lb
19.33/kg



15.99

CEDAR
Raw Pistachios
454 g

2.77

ASTRO ORIGINAL
OR BALKAN
Yogurt
Assorted choice
625 - 750 g



FROM THURSDAY, MAY 30TH TO WEDNESDAY, JUNE 5TH, 2024

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



99¢ /lb
2¹⁸/kg

CUT WATERMELON
U.S.A.

OUR JUMBO CHERRIES

RED CHERRIES
U.S.A.



5⁹⁹ /lb
13²¹/kg

RED, GREEN OR BLACK SEEDLESS GRAPES
Chile and/or Mexico



3⁹⁹ /lb
8⁰⁰/kg

LARGE FRUIT

LEBANESE CUCUMBERS
Canada



1⁹⁹ /lb
4³⁰/kg

STRAWBERRIES
454 g U.S.A.



3⁹⁹

GREEN ONIONS
Mexico



2/\$3

BLUEBERRIES
PINT U.S.A. Mexico



3⁹⁹

LARGE FORMAT



4⁹⁹

HOTHOUSE GRAPE TOMATOES, CHERRY OR MEDLEY TOMATOES
1.5 lb Canada

A GREAT SUMMER TREAT!



APRICOTS
U.S.A.

5⁹⁹ /lb
13²¹/kg

GREEN BEANS
340 g U.S.A.



3⁹⁹

IT'S NEW

LIMES
1 lb Mexico



2/\$5



5⁹⁹

AVOCADOS
Bag 6 un Mexico



2/\$5

WHITE MUSHROOMS
227 g Canada



4⁹⁹

ROMAINE HEARTS LETTUCE
3 UN U.S.A.



2/\$5

RED OR ATAUFO MANGOES
Mexico

LARGE FRUIT



2⁹⁹ /lb
6⁰⁰/kg

RED, GREEN, YELLOW OR ORANGE PEPPERS
Canada and U.S.A.



3/\$5

ITALIAN OR CURLY PARSLEY
U.S.A.



4⁹⁹

CAULIFLOWER
U.S.A.

BEST Nectar Assorted choice
1 L



2/\$7



5⁹⁹

CEDAR
Walnuts
454 g



2⁴⁹ /lb
5⁰⁰/kg

EGGPLANTS
U.S.A.



