

Book your
UDHEYA-QURBANI LAMB



45
POUNDS*

FRESH WHOLE ONTARIO LAMB
WITH HEAD
45 pounds+

499\$
/un



4.99
/lb
11⁰⁰/kg

BONELESS SKINLESS
SPLIT CHICKEN BREAST **HALAL**



JUMBO

RED
CHERRIES
U.S.A.

3.99
/lb
8⁸⁰/kg



3.99
/lb
8⁸⁰/kg

APRICOTS
U.S.A.



LEBANESE
CUCUMBERS
Canada

1.44
/lb
3¹⁷/kg

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

1.88
/lb
4¹⁴/kg



7.49
/lb
16⁵⁰/kg

MARINATED SHISH
TAOUK CUBES **HALAL**

Adonis
ORIGINAL
RECIPE



Our featured
PRODUCT



FRESH ATLANTIC
SALMON FILLETS

9.77
/lb
21⁴⁷/kg

WHOLE CHICKEN
HALAL

2.99
/lb
6⁵⁹/kg



GRAIN FED VEAL BLADE
ROAST **HALAL**

5.99
/lb
13²⁷/kg



MARINA DEL REY
Wild caught pink
Argentinian shrimps 20/30
300 g

6.99



MARINA DEL REY
Wild caught
Argentinian shrimps
20/40
300 g



8.99

CEDAR
Calrose rice
4 kg

UNICO
Vegetable oil
2L

5.77



4.99

UNICA
Gandour chocolate
cookies
24 x 18 g
600 g

34.99

DORIC
Macedonian feta
cheese
5 kg



4.99

CEDAR
Almonds
See variety in store
400 - 454 g

17.99

BASQUES
Hardwood
charcoal
8 kg



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

LOCAL STRAWBERRY
1 L
Ontario

4.99

They are **FINALLY HERE**

If you resist eating them right away, remember to put them in the refrigerator quickly and only wash them when you're ready to eat them.

BLACK, RED OR GREEN SEEDLESS GRAPES
Mexico

3.99
/lb
8⁹⁹/kg

LARGE FRUIT

CUT WATERMELON
U.S.A.

99¢
/lb
2⁹⁹/kg

BICOLOR CORN
U.S.A.

3/1.99

FRESH MINT BUNCH
Mexico

2/\$3

RADISH BUNCH
Canada

GREEN ONIONS
U.S.A.

LEMONS
South Africa

10/4.99

LIMES
Mexico

BLUEBERRIES
PINT
Mexico or U.S.A.

3.99

HOTHOUSE BEEF OR VINE TOMATOES
Ontario

1.49
/lb
3⁹⁹/kg

VERY JUICY

PEACHES
U.S.A.

2.49
/lb
5⁴⁹/kg

PERFECT FOR THE BBQ

ITALIAN EGGPLANTS
Canada

3.99
/lb
8⁹⁹/kg

JUMBO

15.99

WHOLE WATERMELON
U.S.A.

LARGE FRUIT

2/\$5

RED OR ATAUFO MANGOES
Mexico

3.99

ATTITUDE
Organic lettuce
Assorted choice
142 g
U.S.A.

ROMAINE HEART'S LETTUCE 3 UN
U.S.A. or Mexico

4.99

4.99

AVOCADOS
6 un
Mexico

1.99
/lb
4⁹⁹/kg

RED DELICIOUS OR BARTLETT PEARS
U.S.A. & Argentina

2.99

RUSSET
Red or yellow potatoes
5 lb
Canada

4.99

HOTHOUSE
Grape or medley tomatoes
1.5 lb
Canada

2.99

BROCCOLI
U.S.A.

