

**OUTSTANDING
PROMOS**

CANADIAN LAMB
SHOULDER **HALAL**



7.99
/lb
17.91/kg

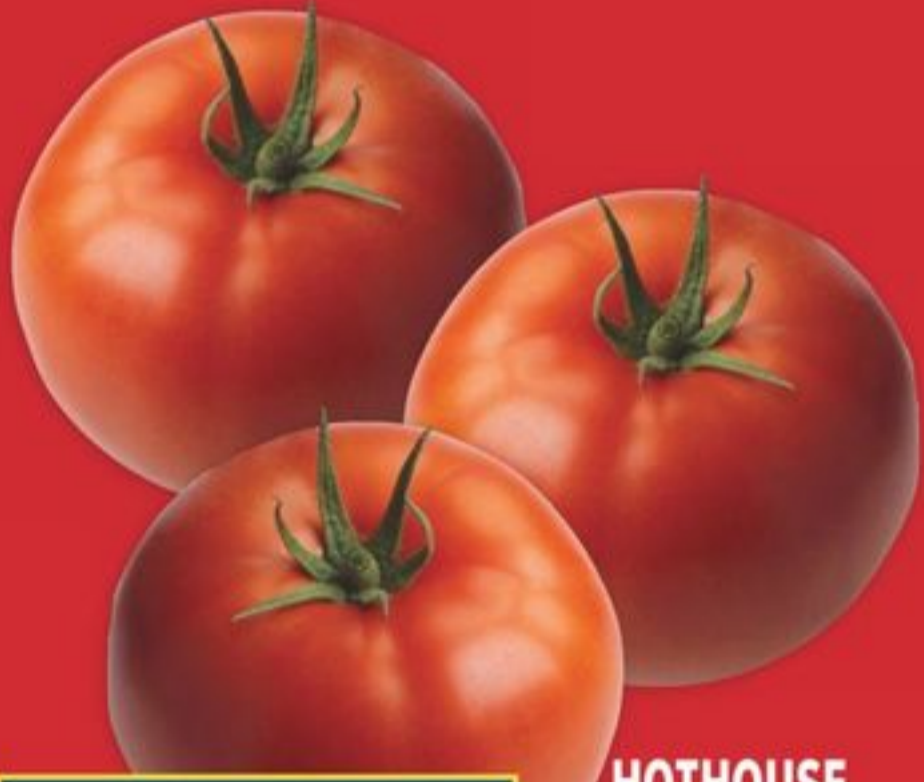
27% SAVINGS



ROYAL
SEA BREAM

31% SAVINGS

6.88
/lb
15.17/kg



60% SAVINGS

HOTHOUSE
RED TOMATOES
Canada



99¢
/lb
2.18/kg

GREEN
PEPPERS
Canada



37% SAVINGS

MAZOLA
Corn oil
2.84 L

9.99

TREAT YOURSELF FOR HALLOWEEN

FIND EVERYTHING YOU NEED FOR YOUR PARTY!
CLICK HERE



7.99
/lb
17.81/kg

BEEF EYE OF ROUND
HALAL



RED POMEGRANATES
U.S.A.

