

**OUTSTANDING  
PROMOS**

LEAN GROUND  
BEEF **HALAL**



**4.99**  
/lb  
11<sup>00</sup>/kg

**28% SAVINGS**



FRESH

FRESH ATLANTIC  
SALMON FILLET

**24% SAVINGS**

**9.88**  
/lb  
21<sup>80</sup>/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¢**



DO NOT MISS THIS OFFER!







# ADONIS

Mediterranean market

محلات أدونيس

FROM THURSDAY, OCTOBER 17<sup>TH</sup> TO  
WEDNESDAY, OCTOBER 23<sup>RD</sup>, 2024

# LAST MINUTE SAVINGS!

GOLDEN  
DELICIOUS  
APPLES  
Canada



**99¢**  
/lb  
2<sup>18</sup>/kg

**60% SAVINGS**

3 LB

ORANGES  
South Africa  
3 lb



**33% SAVINGS**

**3.99**

STRAWBERRY  
454 g  
U.S.A.



**3.99**

**33% SAVINGS**



**33% SAVINGS**

GRAPE,  
MEDLEY OR  
CHERRY  
TOMATOES  
1.5 lb  
Canada  
Mexico

**3.99**



SUNSHINE in your PLATE with our FRUITS

LEAF CLEMENTINES Spain

**NEW CROP**

1<sup>st</sup> SAVINGS

**4.99** /lb  
11.99/kg

DISCOVER THE FRESHNESS OF OUR CLEMENTINES WITH LEAVES

JUMBO CHESTNUTS Italy

**7.99** /lb  
17.99/kg

YELLOW DATES Jordan

**4.99** /lb  
11.99/kg

RED POMEGRANATE U.S.A.

**2/\$6**

GREEN, RED, YELLOW OR ORANGE PEPPER Canada

**1.99** /lb  
4.99/kg

ENGLISH CUCUMBERS Canada

**1.99** /ea

RED VINE TOMATOES Canada

**1.99** /lb  
4.99/kg

2 LB

KIWIS 2 lb Greece and Chile

**5.99** /ea

BLACK PLUMS U.S.A.

**2.99** /lb  
6.99/kg

FRESH MINT BUNCH Canada

**3/\$4**

GREEN ONIONS Canada

LOCAL PRODUCTS

PERFECT FOR HALLOWEEN

FLAT, GREEN OR RED CABBAGE Canada

**25% OFF**

**1.49** /lb  
3.99/kg

HAPPY HALLOWEEN PUMPKIN Canada

**3.99** /ea

SMALL PUMPKIN Canada

**33% OFF**

**2/\$4**

OUR VEGGIES OFFERS

NATURALIA Firm natural tofu 454 g

**WOW! 99¢** /ea

SUNRISE Tofu dessert See variety in-store 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