3⁹⁹ /lb
8⁰⁰/kg

ASPARAGUS
Canada

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



10⁹⁹
/lb
24²³/kg

CANADIAN
LEG OF LAMB **HALAL**



7⁹⁹
/lb
17⁶¹/kg

CHICKEN WITH VEGETABLES
SKEWERS **HALAL**

RACK OF LAMB LOIN
HALAL

18⁹⁹
/lb
41⁸⁸/kg



BEEF RIB STEAK
HALAL

13⁹⁹
/lb
30⁸⁴/kg



BEEF SOUJOK SAUSAGES
HALAL

7⁴⁹
/lb
16⁸¹/kg



SOUVLAKI THIGH CHICKEN
HALAL

6⁹⁹
/lb
15⁴⁷/kg



MARINATED
CHICKEN WINGS
HALAL

5⁴⁹
/lb
12⁸⁹/kg



GROUND CHICKEN KAFTA
HALAL

4⁴⁹
/lb
9⁸⁹/kg



10⁹⁹
/lb
24²³/kg

BEEF CUBES FOR SKEWERS **HALAL**



3⁴⁹
/lb
7⁶⁹/kg

BEEF LIVER **HALAL**

BLADE STEAK BONELESS
HALAL

8⁴⁹
/lb
18⁸⁷/kg



LEAN GROUND BEEF
HALAL

5⁴⁹
/lb
12⁸⁹/kg



SOLMAZ
Chicken macon *Halal*
375 g

4⁴⁹



MAPLE LODGE
Sliced chicken bologna *Halal*
375 g

2⁹⁹



SOLMAZ
PASTRAMI *Halal*

1⁹⁹
/100 g
9⁸⁹/lb



ALZAHRAA
Hot or mild beef
salam *Halal*

1²⁹
/100 g
5⁸⁸/lb



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



LIVE LOBSTER FROM MAGDALEN ISLANDS

SEE PRICE
IN STORE



LOBSTER
FROM
ISLANDS



BLUE TIDE
Raw tiger shrimps 21/25
previously frozen

11.99
/lb
26^{oz}/kg

Free
Cleaning



ROYAL SEA BREAM

7.77
/lb
17^{oz}/kg

Free
Cleaning



THAWED WHOLE
MACKEREL

3.99
/lb
8^{oz}/kg

COHO SALMON
FILLETS
Frozen or
previously frozen



8.99
/lb
19^{oz}/kg

BLUE TIDE
White cooked
shrimp 91/110
454 g



7.99



BLUE TIDE
Imitation crabmeat
Frozen
454 g

3.99

BLUE TIDE
Raw shrimps skewers
454 g



10.99

BLUE TIDE
See food mix
350 g



4.99

**ATLANTIC
SMOKED SALMON**



9.99

ROYAL HARBOUR
Atlantic smoked salmon
200 g

**SALAD TRIO
TO DISCOVER**



2.99
/100 g
13^{oz}/lb

SALAD TRIO
Baby octopus, squid or mussel



6.99
/lb
15^{oz}/kg

SQUID RINGS
Previously frozen



8.99
/lb
19^{oz}/kg

SOLE FILLET
Thawed

CRAB SECTION
Frozen or thawed

9.99
/lb
22^{oz}/kg



BLUE TIDE
Haddock fillets
400 g



6.99

BLUE TIDE
Shrimps and scallops
340 g



8.99

BLUE TIDE
Tiger shrimps 31/40
peeled, deveined
454 g



13.99

BLUE TIDE
25/35 scallop
300 g



23.99

**FISH SECTION
explained**



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



SOLMAZ
 Chicken breast Halal
 Assorted choice

179
 /100 g
 8¹²/lb




MASTRO
 Prosciutto cotto
 or Capicollo

149
 /100 g
 6¹¹/lb



SAN DANIELE
 Mortadella
 Assorted choice

149
 /100 g
 6¹¹/lb



DELI CLASS
 Smoked meat

229
 /100 g
 10¹¹/lb



MARCANGELO
 Cold cuts
 Assorted choice
 175 - 200 g

899



FANTINO MONDELLO
 Cold cuts
 Assorted choice
 100 - 125 g

549

Our **HALAL** Deli Products



HARVEST CREEK
 Halal BBQ chicken
 sausage
 908 g

299



ALZAHRAA
 Beef bologna Halal
 Assorted choice
 200 g

449



SOLMAZ
 Turkey breast Halal
 Assorted choice
 175 g

429

DISCOVER OUR **HALLOOM CHEESE**



PHOENICIA OR CEDAR
 Halloom cheese

229
 /100 g
 10³⁹/lb



ARAHOVA
 Tzatziki

99¢
 /100 g
 4⁴⁹/lb

DISCOVER
 THE GREEK
TZATZIKI



ORIGINAL OKA
 CHEESE

329
 /100 g
 14¹²/lb



M. GUSTAV
 St-Paulin cheese

299
 /100 g
 13¹¹/lb



KRINOS
 Traditional feta

179
 /100 g
 8¹²/lb



TRE STELLE
 Traditional feta
 375 g

599



SAPUTO
 Sliced cheese
 Assorted choice
 160 - 200 g

499



WOOLWICH
 Goat cheese
 Assorted choice
 113 g

349



SAPUTO
 Plain or jalapeno cheese fries
 250 g

699



PUCK
 Creamy spread
 500 g

1399

For **SNACKING**



ROASTED AVEL
 HAZELNUT
 Assorted choice

249
 /100 g
 11¹¹/lb



CASHEWS
 Assorted choice

299
 /100 g
 13¹¹/lb



HALVA
 Assorted choice

179
 /100 g
 8¹²/lb



BLACK OR GREEN
 LEBANESE OLIVES

99¢
 /100 g
 4¹¹/lb

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



12⁹⁹

CHICKEN OR BEEF SHAWARMA PLATE
Served with rice or garlic potatoes, salad and sauce



A mediterranean
EXPERIENCE

Tender slices of marinated meat or chicken, slow roasted to perfection and delicately shaved.