58% SAVINGS

3/\$5



AA+

11.99
/lb
26.42/kg

BONELESS STRIP LOIN STEAK
HALAL

29% SAVINGS



YELLOW DATES
Jordan

35% SAVINGS

3.88
/lb
8.55/kg



ITALIAN OR CURLY
PARSLEY
Canada

CORIANDER
Canada

FRESH MINT BUNCH
Canada

UP TO 50% SAVINGS

99¢

WHOLE CHICKEN HALAL

25% SAVINGS

2.99
/lb
6.57/kg



BLUE TIDE
Cooked peeled white shrimps 91/110
907 g

30% SAVINGS

13.99



GRAIN FED VEAL
BLADE ROAST HALAL

6.99

/lb
15.41/kg



BURNBRAE
Large eggs omega-3 or nature's best
12 un

37% SAVINGS

3.77



CEDAR
Calrose rice
4 kg

41% OFF

9.99



CEDAR - PHOENICIA
Labneh
Regular or half
500 g

27% OFF

4.77



NAYA
Natural spring water
24 x 500 ml

44% OFF

3/\$10



RIVAL
Dried fruits
Assorted choice
150 g

UP TO 44% OFF

4.97



VALDIGRANO
Pasta
Assorted choice
500 g

58% OFF

4/\$5



CEDAR
Chunk light tuna
in water
170 g

UP TO 64% OFF

4/\$5

CEDAR
Olives
See variety in store
250 ml

RHOMARE
Tuna salad
Assorted choice
160 g

33% OFF

3/\$10



LU
Petit eclair
cookies
150 g

UP TO 30% OFF

3.49



KIMBO
Espresso
coffee
250 g



ADONIS

Mediterranean market

محلات أدونيس

FROM THURSDAY, OCTOBER 24TH TO
WEDNESDAY, OCTOBER 30TH, 2024

LAST MINUTE SAVINGS!

GOLDEN DELICIOUS,
SPARTAN, MCINTOSH,
CORTLAND OR EMPIRE
APPLES
Canada



99¢
/lb
2¹⁸/kg

60% SAVINGS



STRAWBERRIES
454 g
U.S.A.

33% SAVINGS

3.99
/ea



2/5\$

WHITE CAULIFLOWER
Canada

49% SAVINGS



MINI CARROTS
340 g
U.S.A.

50% SAVINGS

99¢
/ea

SUNSHINE in your PLATE with our FRUITS

LEMONS
South Africa

10/4.99



Inspiration:
LEMON PIE



GREEN, RED OR
BLACK SEEDLESS
GRAPES
U.S.A.

3.99
/lb
8^{oz}/kg



AVOCADOS
Bag 6 un
Mexico

3.99

6 UN



BLACK PLUMS
U.S.A.

2.99
/lb
6^{oz}/kg



HAMI OR
CANARY
MELON
Brazil
U.S.A.

1.79
/lb
3^{oz}/kg



ROMAINE, GREEN
& RED LEAF
LETTUCES
Canada
U.S.A.