**1.99** /ea

YVES VEGGIE CUISINE Sliced veggie Assorted choice 155 g

**3.99** /ea

YVES VEGGIE CUISINE Veggie ground Assorted choice 155 g

**3.99** /ea

YVES VEGGIE CUISINE Veggie ham Assorted choice 155 g

**3.99** /ea



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



**2.99**  
/lb  
6.69/kg

CHICKEN LEGS HALAL



**9.99**  
/lb  
22.02/kg

GRAIN FED VEAL LOIN CHOP HALAL

CANADIAN LEG OF LAMB HALAL

**12.49**  
/lb  
27.71/kg



BEEF INSIDE ROUND STEAKS

**7.99**  
/lb  
17.71/kg



BEEF CUBES FOR SKEWERS HALAL

**10.99**  
/lb  
24.17/kg



CHICKEN WITH VEGETABLES SKEWERS HALAL

**7.99**  
/lb  
17.71/kg



MAKANEX SAUSAGES HALAL

**7.49**  
/lb  
16.71/kg



MARINATED BEEF TENDERLOIN CUBES HALAL

**18.99**  
/lb  
42.17/kg



**OUR BEEF SHANKS**



**6.49**  
/lb  
14.31/kg

BEEF OSSO BUCCO HALAL

**SUCCULENT SHORT RIBS**



**11.99**  
/lb  
26.43/kg

BEEF SHORT RIB STEAK HALAL

BEEF LIVER HALAL

**4.99**  
/lb  
11.01/kg



SHAWARMA CHICKEN BREAST HALAL

**8.99**  
/lb  
19.81/kg



SOLMAZ Chicken breast Halal Assorted choice

**1.79**  
/100 g  
8.07/lb



ALZAHRA Chicken bologna Halal 1 kg

**1.29**  
/100 g  
5.81/lb



SOLMAZ All beef sausage or frankfurter Halal 450 - 500 g

**5.99**



ALZAHRA Beef bologna Halal Assorted choice 400 g

**5.29**





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

**FREE CLEANING**

**25% OFF**  
**8.99** /lb  
 19.92/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  
 22.94/kg

**OCTOPUS**  
 Thawed cleaned

**9.99** /lb  
 22.21/kg

**TIGER SHRIMP 21/25**  
 Thawed or frozen

**12.99** /lb  
 28.61/kg

**TILAPIA FILLETS**

**8.99** /lb  
 19.81/kg

**FRENCH KISS OYSTERS**

**\$4 OFF**  
**27.99**

**18 UN**

**THAWED CLEANED SQUID**

**12.99** /lb  
 28.61/kg

**VERSATILE SOLE**  
 Sauté, Bake, or Grill to Perfection

**SHRIMPS:**  
 Perfect for your poella!

**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**

**INDELLES DE CALMAR**  
 SQUID RINGS

**BLUE TIDE**  
 Cooked peeled white shrimps  
 26/30  
 284 g

**6.99**

**CREVETTES**

**ROYALE HARBOUR**  
 Scallops 80/120  
 340 g

**7.99**

**SCALLOPS PÉTONCLES**

**ROYAL HARBOUR**  
 Smoked salmon  
 80 g

**5.99**

**SAMBUR TUNE NORVÉGIEN**  
 Norwegian Smoked Salmon

**DOM**  
 Snails with garlic butter  
 85 g

**33% OFF**  
**7.99**

**READY TO COOK**

**BLUE TIDE**  
 Cooked peeled white shrimps 61/70  
 340 g

**6.99**

**CREVETTES BLANCHES DU PACIFIQUE**  
 PACIFIC WHITE SHRIMP

**Free CLEANING SERVICE**

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

**BLUE TIDE**  
 Tuna tartare  
 227 g

**8.99**

**BLUE TIDE**  
 Atlantic salmon tartare  
 227 g

**8.99**



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

**SAN DANIELE**  
Mortadella  
Assorted choice

**35% OFF**

**149**  
/100 g  
6 7/8

**TRY IT ON YOUR PIZZA!**



<p><b>MARCANGELO</b> Prosciutto cotto or crudo</p> <p><b>229</b> /100 g 10 7/8</p>	<p><b>TOUR EIFFEL</b> Parisian ham</p> <p><b>179</b> /100 g 8 7/8</p>	<p><b>28% OFF</b></p> <p><b>279</b> /100 g 10 7/8</p> <p><b>OLYMEL</b> Oven roasted turkey breast Assorted choice</p>	<p><b>179</b> /100 g 8 7/8</p> <p><b>MAPLE LEAF</b> Black forest ham</p>
<p><b>36% OFF</b></p> <p><b>229</b> /100 g 10 7/8</p> <p><b>MASTRO</b> Mild or hot Genoa salami Assorted choice</p>	<p><b>529</b></p> <p><b>CARVER'S CHOICE</b> Bacon 500 g</p>	<p><b>599</b></p> <p><b>FANTINO &amp; MONDELLO</b> Salametti Assorted choice 175 g</p>	<p><b>999</b></p> <p><b>MARCANGELO</b> Cold cuts Assorted choice 175 - 200 g</p>

*Our HALAL Deli Products*

<p><b>149</b> /100 g 6 7/8</p> <p><b>SOLMAZ</b> Beef bologna Halal Assorted choice</p>	<p><b>449</b></p> <p><b>SOLMAZ</b> Smoked beef macon Halal 200 g</p>	<p><b>2/\$7</b></p> <p><b>HARVEST CREEK</b> Chicken hot dog Halal 908 g</p>	<p><b>229</b></p> <p><b>ZABIHA</b> Original Halal chicken bologna 375 g</p>
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**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  
9 7/8



