



ADONIS

Mediterranean market

محلات أدونيس

OUTSTANDING
PROMOS

LEAN GROUND
BEEF **HALAL**



4.99
/lb
11⁰⁰/kg

28% SAVINGS



FRESH

FRESH ATLANTIC
SALMON FILLET

24% SAVINGS

9.88
/lb
21⁷⁸/kg

AVOCADO BAG 6UN
Mexico



LEMON BAG 2LB
South Africa

2.97

LIME BAG 1LB
Mexico



UP TO
50% SAVINGS



ADONIS
Fava beans or
chickpeas
540 ml



PHOENICIA
Sardines
Assorted choice
120 g



UP TO
58% SAVINGS

99¢

FROM THURSDAY, OCTOBER 17TH TO WEDNESDAY, OCTOBER 23RD, 2024



ADONIS

Mediterranean market

محلات أدونيس

DO NOT MISS THIS OFFER!



LARGE FRUIT

RED MANGOES Mexico

49% SAVINGS

4/\$5



7.99 /lb 17.61/kg

BEEF CUBES HALAL



CANTALOUPE U.S.A.

49% SAVINGS

2/\$5



2.49 /lb 5.49/kg

CHICKEN DRUMSTICKS HALAL



ROMAINE HEARTS LETTUCE 3 un Canada

MINI SWEET PEPPERS 454 g Mexico

50% SAVINGS

2.97 /ea



BEEF RIB STEAK HALAL

13.99 /lb 30.44/kg

AA+



BONELESS SKINLESS SPLIT CHICKEN BREAST HALAL

5.99 /lb 13.21/kg



MARINA DEL REY Wild caught pink Argentinean shrimps 20/30 or 20/40 300 g

36% OFF

6.99



29% OFF

1.99 /100 g 9.99/lb

PHOENICIA OR CEDAR Halloum cheese



TAJ MAHAL Premium basmati rice 4.5 kg

UP TO 52% OFF

10.99

AL DOHA Egyptian rice 5 kg



BLACK DIAMOND Shredded cheese Assorted choice 907 g

37% OFF

10.49



900 G

PRIMO Spaghetti

56% OFF

3/\$5

PRIMO Pastas Assorted choice 900 g

IRINI Kalamata or green olives 1 L

IRINI KALAMATA OLIVES

23% OFF

7.99

ARMSTRONG Cheddar cheese bloc Assorted choice 400 g

58% OFF

4.99



CEDAR Whole kernel corn 341 ml

61% OFF

99¢

NESCAFÉ Instant coffee See variety in store 100 - 170 g

41% OFF

4.99



LINDT Chocolate bars See variety in store 50 - 100 g

30% OFF

2/\$7

CEDAR Raw almonds 454 g

UP TO 44% OFF

4.97 /ea

CEDAR Medjool dates 350 g

FROM THURSDAY, OCTOBER 17TH TO WEDNESDAY, OCTOBER 23RD, 2024

SUNSHINE *in your* PLATE *with our* FRUITS



NEW CROP

LEAF CLEMENTINES
Spain

1st SAVINGS

4.99
/lb
11⁰⁰/kg



DISCOVER THE FRESHNESS OF OUR CLEMENTINES WITH LEAVES



7.99
/lb
17⁰⁰/kg

JUMBO CHESTNUTS
Italy



4.99
/lb
11⁰⁰/kg

YELLOW DATES
Jordan



RED POMEGRANATE
U.S.A.

2/\$6



GREEN, RED, YELLOW OR ORANGE PEPPER
Canada

1.99
/lb
4⁰⁰/kg



1.99
/ea

ENGLISH CUCUMBERS
Canada



RED VINE TOMATOES
Canada

1.99
/lb
4⁰⁰/kg



2 LB

5.99
/ea

KIWIS
2 lb
Greece and Chile



2.99
/lb
6⁰⁰/kg

BLACK PLUMS
U.S.A.