3/\$5



HOTHOUSE
GRAPE
TOMATOES OR
MEDLEY
283 g
Canada
Mexico/Mexico

2/\$5



MAKE YOUR OWN VEGETABLE POTION

33% OFF

1.99
/lb
4^{oz}/kg

BALADI SQUASH OR GREEN ZUCCHINI
Mexico



CELERY
U.S.A.
Canada

33% OFF

1.99

WHITE MUSHROOMS
227 g
Canada



LOCAL products

LEEKs
5 un
Canada

5.99

5 UN



YELLOW ONIONS,
CARROTS OR BEETS
5 lb
Canada

2/\$6

RED ONIONS
3 lb
Canada



PARSNIP
Bag 1 lb
Canada

2.99

1 LB



BROCCOLI
Canada

2/\$5



LEBANESE
CUCUMBERS
Canada

2.99
/lb
6^{oz}/kg



BUTTERCUP,
BUTTERNUT,
ACORN OR SPAGHETTI
SQUASH
Canada

1.49
/lb
3^{oz}/kg

BUTTERCUP SPAGHETTI BUTTERNUT ACORN



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



749
/lb
16⁵¹/kg

EXTRA LEAN GROUND BEEF HALAL



RACK OF LAMB LOIN HALAL

2249
/lb
49⁷¹/kg



HALAL LEG OF LAMB CUBES

1399
/lb
30⁹¹/kg



BEEF INSIDE ROUND STEAK HALAL

849
/lb
18⁷¹/kg



BEEF SOUJOK SAUSAGES HALAL

749
/lb
16⁹¹/kg



MARINATED CHICKEN WINGS HALAL

549
/lb
12⁹¹/kg



BEEF SIRLOIN TIP STEAK HALAL

899
/lb
19⁷¹/kg



DISCOVER OUR HOME RECIPES

Adonis ORIGINAL RECIPE



749
/lb
16⁵¹/kg

BEEF KAFTA HALAL



599
/lb
13²¹/kg

BONELESS CHICKEN THIGHS HALAL

GROUND CHICKEN KAFTA HALAL

449
/lb
9⁹¹/kg



BEEF SHAWARMA HALAL

999
/lb
22²¹/kg



ALZAHRAA Turkey breast Halal

149
/100 g
6⁹¹/lb



SOLMAZ Halal roastbeef

199
/100 g
9⁹¹/lb



ALZAHRAA Cooked cajun chicken breast Halal

529
/400 g



SOLMAZ Sliced pepperoni Halal

299
/200 g



TASTE all the FRESHNESS of our FISH AND SEAFOOD



12⁹⁹ /lb
28⁶⁴/kg

FRESH ATLANTIC SALMON FILLET



Inspiration
MEDITERRANEAN SALMON

FROZEN OR THAWED WHOLE MACKEREL



3⁹⁹ /lb
8⁷⁷/kg

TILAPIA FILLETS



8⁹⁹ /lb
19⁷⁷/kg

MEDITERRANEAN SALMON FILLET



13⁹⁹ /lb
30⁴⁷/kg

RAW TIGER SHRIMPS 31/40
Previously frozen



10⁹⁹ /lb
24⁷⁷/kg

SQUID TUBE
Thawed or frozen



6⁹⁹ /lb
15⁴⁷/kg

MUSSELS, BABY OCTOPUS OR SQUID SALAD



2⁹⁹ /100 g
13⁷⁷/lb

PERFECT IN BITES!



