

OUR VARIETIES ON PAGE 8

[CLICK HERE](#)

CLEMENTINES WITH LEAVES
Spain



244
/lb
539/kg

51% SAVINGS

**BONELESS SKINLESS
CHICKEN BREAST**



28% SAVINGS

4.99
/lb
1100/kg



9.88
/lb
2178/kg

29% SAVINGS

ATLANTIC SALMON FILLET

CEDAR
Sunflower oil
3 L



DELPHI
Pure honey
1 kg

**UP TO
50% SAVINGS**

6.99

LOW PRICE!

6 UN
AVOCADOS
6 un
Mexico
2.99
/ch



8.49
/lb
18.77/kg
BLADE STEAK
BONELESS HALAL
22% OFF

10 LB
COMES TO 0.30/LB
CARROTS
Bag 10 lb
Canada
2.99
50% SAVINGS



2.49
/lb
5.49/kg
CHICKEN DRUMSTICKS
HALAL
28% OFF

99¢
/lb
2.19/kg
SWEET POTATO
U.S.A.
FLAT CABBAGE
Canada

CANADIAN
LEG OF LAMB HALAL
11.99
/lb
26.43/kg

BLUE TIDE
21/25 White raw shrimps
907 g
36% OFF
15.99

CHICKEN LEGS HALAL
2.99
/lb
6.69/kg

SAPUTO
Salted or unsalted butter
454 g
4.99
LIMIT 4 PER CLIENT
MORE THAN \$3 OFF

SANLUCAS
Cold pressed avocado oil
1L
UP TO 27% OFF
12.99

KIRI
Cream cheese
144 g
50% OFF
2.99

CASHMERE
Bathroom
Tissues 12 un
See variety in store
UP TO 40% OFF
5.99

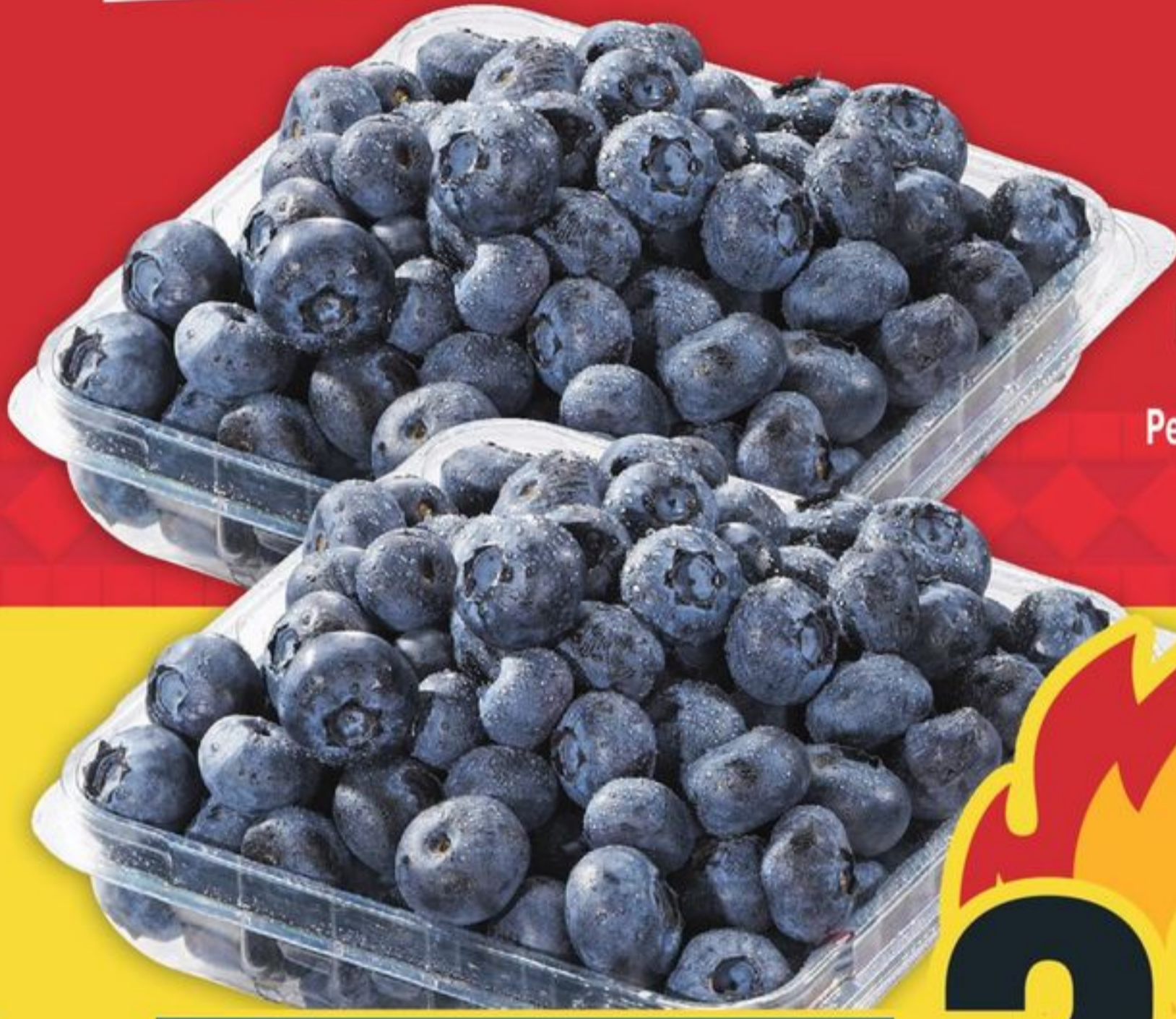
APNA TASTE
Samosas
Assorted
550-660 g
41% OFF
2/6.99