RADISH BUNCH
Canada

3/\$4

GREEN ONIONS
Canada

FRESH MINT BUNCH
Canada

LOCAL PRODUCTS



FLAT, GREEN OR RED CABBAGE
Canada

25% OFF

1.49
/lb
3²⁸/kg

PERFECT FOR HALLOWEEN



HAPPY HALLOWEEN

3.99
/ea

PUMPKIN
Canada

33% OFF

2/\$4

SMALL PUMPKIN
Canada

OUR VEGGIES OFFERS



NATURALIA Firm natural tofu 454 g

WOW! 99¢
/ea



SUNRISE Tofu
350 g

1.99
/ea

SUNRISE Tofu dessert See variety instore 2 x 150 g

WOW! 99¢
/ea



GUSTA Veggie ground Assorted choice 340 g

3.99
/ea



GUSTA Vegan sausages Assorted choice 350 g

4.99
/ea



NATURALIA Firm tofu fine herbs 454 g

1.99
/ea

SUNRISE Tofu medium firm 454 g

3.99
/ea



YVES Veggie Cuisine Sliced veggie Assorted choice 155 g

3.99
/ea

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



2⁹⁹
/lb
6⁵⁹/kg

CHICKEN LEGS **HALAL**



9⁹⁹
/lb
22⁰²/kg

GRAIN FED VEAL LOIN CHOP **HALAL**



CANADIAN LEG OF LAMB **HALAL**

12⁴⁹
/lb
27⁰³/kg



BEEF INSIDE ROUND STEAKS

7⁹⁹
/lb
17⁰¹/kg



BEEF CUBES FOR SKEWERS **HALAL**

10⁹⁹
/lb
24⁰³/kg



CHICKEN WITH VEGETABLES SKEWERS **HALAL**

7⁹⁹
/lb
17⁰¹/kg



MAKANEK SAUSAGES **HALAL**

7⁴⁹
/lb
16⁰¹/kg



MARINATED BEEF TENDERLOIN CUBES **HALAL**

18⁹⁹
/lb
41⁰⁰/kg

Adonis ORIGINAL RECIPE

OUR BEEF SHANKS



6⁴⁹
/lb
14³¹/kg

BEEF OSSO BUCCO **HALAL**

SUCCULENT SHORT RIBS



11⁹⁹
/lb
26⁴³/kg

BEEF SHORT RIB STEAK **HALAL**



BEEF LIVER **HALAL**

4⁹⁹
/lb
11⁰⁰/kg



SHAWARMA CHICKEN BREAST **HALAL**

8⁹⁹
/lb
19⁰³/kg

Adonis ORIGINAL RECIPE



SOLMAZ Chicken breast **Halal** Assorted choice

1⁷⁹
/100 g
8⁰⁰/lb



ALZAHRAA Chicken bologna **Halal** 1kg

1²⁹
/100 g
5⁰⁰/lb



SOLMAZ All beef sausage or frankfurter **Halal** 450 - 500 g

5⁹⁹



ALZAHRAA Beef bologna **Halal** Assorted choice 400 g

5²⁹

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



**FREE
CLEANING**

25% OFF
8.99
/lb
19.82/kg

FRESH 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.



MEDITERRANEAN
SALMON FILLET

36% OFF
10.88
/lb
23.97/kg



OCTOPUS
Thawed cleaned

9.99
/lb
22.02/kg



TIGER SHRIMP 21/25
Thawed or frozen

12.99
/lb
28.64/kg



TILAPIA FILLETS

8.99
/lb
19.87/kg



18 UN

FRENCH KISS OYSTERS

\$4 OFF
27.99



THAWED CLEANED SQUID

12.99
/lb
28.64/kg

VERSATILE SOLE

Sauté, Bake, or Grill to Perfection

SHRIMPS:

Perfect for your paella!