SAUMON FUMÉ NORVÉGIEN
NORWEGIAN SMOKED SALMON

ATLANTIQUE ROYAL HARBOUR ATLANTIQUE

10⁹⁹ ROYAL HARBOUR Atlantic smoked salmon 200 g



MAGDALEN ISLANDS

TRÉSOR DU LARGE COCKTAIL OYSTERS 18 un

19⁹⁹

BLUE TIDE Cod fillet 400 g



8⁹⁹

BLUE TIDE White raw shrimps 41-50 340 g



5⁹⁹

SALTED COD



11⁹⁹ /lb
28⁴⁷/kg

BACALÀ

BLUE TIDE Crab meat imitation 1.13 kg



7⁹⁹

BLUE TIDE Sardines 800 g



4⁴⁹

JANES Breaded fish Assorted choice 450 g



10⁹⁹ 27% OFF

ARAHOVA Crispy calamari 400 g



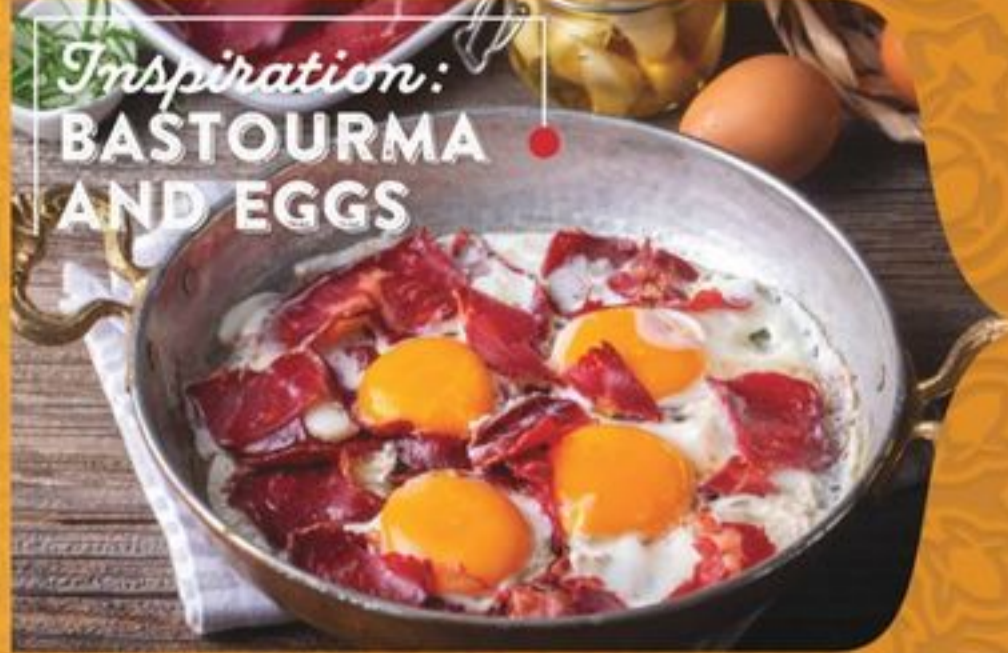
10⁹⁹ 21% OFF



Free CLEANING SERVICE

FAST AND EFFECTIVE
All you have to do is cook your fish

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



379
/100 g
17⁹⁹/lb

REGULAR BASTOURMA HALAL



43% OFF
249
/700 g
17⁹⁹/lb

CUDDY
Roast turkey breast
Assorted choice



42% OFF
149
/700 g
5⁹⁹/lb

MASTRO
Prosciutto cotto



32% OFF
229
/700 g
17⁹⁹/lb

MASTRO
Rosemary or Tuscany roasted ham
Assorted choice



36% OFF
229
/700 g
17⁹⁹/lb

MASTRO
Porchetta
Assorted choice



5⁹⁹
SCHNEIDER'S
Grilled sausages
Assorted choice
375 g



24% OFF
12⁹⁹

MASTRO
Baby Genoa salami
regular or hot
600 g



36% OFF
9⁹⁹

SAN DANIELE
Prosciutto ham
200 g



27% OFF
3⁹⁹

SAN DANIELE
Sliced mortadella
Assorted choice
175 g

MORTADELLA
CLASSICA
175 g

Our HALAL Deli Products



179
/700 g
8⁹⁹/lb

SOLMAZ
Hot or mild beef
Salami Halal



5⁹⁹

SOLMAZ
Turkey sausage
Halal
500 g



449

PERSIAN
Sliced meats Halal
Assorted choice
200 g



229
/100 g
10⁴⁹/lb

CASTELLO
Creamy havarti cheese or traditional blue cheese
Assorted choice



46% OFF
299
/100 g
13⁹⁹/lb

THE ORIGINAL
CHEESE

JARLSBERG
Original
cheese



379
/700 g
17⁹⁹/lb

PHOENICIA
Vacuum twisted cheese



229
/700 g
10⁹⁹/lb

SAPUTO
Provolone cheese



39% OFF
299
/700 g
17⁹⁹/lb

PRÉSIDENT
Emmental cheese



30% OFF
349
/700 g
15⁹⁹/lb

AGROPUR
Grand cheddar
5 years



36% OFF
13⁹⁹

SAPUTO
Traditional feta cheese
1 kg



27% OFF
799

ALEXIS DE PORTNEUF
Cheese
Assorted choice
300 g



349

PRÉSIDENT
Sliced
cheese
100 g



699

OKA OR
ST-PAULIN
Cheese
Assorted choice
190 g

VAUDREUIL
Champfleury cheese
190 g

For SNACKING



179
/700 g
8⁹⁹/lb

ROASTED
PUMPKIN
SEEDS
Assorted choice



129
/700 g
5⁹⁹/lb

LARGE
OLIVE
KALAMATA



149
/700 g
6⁹⁹/lb

MOROCCAN
BLACK
OLIVES



279
/700 g
12⁹⁹/lb

LEBANESE
COFFEE
See variety
in store

AVAILABLE
IN
BEANS

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



11⁹⁹

ADONIS
Flat grilled chicken **Khalal**



UPGRADE YOUR
TABLE WITH OUR
SIDE DISHES

ADONIS

Rice or mango pudding
250 g

3⁴⁹



ADONIS

Chicken or beef
shawarma un

6⁹⁹



7⁹⁹

ADONIS

Lamb ouzi
un



5⁹⁹

ADONIS

Beet or lentil seeds salad
500 - 550 g



ADONIS

Meat or
vegetarian kebbe
12 un

13⁹⁹



12 UN.

ADONIS

Pasta
Medium

15⁹⁹



26⁹⁹

ADONIS
Strawberry mousse cake
8 in (10 servings)



DISCOVER OUR WIDE
VARIETY OF CAKES



ADONIS

Rum baba
decorated cake

2/\$7



22⁹⁹

LA ROCCA

Red velvet cake
8 in (10 servings)