3⁹⁹

ADONIS
Hummus, baba ghanouj or garlic sauce
250 g



5⁹⁹

ADONIS
Beet or lentil seeds salad
500 - 550 g



ADONIS
Soujuk boat
Un

3⁹⁹



ADONIS
Meat or vegetarian kebbe
12 un

13⁹⁹



ADONIS
Lamb ouzi
Un

7⁹⁹



12⁹⁹

ADONIS
Creamy pasta with chicken
Un



ADONIS
Red velvet cake 8"
10 servings

26⁹⁹



Discover our
50 VARIETIES OF CAKES



2/\$7

ADONIS
Fruit or strawberry
tarts mini



ADONIS
Rum baba cake

2/\$7



ADONIS
Baked pita
Assorted choice
225 g

2/\$6



SELECTION
White or
whole wheat
bread
675 g

2/49



12⁹⁹
/lb
28⁶³/kg

ADONIS
Finger baklava



DEMPSTER'S
10" tortillas
Assorted choice
488 - 610 g

3⁹⁹



DEMPSTER'S
Sliced hot-dog or
hamburger buns
8 un

2/\$6



ADONIS
Shaabiyat

3/\$6

ADONIS
DISCOVERY
PRODUCT

2⁹⁹ NAYA Natural spring water 20 x 500 ml

9⁹⁹ MAXWELL HOUSE Ground coffee 900 - 925 g

5⁹⁹ CEDAR Brown or red split lentils 1.8 kg

2/\$4 UNICO Olives Assorted choice 375 ml

3⁹⁹ CEDAR Lupin beans 796 ml

7⁹⁹ AL GOTA Stuffed eggplant 600 g

3⁹⁹ CEDAR California vine leaves 1L

3/4⁹⁹ GRACE COCONUT WATER Assorted choice 500 ml

6⁴⁹ MONTELLIER Carbonated spring water Assorted choice 6 x 1L

2/1⁹⁹ OASIS Juice Assorted choice 960 ml

2/\$9 TOSTITOS OR MISS VICKIE'S Chips See variety in store 190 - 295 g

2/\$9 TOSTITOS Salsa sauce Assorted choice 416 - 418 ml

4⁹⁹ KASHI Cereal Assorted choice 345 - 400 g

2/5⁵⁰ DARE Cookies See variety in store 280 g

1⁹⁹ MILANO Cookies See variety in store 150 - 250 g

2/\$5 7 DAYS Mini croissant Assorted choice 200 g

2/2²² NESTLÉ Chocolate bars See variety in store 42 - 50 g

6⁴⁹ LOTUS Spread Assorted choice 380 - 400 g

2/\$3 AURORA Roasted chestnuts 100 g

7⁹⁹ CASCADES TUFF Extreme paper towel 6 rolls

GREAT recipe IDEAS

7⁹⁹ CEDAR Parboiled rice or patna 4 kg

3⁹⁹ CEDAR Roasted red peppers or roasted eggplants 500 ml

ADD THEM EVERYWHERE

3⁴⁹ KRAFT BBQ sauce or dressing Assorted choice 455 - 475 ml

3⁹⁹ CLASSICO Pasta sauce Assorted choice 410 - 650 ml

7⁹⁹ MAILLE Dijon mustard 500 ml

6⁹⁹ MAILLE Cherkins Assorted choice 375 ml

4⁹⁹ CEDAR Quinoa seeds or large fava beans 907 g

2/\$5 PRIMO Lasagna Assorted choice 375 - 500 g

2/\$7 INDOMIE Noodles Assorted choice 5 x 85 g

3⁹⁹ RIORARE Tuna salad Assorted choice 160 g

Our FROZEN products

2/\$5 CEDAR Frozen vegetable Assorted choice 750 g

6⁴⁹ BOREK BITES Ground beef phyllo pie 454 g

4⁴⁹ McCAIN Classic pizza pocket or superfries fries 300 - 650 g

4⁹⁹ NESTLÉ Ice cream and frozen treats Assorted choice

STOCK up ON DEALS



4.99

ARMSTRONG
Mild cheddar cheese
See variety in store
400 g



OASIS
Orange juice with
or without pulp
2.5 L

6.99

SILANI
Regular or light
feta cheese
200 g

3.49



2.79

BLACK DIAMOND
Sliced cheese
Assorted choice
410 g



LIBERTÉ
Greek yogurt
Assorted choice
650 - 750 g

5.99



ACTIVIA
Yogurt
Assorted choice
650 g

3.79



iÖGO NANO
Drinkable
yogurt
Assorted choice
900 ml or
6 x 93 ml

3.79



YOPLAIT
Yogurt
Assorted choice
6 x 60 g or 8 x 56 g

2.99



2.79

LACTANTIA
Cream cheese original or light
250 g



2/\$4

PUCK
Thickened cooking cream
160 g



4.49

BABYBEL
Mini cheese
102 - 120 g



1.99



CEDAR PHOENICIA
Fermented
dairy beverage
500 ml



**YOUR
SIDE
DISHES**

ADONIS

ADONIS
Hot red pepper
cheese or
vegetarian
cheese pizza
un

3.49



**12
UNITS**



ADONIS
Cheese
or meat
sambousik
12 un

12.99
/12 un

6.99
/lb
15.41/kg

FATTOUSH SALAD



6.99
/lb
15.41/kg

TABOULE SALAD



4.99

**MOUHAMARA
DIP**
250 g



**24
UNITS**



10.99

ADONIS
Lahmajoun
6 un



37.99

SUSHI SHAWARMA PLATE