BLUE TIDE
Alaska sole fillets
400 g

29% OFF
4.99



BLUE TIDE
Raw peeled white
shrimps 31/40
340 g

6.99



BLUE TIDE
Frozen squid rings
454 g

7.99



BLUE TIDE
Cooked peeled
white shrimps
26/30
284 g

6.99



ROYALE
HARBOUR
Scallops 80/120
340 g

7.99



5.99

ROYAL HARBOUR
Smoked salmon
80 g



**READY
TO COOK**

33% OFF
7.99

DOM
Snails with garlic butter
85 g

BLUE TIDE
Cooked peeled white
shrimps 61/70
340 g

6.99



BLUE TIDE
Tuna tartare
227 g

8.99



BLUE TIDE
Atlantic salmon
tartare
227 g

8.99



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**

SAN DANIELE
Mortadella
Assorted choice

35% OFF

149
/100 g
6⁷⁸/lb



**TRY IT
ON YOUR
PIZZA!**

MARCANGELO
Prosciutto
cotto or crudo

229
/100 g
10²³/lb



TOUR EIFFEL
Parisian ham

179
/100 g
8¹²/lb



28% OFF
279
/100 g
12²⁴/lb

OLYMEL
Oven roasted turkey breast
Assorted choice



179
/100 g
8¹²/lb

MAPLE LEAF
Black forest ham



36% OFF
229
/100 g
10²³/lb

MASTRO
Mild or hot Genoa salami
Assorted choice



529

CARVER'S CHOICE
Bacon
500 g



FANTINO & MONDELLO
Salametti
Assorted choice
175 g

599



MARCANGELO
Cold cuts
Assorted choice
175 - 200 g

999



Our **HALAL** Deli Products

149
/100 g
6⁷⁸/lb

SOLMAZ
Beef bologna Halal
Assorted choice



449

SOLMAZ
Smoked beef macon Halal
200 g



2/\$7

HARVEST CREEK
Chicken hot-dog Halal
908 g



229

ZABIHA
Original Halal
chicken bologna
375 g



COME VISIT OUR
CHEESE COUNTER

And discover more than a hundred varieties of cheese

LANDANA
Maasdam or gouda cheese

EDAM CHEESE BALL

41% OFF

199
/100 g
9⁰³/lb



38% OFF
199
/100 g
9⁰³/lb

**HUNGARIAN
STYLE EMMENTAL
CHEESE**



26% OFF
229
/100 g
10²³/lb

SAPUTO
Tuma cheese



229
/100 g
10²³/lb

**BULGARIAN FETA
CHEESE DOUBLE CREAM**



129
/100 g
5¹⁰/lb

PHOENICIA
Lebanese style tzatziki



31% OFF
449

SAPUTO OR CASTELLO
Sliced cheese
125 - 200 g



31% OFF
1099

SAPUTO
Mini Friulano
cheese
500 g



28% OFF
599

SAPUTO
Ricotta cheese
Assorted choice
475 g



999

M.GUSTAV
Lactose free raclette platter
300 g



For **SNACKING**

249
/100 g
1¹³/lb

CASHEWS
See variety in store



249
/100 g
1¹³/lb

**ORIENTAL
MIXED NUTS**



179
/100 g
8¹²/lb

STUFFED GREEN OLIVES
Assorted choice



199
/100 g
9⁰³/lb

SICILIAN OLIVES
Assorted choice



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



5⁹⁹

ADONIS
Hummus, baba
ghanouj or garlic dip
400 - 425 g

ADD THEM TO
YOUR MEZZE TABLE



5⁹⁹

ADONIS CHICKPEA OR COUSCOUS SALAD
454 - 500 g



3⁴⁹

ADONIS
Hot red pepper cheese or
vegetarian cheese pizza
Un.



ADONIS
Cheese pie,
spinach pie or
mini hot-dog
12 un.