<p><b>38% OFF</b></p> <p><b>199</b> /100 g 8 7/8</p> <p><b>HUNGARIAN STYLE EMMENTAL CHEESE</b></p>	<p><b>26% OFF</b></p> <p><b>229</b> /100 g 10 7/8</p> <p><b>SAPUTO</b> Tuma cheese</p>	<p><b>229</b> /100 g 10 7/8</p> <p><b>BULGARIAN FETA CHEESE DOUBLE CREAM</b></p>	<p><b>129</b> /100 g 6 7/8</p> <p><b>PHOENICIA</b> Lebanese style tzatziki</p>
<p><b>31% OFF</b></p> <p><b>449</b></p> <p><b>SAPUTO OR CASTELLO</b> Sliced cheese 125 - 200 g</p>	<p><b>31% OFF</b></p> <p><b>1099</b></p> <p><b>SAPUTO</b> Mini friulano cheese 500 g</p>	<p><b>28% OFF</b></p> <p><b>599</b></p> <p><b>SAPUTO</b> Ricotta cheese Assorted choice 475 g</p>	<p><b>999</b></p> <p><b>M.GUSTAV</b> Lactose free raclette platter 300 g</p>

*For SNACKING*

<p><b>249</b> /100 g 11 7/8</p> <p><b>CASHEWS</b> See variety in store</p>	<p><b>249</b> /100 g 11 7/8</p> <p><b>ORIENTAL MIXED NUTS</b></p>	<p><b>179</b> /100 g 8 7/8</p> <p><b>STUFFED GREEN OLIVES</b> Assorted choice</p>	<p><b>199</b> /100 g 9 7/8</p> <p><b>SICILIAN OLIVES</b> Assorted choice</p>
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**TASTE ADONIS specialties**  
**PREPARED EVERY DAY FOR YOU** 



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

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

**ADD THEM TO YOUR MEZZE TABLE**




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

ADONIS CHICKPEA OR COUSCOUS SALAD 454 - 500 g



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

ADONIS Hot red pepper cheese or vegetarian cheese pizza 1 un.



**10<sup>99</sup>**

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



**2/\$10**

ADONIS Falafel sandwich



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

ADONIS Creamy pasta with chicken 1 un.



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

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



**26<sup>99</sup>**

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 kashka katayef



**13<sup>99</sup>** /lb  
30<sup>99</sup> /kg

ADONIS Barazik



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

TAYEB Markook bread 300 g



**2<sup>99</sup>**

RUDOLPH Bavarian multigrain bread 500 g



**2/\$5**

SELECTION White or whole wheat bread 675 g



**2/\$7**

DEMPSTER'S 7" Tortillas Assorted choice 8-10 un.



**33% OFF**  
**3<sup>99</sup>**

SUN-MAID OR THOMAS Breakfast bread Assorted choice 454 g



**2/\$7**

ADONIS Chocolate or vanilla eclair



# COOKING *essentials*

 <p><b>15<sup>99</sup></b> FIVE ROSES Flour 10 kg</p>	 <p><b>3<sup>29</sup></b> REDPATH Sugar 2 kg</p>	 <p><b>3<sup>99</sup></b> PAKMAYA Instant yeast 454 g</p>	 <p><b>5<sup>99</sup></b> BAKER'S Baking chocolate Assorted choice 170 - 225 g</p>
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 <p><b>4<sup>49</sup></b> ESKA Natural spring water 24 x 500 ml</p>	 <p><b>6<sup>49</sup></b> MONTELLIER Carbonated spring water Assorted choice 6 x 1 L</p>	 <p><b>3<sup>99</sup></b> COCA-COLA, CANADA DRY OR SPRITE Soft drink 6 x 222 ml</p>	 <p><b>2/\$9</b> TOSTITOS Chips Assorted choice 190 - 295 g</p>
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 <p><b>5<sup>49</sup></b> CHRISTIE Cookies Assorted choice 408 - 523 g</p>	 <p><b>2/5<sup>50</sup></b> DARE Cookies Assorted choice 168 - 285 g</p>	 <p><b>2/5<sup>50</sup></b> LECLERC Bars Assorted choice 140 - 223 g</p>	 <p><b>2/\$4</b> PALLY Digestive biscuit 400 g</p>
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 <p><b>9<sup>99</sup></b> STARBUCKS Coffee Assorted choice 340 g 10 un.</p>	 <p><b>4<sup>99</sup></b> ST-DALFOUR Sprinkles Assorted choice 225 ml</p>	 <p><b>2<sup>99</sup></b> 7 DAYS Mini croissants Assorted choice 200 g</p>	 <p><b>6<sup>99</sup></b> SELECTION 60 sheets paper towel 6 un.</p>
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## GREAT *recipe* IDEAS