2.99

PEELED GARLIC
1 lb
China

2.99

AL-SAMIR
Salted melon seeds
300 g

FONTAINE SAINTE
Plain extra firm tofu
400 g

3.99

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



10⁹⁹
/lb
24²³/kg

CANADIAN
LEG OF LAMB HALAL

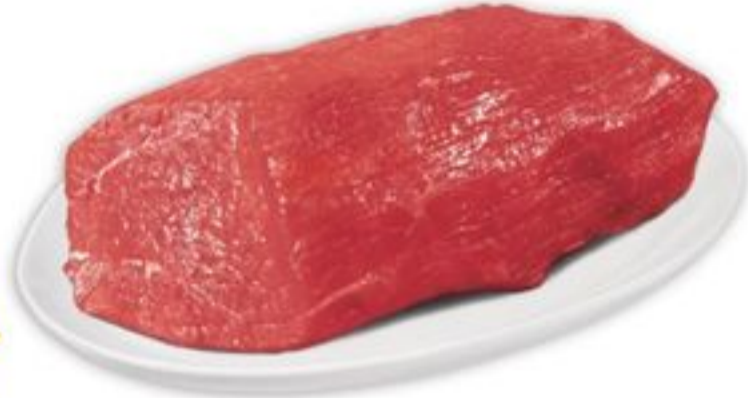


BEEF
TENDERLOIN
HALAL

16⁹⁹
/lb
37⁴⁵/kg

BEEF EYE OF
ROUND HALAL

7⁴⁹
/lb
16⁹⁹/kg



BEEF CUBES
HALAL

7⁴⁹
/lb
16⁹⁹/kg



BEEF KAFTA
HALAL

7⁴⁹
/lb
16⁹⁹/kg



Adonis
ORIGINAL
RECIPE

MARINATED
CHICKEN
DRUMSTICKS
HALAL

2⁹⁹
/lb
6⁹⁹/kg



Adonis
ORIGINAL
RECIPE

MARINATED BEEF
TENDERLOIN CUBES
HALAL

17⁹⁹
/lb
39⁹⁹/kg



Adonis
ORIGINAL
RECIPE

SOUVLAKI THIGH
CHICKEN HALAL

6⁹⁹
/lb
15⁹⁹/kg



Adonis
ORIGINAL
RECIPE



19⁹⁹
/lb
44⁰⁸/kg

RACK OF LAMB LOIN HALAL



9⁹⁹
/lb
22⁰²/kg

GRAIN FED VEAL CUTLET HALAL

MAKANEX
SAUSAGES HALAL

7⁴⁹
/lb
16⁹⁹/kg



Adonis
ORIGINAL
RECIPE

LEAN GROUND
BEEF HALAL

5⁴⁹
/lb
12⁹⁹/kg



SOLMAZ
Roastbeef Halal

1⁹⁹
/100 g
9⁹⁹/lb



ALZAHRAA
Chicken Bologna Halal

1²⁹
/100 g
5⁹⁹/lb



SOLMAZ
Hot or mild beef salami
Halal
200 g

4²⁹



ALZAHRAA
Turkey breast Halal
Assorted choice
400 g

5²⁹



TASTE all the FRESHNESS of our FISH AND SEAFOOD

Free Cleaning

7⁹⁹ /lb
17⁶¹ /kg

SEA BASS

Fresh from the MEDITERRANEAN
The sea bass, with its lean and white flesh, soft and flaky. It can be eaten pan-fried or grilled.

MARINATED FRESH ATLANTIC SALMON

10⁹⁹ /lb
24⁷¹ /kg

VARIOUS MARINADES

COD FILLETS

9⁹⁹ /lb
22²⁷ /kg

THAWED SHRIMPS 26/30

11⁹⁹ /lb
26⁷¹ /kg

SQUID TUBE
Previously frozen

6⁹⁹ /lb
15⁷¹ /kg

BLUE TIDE
Crab imitation sushi
500 g

5⁹⁹

BLUE TIDE
Bassa Fillets
907 g

8⁹⁹

PANGASIU
BASA

BLUE TIDE
Shrimp ring
26-30

5⁹⁹

CREVETTES

BLUE TIDE
White shrimp raw 16-20
907 g

18⁹⁹

VETTE BLANCHE
PACIFIQUE
WHITE SHRIMP

ROYAL HARBOUR
Atlantic smoked salmon
80 g

5⁹⁹

PERFECT FOR YOUR HORS D'OEUVRES

SEE PRICE IN STORE

LIVE LOBSTER

Homard des îles

BLUE TIDE
Whole smelt
908 g

7⁹⁹

EPERLANS ENTIERS
WHOLE SMELTS

8⁹⁹ /lb
19⁷¹ /kg

SMOKED HERRING FILLET

ESCARGOT WITH GARLIC BUTTER
85 g
Frozen

9⁹⁹

IDEAL FOR BBQ

ROYAL HARBOUR
Scallops 80/120
340 g

7⁹⁹

SCALLOPS
PETONCLES

SCALLOPS
PETONCLES

THE MEDITERRANEAN
on your plate

400 g

BLUE TIDE
Raw peeled white
shrimps 31/40
340 g

7⁹⁹

DEVIETTES BLANCHES OR PACIFIQUE
RAW PEELED WHITE SHRIMP

BLUE TIDE
Cod fillets
400 g

7⁹⁹

MORUECOU

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



149
/100 g
6⁷⁸/lb

SOLMAZ
Beef bologna Halal
Assorted choice



BEEF BOLOGNA
for your sandwiches

The ideal Halal meat for your sandwiches. Make great combinations with our fresh products like lettuce or tomatoes from Ontario!