CEDAR
Frozen spinach
or peas and
carrots
750 g
UP TO 43% OFF
2/\$5

PHOENICIA
Sardines
See variety in store
120 g
UP TO 59% OFF
99¢

FROM THURSDAY, OCTOBER 31ST TO WEDNESDAY, NOVEMBER 6TH, 2024

LAST MINUTE SAVINGS!



BLUEBERRIES
170 g
Peru and Argentina

8/2.99

LEMONS
South Africa and Turkey

37% SAVINGS

\$1 SAVINGS

3.99
/ea

ANGELINO PLUMS
2 lb
Spain



3.99
/ea

33% SAVINGS



RUSSET POTATOES
10 lb
Canada

50% SAVINGS

2.99
/ea

SUNSHINE *in your* PLATE *with our* FRUITS

GUAVA
Egypt

4.99 /lb
11.00 /kg

THE TROPICAL DELIGHT YOU CAN'T MISS!

<p>3.99 /lb 8.99 /kg</p> <p>GREEN, RED OR BLACK SEEDLESS GRAPES U.S.A.</p>	<p>4.99</p> <p>BLACK MISSION FIGS 227 g Mexico</p>	<p>1.99</p> <p>WHITE MUSHROOMS 227 g Canada</p>	<p>1.99</p> <p>CREMINI MUSHROOMS 227 g Canada</p>
<p>4.99</p> <p>KIWIS 2 lb Greece & Chile</p>	<p>6.99 /lb 15.49 /kg</p> <p>JUMBO CHESTNUTS Italy</p>	<p>1.99 /lb 4.39 /kg</p> <p>BARTLETT, BOSC, RED OR ASIAN YELLOW PEARS U.S.A. & China</p>	<p>1.99</p> <p>ENGLISH CUCUMBERS Canada Mexico</p>
<p>4.99</p> <p>STRAWBERRIES 454 g U.S.A. Mexico</p>	<p>3/\$5</p> <p>ITALIAN OR CURLY PARSLEY & CORIANDER Canada</p>	<p>4.99</p> <p>CORN PACKS 4 un Canada</p>	