**7<sup>99</sup>** CEDAR Parboiled rice or patna 4 kg

**+ RECIPE RICE WITH CHICKEN**

[CLICK HERE](#)

## KITCHEN ESSENTIAL!



**16<sup>99</sup>** CLEOPATRA Extra virgin olive oil 1 L

 <p><b>13<sup>99</sup></b> UNICO Sunflower oil 3 L</p>	 <p><b>4<sup>99</sup></b> QUICK LEMON Lemon juice 750 ml</p>	 <p><b>4<sup>49</sup></b> UNICO Olives Assorted choice 375 ml</p>	 <p><b>3/\$5</b> CLOVER LEAF Tuna Assorted choice 85 - 170 g</p>
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 <p><b>2<sup>99</sup></b> CEDAR Beans Assorted choice 907 g</p>	 <p><b>4<sup>99</sup></b> GRACE Corned beef Assorted choice 340 g</p>	 <p><b>2/\$5</b> PRIMO Pasta sauce Assorted choice 680 ml</p>	 <p><b>2<sup>99</sup></b> CEDAR Artichoke Assorted choice 398 ml</p>
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### Our FROZEN products

 <p><b>32% OFF</b> <b>2<sup>99</sup></b> CEDAR Frozen vegetables Assorted choice 750 g</p>	 <p><b>1<sup>88</sup></b> SELECTION Frozen waffle Assorted choice 280 - 310 g</p>	 <p><b>6<sup>99</sup></b> IRRESISTIBLES Pastry Assorted choice 400 - 455 g</p>	 <p><b>4<sup>99</sup></b> 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><b>LIBERTÉ</b> Greek yogurt Assorted choice 650-750 g</p> <p><b>28% OFF</b></p> <p><b>5.99</b></p>	<p><b>ASTRO ORIGINAL</b> Yogurt Assorted choice 12 x 100 g</p> <p><b>33% OFF</b></p> <p><b>4.99</b></p>	<p><b>YOPLAIT Creamy</b> Yogurt Assorted choice 16 x 100 g</p> <p><b>38% OFF</b></p> <p><b>6.49</b></p>	<p><b>iögo NANO</b> Drinkable yogurt Assorted choice 6 x 93 ml</p> <p><b>40% OFF</b></p> <p><b>3.79</b></p>
<p><b>DANONE DANINO GO</b> Drinkable yogurt Assorted choice 6 x 93 ml</p> <p><b>27% OFF</b></p> <p><b>2/\$7</b></p>	<p><b>YO CRUNCH</b> Yogurt Assorted choice 2 x 143 g</p> <p><b>2/\$7</b></p>	<p><b>LACTANTIA</b> 5, 10 or 15% cream See variety in store 473 ml</p> <p><b>30% OFF</b></p> <p><b>2.99</b></p>	<p><b>PHILADELPHIA</b> Spreadable cream cheese Regular or light 340 g</p> <p><b>6.99</b></p>
<p><b>OASIS</b> Pulp or no pulp orange juice 1.5 L</p> <p><b>26% OFF</b></p> <p><b>4.79</b></p>	<p><b>SAPUTO</b> Plain or jalapeno cheese fries 250 g</p> <p><b>7.99</b></p>	<p><b>LA VACHE QUI RIT</b> Regular or light cheese 400 g</p> <p><b>29% OFF</b></p> <p><b>7.49</b></p>	<p><b>BLACK DIAMOND</b> Cheese sticks Assorted choice 252-336 g</p> <p><b>5.88</b></p>

**EVERYTHING FOR YOUR SOUPS AND STEWS**

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

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