12 UN

10⁹⁹



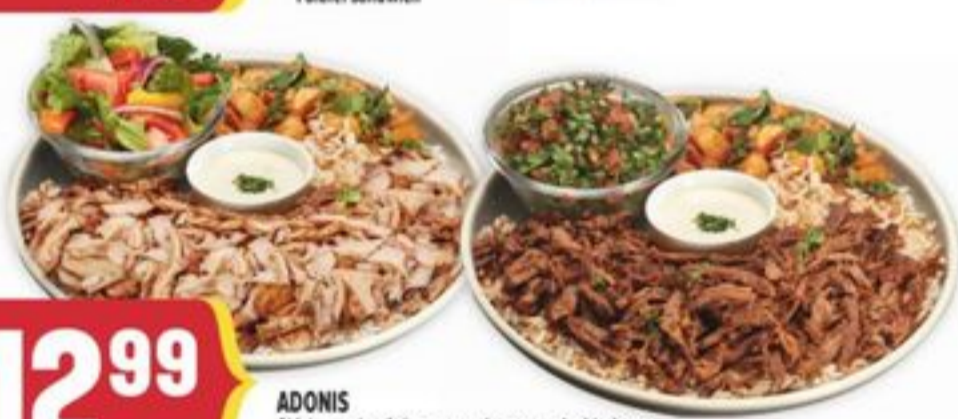
2/\$10

ADONIS
Falafel sandwich



12⁹⁹

ADONIS
Creamy pasta with chicken
Un.



12⁹⁹

ADONIS
Chicken or beef shawarma plate served with rice or
garlic potatoes, Salad and sauce



26⁹⁹

ADONIS
Vanilla mousse cake
8 in (10 servings)

DISCOVER OUR WIDE
VARIETY OF CAKES



2/\$5

ADONIS
Rum ball cake



3/\$6

ADONIS
Nut or kashta katayef



13⁹⁹
/lb
30⁹⁹/kg

ADONIS
Barazik



TAYEB
Markook
bread
300 g

3⁹⁹



2⁹⁹

RUDOLPH
Bavarian multigrain bread
500 g



SELECTION
White or whole
wheat bread
675 g

2/\$5



DEMPSTER'S
7" tortillas
Assorted choice
8-10 un

2/\$7



SUN-MAID
OR THOMAS
Breakfast bread
Assorted choice
454 g

33% OFF
3⁹⁹



2/\$7

ADONIS
Chocolate or vanilla eclair

COOKING *essentials*

 <p>15⁹⁹ FIVE ROSES Flour 10 kg</p>	 <p>3²⁹ REDPATH Sugar 2 kg</p>	 <p>3⁹⁹ PAKMAYA Instant yeast 454 g</p>	 <p>5⁹⁹ BAKER'S Baking chocolate Assorted choice 170 - 225 g</p>
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 <p>4⁴⁹ ESKA Natural spring water 24 x 500 ml</p>	 <p>6⁴⁹ MONTELLIER Carbonated spring water Assorted choice 6 x 1L</p>	 <p>3⁹⁹ COCA-COLA, CANADA DRY OR SPRITE Soft drinks 6 x 222 ml</p>	 <p>2/\$9 TOSTITOS Salsa Assorted choice 416 - 418 ml</p>
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 <p>5⁴⁹ CHRISTIE Cookies See variety in store 408 - 523 g</p>	 <p>2/550 DARE Cookies See variety in store 168 - 285 g</p>	 <p>2/550 LECLERC Bars See variety in store 140 - 223 g</p>	 <p>2/\$4 PALLY Digestive biscuit 400 g</p>
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 <p>9⁹⁹ STARBUCKS Coffee Assorted choice 340 g 10 un.</p>	 <p>4⁹⁹ ST-DALFOUR Spread Assorted choice 225 ml</p>	 <p>2⁹⁹ 7 DAYS Mini croissants Assorted choice 200 g</p>	 <p>6⁹⁹ SELECTION 88 sheets paper towel 6 un.</p>
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GREAT *recipe* IDEAS



7⁹⁹ CEDAR Parboiled rice or patna 4 kg

+ RECIPE RICE WITH CHICKEN

[CLICK HERE](#)

KITCHEN ESSENTIAL!