DIMPFLMEIER

Pumpnickel Black
Forest bread
500 g

2/\$5



3/\$6

ADONIS

Cheaboyt



11⁹⁹
/lb
26⁹⁹/kg

ADONIS OSMALIEH
KASHTA



DEMPSTER'S

White or whole
wheat bread
675 g

30% OFF
2/\$6



DEMPSTER'S

10" tortillas
Assorted choice
488 - 610 g

3⁹⁹



3⁹⁹

VACHON
Cakes
Assorted choice
252 - 336 g



2/\$7

ADONIS
Sliced cakes
See variety in store



Our CEDAR PRODUCTS

 <p>2⁹⁹</p>	 <p>4⁹⁹</p>	 <p>2/\$4</p>	 <p>1⁹⁹</p>
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 <p>99¢</p>	 <p>2²⁹</p>	 <p>7⁴⁹</p>	 <p>2/8⁵⁰</p>
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 <p>2/\$5</p>	 <p>2⁹⁹</p>	 <p>2/5⁵⁰</p>	 <p>3/\$5</p>
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 <p>4⁹⁹</p>	 <p>2/\$7</p>	 <p>3⁹⁹</p>	 <p>2/\$5</p>
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GREAT IDEAS



3⁴⁹

RECIPE
CHICKEN AND VEGETABLES COUSCOUS
[CLICK HERE](#)

Inspiration

PIZZA & PASTA



24% OFF
2/\$5

 <p>18⁹⁹</p>	 <p>5⁹⁹</p>	 <p>6⁹⁹</p>	 <p>2⁹⁹</p>
 <p>5⁹⁹</p>	 <p>2/\$5</p>	 <p>9⁹⁹</p>	 <p>3⁴⁹</p>

Our FROZEN products

 <p>2⁴⁹</p>	 <p>5⁹⁹</p>	 <p>2/\$4</p>	 <p>8⁹⁹</p>
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STOCK up ON DEALS



48% OFF
77¢

ASTRO ORIGINAL
Yogurt
Assorted choice
175 g



36% OFF
13.99

SAPUTO
Shredded
cheese
Assorted
choice
1 kg



23% OFF
5.99

DANONE OIKOS
Greek yogurt
Assorted choice
650 - 750 g



24% OFF
3.79

YOPLAIT
SOURCE
Yogurt
Assorted choice
630 g



28% OFF
3.79

RIVIERA
Yogurt
Assorted choice
750 g



31% OFF
5.49

IÖGO
Yogurt
Assorted choice
16 x 100 g



5.99

DANONE DANACTIVE
OR ACTIVIA
Drinkable yogurt
Assorted choice
6 x 93 ml



25% OFF
5.49

LACTANTIA
Chocolate milk
6 x 237 ml



33% OFF
1.99

LAIT'S GO
Milk
Assorted choice
325 ml



38% OFF
4.99

TRE STELLE
Paneer cheese
350 g



7.99

OASIS
Orange juice
Assorted choice
2.5 L



4.99

BABYBEL
Mini cheese
Assorted choice
102 - 120 g



31% OFF
3.99

SAPUTO
Petals cheese
Assorted choice
125 g



2% OFF
5.99

LACTANTIA
Butter
See variety in store
454 g

EVERYTHING FOR YOUR HALLOWEEN PARTY



19.99

ADONIS
Chocolate Halloween cake
6 in



5.49

TWO-BITE
Chocolate or vanilla cupcakes
284 g



24.99

ADONIS
Fruits and
vegetable platters
with or without
dip 13"
See variety in store



3.99

ADONIS
Classic hummus
250 g



10.99
/12 un.

ADONIS
Cheese roll



10.99
/12 un.

MINI
HOT-DOG



10.99
/12 un.

CHEESE HALF
MOON PIE



8.99
/12 un.

MINI
PIZZAS



3/4.99

HAPPY SWING
Water rolls
Assorted choice
150 g



6.99

SAN PELLEGRINO OR
MAISON PERRIER
Drinks
Assorted choice
6 x 330 ml ou 8 x 330 ml



2/\$9

MISS VICKIE'S
OR TOSTITOS
Chips
See variety
in store
190 - 295 g



13.99

TOSTITOS
Salsa
Assorted
choice
416 - 418 ml