199
/100 g
9⁷¹/lb

MARCANGELO
Mortadella di Italia



249
/100 g
11⁹⁷/lb

CUDDY
Roasted turkey breast
Assorted choice



499
/100 g

MASTRO
Salami
Assorted choice
125 - 150 g



179
/100 g
8⁹⁷/lb

MELLO
Beef salami

599
/100 g

SCHNEIDERS
Grilled sausage
Assorted choice
375 g

Our **HALAL** Deli Products



799
/100 g

TAHSIN
Sojuik Halal
Assorted choice
250 g



3/\$5
/100 g

HARVEST CREEK
Chicken sausage Halal
450 g

449
/100 g

PARSIAN
Cold cuts Halal
200 g

CANADIAN FETA CHEESE

Made from cow's milk, this cheese has a creamy texture and a delicately salty flavor



199
/100 g
9⁰³/lb

CANADIAN FETA CHEESE



DELPHI
Greek style Tzatziki

129
/100 g
5⁸⁵/lb

GREEK TZATZIKI

Treat yourself to a culinary getaway to Greece with our authentic Tzatziki



249
/100 g
11⁹⁷/lb

KASHKAVAL
BALKAN CHEESE



199
/100 g
9⁷¹/lb

HUNGARIAN STYLE
EMMENTAL CHEESE
Regular or smoked



299
/100 g
13⁹⁷/lb

BELLA LODI
Parmesan cheese

299
/100 g
13⁹⁷/lb

ALEXIS DE PORTNEUF
Smoked Gouda cheese



1299
/100 g

TRE STELLE
Traditional
Greek style feta
850 g

399
/100 g

SAPUTO
Bocconcini cheese
Assorted choice
200 g



599
/100 g

AGROPUR
Brie or
Camembert
cheese
170 g

549
/100 g

PRÉSIDENT
Brie or emmental
sliced cheese
150 - 190 g

For **SNACKING**



179
/100 g
8⁷¹/lb

STUFFED GREEN OLIVES
Assorted choice

199
/100 g
9⁷¹/lb

UNPITTED KALAMATA OLIVES



299
/100 g
13⁹⁷/lb

ROASTED PISTACHIOS
Assorted choice

299
/100 g
13⁹⁷/lb

BRAZILIAN ROASTED NUTS
Assorted choice

TASTE ADONIS specialties
PREPARED EVERY DAY FOR YOU 



6⁹⁹

ADONIS
Chicken or beef
shawarma
Un



Embark on
a journey of
FLAVORS
FROM AROUND
THE WORLD




5⁹⁹

ADONIS CHICKPEA OR
COUSCOUS SALAD
454 - 500 g



4⁹⁹

ADONIS
Mouhamara dip
250 g



10⁹⁹

ADONIS
Cheese puffs, spinach
puffs or mini hot-dog
12 un



8⁹⁹

ADONIS
Vegetarian mix
manakeesh pizza
900 g



13⁹⁹

ADONIS
Flat beef kebbe
Un
Large



12⁹⁹

ADONIS
Chicken biryani, rice with salmon or chicken with rice
Medium

Discover our
**50 VARIETIES
OF CAKES**




27⁹⁹

ADONIS
8 in., 10 servings
Black and white
cake 8 in



3⁹⁹

TAYEB
MARKOUK
BREAD
300 g



3/\$6

ADONIS
Hot or kachta
katayef



10⁹⁹

ADONIS
Barack



2/\$7

DEMPSTER'S
7" Tortillas
Assorted choice
340 g



2/\$6

SELECTION
Hot-dog or hamburger
buns
8 un



2/\$6

DEMPSTER'S
GRAINS
Sliced breads
Assorted choice
600 g



2/\$5

DIMPFMEIER
Bavarian multigrain
light rye bread
500 g



2/\$7

ADONIS
Sliced cakes
See variety in store

ADONIS
DISCOVERY
PRODUCTS

PRIMO
Spaghetti
PRIMO
Pasta
Assorted choice
700 - 900 g
2/\$5

AURORA
Tomato paste
156 ml
99¢