16⁹⁹ CLEOPATRA Extra virgin olive oil 1L

 <p>13⁹⁹ UNICO Sunflower oil 3L</p>	 <p>4⁹⁹ QUICK LEMON Lemon juice 750 ml</p>	 <p>4⁴⁹ UNICO Olives See variety in store 375 ml</p>	 <p>3/\$5 CLOVER LEAF Tuna See variety in store 85 - 170 g</p>
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 <p>2⁹⁹ CEDAR Beans See variety in store 907 g</p>	 <p>4⁹⁹ GRACE Corned beef Assorted choice 340 g</p>	 <p>2/\$5 PRIMO Pasta sauce Assorted choice 680 ml</p>	 <p>2⁹⁹ CEDAR Artichoke heart or sliced palm heart 398 ml</p>
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Our FROZEN products

 <p>32% OFF 2⁹⁹ CEDAR Frozen vegetables Assorted choice 750 g</p>	 <p>1⁸⁸ SELECTION Frozen waffle Assorted choice 280 - 310 g</p>	 <p>6⁹⁹ IRRESISTIBLES Pastry Assorted choice 400 - 455 g</p>	 <p>4⁹⁹ NESTLÉ Ice cream and frozen treats Assorted choice 450 ml, 3 x 88 ml, 3 x 72 ml or 4 x 55 ml</p>
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STOCK up ON DEALS

PUCK
Creamy spread
500 g

29% OFF

11.99



THE PERFECT SPREAD FOR YOUR BREAD



<p>LIBERTÉ Greek yogurt Assorted choice 650 - 750 g</p> <p>28% OFF</p> <p>5.99</p> 	<p>33% OFF</p> <p>4.99</p> <p>ASTRO Yogurt Assorted choice 12 x 100 g</p> 	<p>38% OFF</p> <p>6.49</p> <p>YOPLAIT CREAMY Yogurt Assorted choice 16 x 100 g</p> 	<p>24% OFF</p> <p>3.79</p> <p>iÖGO NANO Drinkable yogurt Assorted choice 6 x 93 ml</p> 
<p>27% OFF</p> <p>2/\$7</p> <p>DANONE DANINO GO Drinkable yogurt Assorted choice 6 x 93 ml</p> 	<p>2/\$7</p> <p>YOCRUNCH Yogurt Assorted choice 2 x 143 g</p> 	<p>30% OFF</p> <p>2.99</p> <p>LACTANTIA 5, 10 or 15% cream See variety in store 473 ml</p> 	<p>6.99</p> <p>PHILADELPHIA Spreadable cream cheese Regular or light 340 g</p> 
<p>26% OFF</p> <p>4.79</p> <p>OASIS Pulp or no pulp orange juice 1.5 L</p> 	<p>7.99</p> <p>SAPUTO Plain or jalapeno cheese fries 250 g</p> 	<p>29% OFF</p> <p>7.49</p> <p>LA VACHE QUI RIT Regular or light cheese 400 g</p> 	<p>5.88</p> <p>BLACK DIAMOND Cheese sticks Assorted choice 252 - 336 g</p> 

EVERYTHING FOR YOUR SOUPS AND STEWS



<p>1.99 /ea</p> <p>CELERY Canada and U.S.A.</p> 	<p>4.99 /ea</p> <p>LEEKs 5 un. Canada</p> 	<p>2/\$6</p> <p>BEETS, CARROTS OR YELLOW ONIONS Bag 5 lb Canada</p> 	<p>5 LB</p> <p>TRAVES - BEETS</p> 
<p>2.99</p> <p>CEDAR Lentils Assorted choice 907 g</p> 	<p>2.99</p> <p>CEDAR Legumes for soup 907 g</p> 	<p>4.99</p> <p>MAGGI Chicken or vegetable broth cube 504 g</p> 	<p>3.99</p> <p>CHRISTIE PREMIUM PLUS Crackers Assorted choice 450 - 500 g</p> 
<p>4.99</p> <p>LENTIL SOUP 900 ml</p> <p>AVAILABLE AT THE GRILL SECTION</p> 	<p>2/\$6</p> <p>ADONIS Grilled pita Assorted</p> 	<p>4.99</p> <p>VEGETA Seasoning 500 g</p> 	<p>3.29</p> <p>DIMPFLMEIER Pumpernickel sliced bread 454 g</p> 

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