ALFARO
Tomato Paste
Pâte de tomate
400 ml

CEKAR
Mushrooms
Pieces And
Stems
284 ml
2/\$3

CEKAR
Marshmallow
Assorted
choice
250 g
1.99

ALKANATER
Halo
See variety in
store
450-454 g
4.99

CEKAR
Fruit
500 ml
3.99

JARRITOS
Fruit drinks
Assorted choice
370 ml
1.79

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

OASIS
Juice
Assorted choice
960 ml
2.19

LAY'S
Chips
See variety
in store
130 - 255 g
3/\$10

PEPSI
Soft drinks
6 x 222 ml

NAYA
Natural spring water
6 x 1.5 L - 15 x 330 ml
0.25 \$
2.99

CHRISTIE
Cookies
See variety in store
275 - 350 g
3.99

MEDITERRANEA
Tartali
Assorted choice
250 - 300 g
2.99

MILANO
Tea Cookies
400 g
2.99

DARE
Crackers
See variety
in store
100 - 200 g
2/5.50

BALOCCHO
Cookies
Assorted choice
700 g
4.49

JOY
Bowls or waffle cones
199 g
6.49

CEKAR
Jams
Assorted choice
750 ml
6.99

CASHMERE
12 double rolls
Bathroom
Tissue
5.99

GREAT IDEAS
recipe

CEKAR
White kidney
beans
1.8 kg
5.99

CEKAR
Chick Peas
Pois chiches
1.8 kg - 4 lb
5.99

RECIPE
MEDITERRANEAN
CHICKPEA SALAD
[CLICK HERE](#)

ADD THEM EVERYWHERE

CEKAR
Olive
See variety in store
250 ml
1.77

CEKAR
Eggplant Dip
Tremette
d'aubergines
370 g
2/\$4

BEN'S ORIGINAL
Rice
Assorted choice
240 - 250 g
2.99

AQUN
Bulgur
Assorted choice
900 g
2.99

BULL'S EYE
OR DIANA
BBQ sauce
Assorted choice
425-500 ml
3.49

KRAFT
Mayonnaise
Assorted choice
890 ml
5.49

HEINZ
Ketchup
See variety
in store
750 ml - 1 L

CLEOPATRA
Extra virgin
olive oil
1 L
14.99

UNICO
Marinades
See variety in store
750 ml
2.99

UNICO
Thon pale entier
198 g 7oz
1.77

MAGGI
Chicken broth cube
504 g
4.99

Our FROZEN products

CEKAR
Frozen
chopped
spinach
750 g
2.99

CEKAR
Oleca
375 g
5.99

ALFA PÂTE FILO KIKI
Vanilla or pumpkin raisin
800 g
3.99

APNA TASTE
Samosa
Assorted choice
550 - 660 g
3.99

BOREK TWIST
Ground beef
phyllo pie Halal
908 g
12.99

STOCK up ON DEALS *from* AROUND THE WORLD

SAPUTO
Ricotta Di Campagna
cheese
Assorted choice
400 g



3.99

BURNBRAE
Naturegg Nestlaid
12 un



3.44



11.99

SAPUTO
Regular or light Mozzarella cheese bloc
1 kg

CEDAR
Plain yogurt
Assorted choice
650 g



2.79



4.44

PHOENICIA OR CEDAR
Labneh
500 g

SIGGI'S
Yogurt
Assorted choice
650 - 750 g



5.49



4.29

ASTRO ORIGINAL
Yogurt
Assorted choice
12 x 100 g

YOPLAIT SOURCE
Yogurt
Assorted choice
630 g



3.49

YOPLAIT YOP
Yoplait drinkable yogurt
Assorted choice
200 ml



99¢



5.49

DANONE ACTIVIA
Drinkable yogurt
Assorted choice
8 x 93 ml

NATREL
Chocolate
milk
6 x 200 ml



5.49

LA VACHE
QUI RIT
Cheese
267 g



6.99

ENJOY
Vegan drink
Assorted choice
1.75 L



4.79