EVERYTHING FOR YOUR SALADS

<p>1.99</p> <p>CELERY Canada or U.S.A.</p>	<p>2.69 /lb 5.93 /kg</p> <p>RED VINE TOMATOES Canada Mexico</p>
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<p>3.99</p> <p>ROMAINE HEARTS LETTUCE 3 un. U.S.A. Mexico</p>	<p>3/\$5</p> <p>ROMAINE, GREEN OR RED LEAF LETTUCE U.S.A.</p>	<p>2/\$7</p> <p>BOSTON OR CURLY LETTUCE DUO Canada</p>
<p>3.99</p> <p>ATTITUDE Organic lettuce Assorted choice 142 g U.S.A.</p>	<p>1.99 ea.</p> <p>BOSTON LETTUCE U.S.A.</p>	<p>2/\$5</p> <p>ICEBERG LETTUCE U.S.A.</p>
<p>2/\$6</p> <p>PITA CHIPS Assorted 225 g</p>	<p>4.99</p> <p>RENÉE'S Dressing Assorted choice 355 ml</p>	<p>1.49 ea.</p> <p>CHINESE LETTUCE Canada</p>
<p>8.99</p> <p>RENÉE'S Dressing Assorted choice 750 ml</p>	<p>8.99</p> <p>RENÉE'S Dressing Assorted choice 750 ml</p>	

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



8⁹⁹
/lb
19⁸¹/kg

MILK FED VEAL BLADE ROAST
HALAL



16⁹⁹
/lb
37⁴⁵/kg

GRAIN FED VEAL RIB CHOP
HALAL



LEAN GROUND BEEF
HALAL
6⁴⁹
/lb
14²⁷/kg



MARINATED CHICKEN
DRUMSTICKS HALAL
3⁴⁹
/lb
7⁶⁹/kg



BEEF EYE OF
ROUND HALAL
8⁴⁹
/lb
18⁷⁷/kg



BEEF RIB STEAK
HALAL
15⁴⁹
/lb
34⁴⁴/kg

AA



BEEF SHORT RIB
STEAK HALAL
11⁹⁹
/lb
26⁴⁷/kg



MAKANEK
SAUSAGES HALAL
7⁴⁹
/lb
17¹⁷/kg

FOR A VERSATILE USE



8⁴⁹
/lb
18⁷⁷/kg

BEEF INSIDE STEAK
HALAL

MEATBALLS, TACOS,
AND MORE!



6⁴⁹
/lb
14³⁷/kg

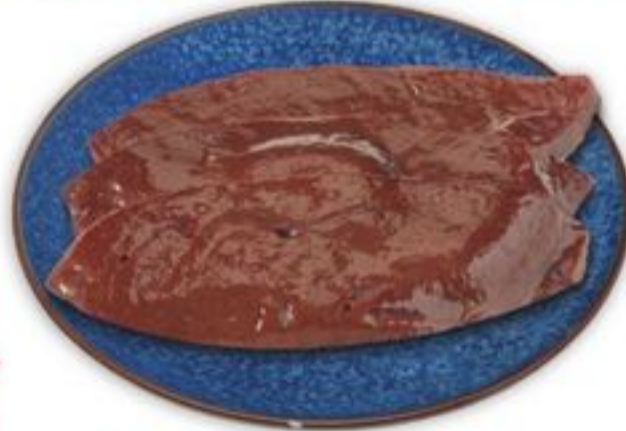
LEAN GROUND VEAL
HALAL

RACK OF LAMB
LOIN HALAL

22⁴⁹
/lb
49⁸⁷/kg



BEEF LIVER HALAL
4⁹⁹
/lb
11⁰⁷/kg



SOLMAZ
Chicken breast Halal
Assorted choice

1⁷⁹
/100 g
8²⁷/lb



ALZAHRAA
Hot or mild beef salami Halal
1²⁹
/100 g
5⁶⁷/lb



SOLMAZ
Fully cooked frankfurter Halal
450 g

5⁹⁹



ALZAHRAA
Turkey breast Halal
Assorted choice
400 g

5²⁹



TASTE all the FRESHNESS of our FISH AND SEAFOOD




7⁸⁸ /lb
17³⁷/kg

ROYAL SEA BREAM

FOR A MEDITERRANEAN STYLE DINNER

MEDITERRANEAN SALMON FILLET



10⁹⁹ /lb
24⁷⁷/kg

FROZEN FLOUNDER FILLETS



3⁹⁹ /lb
9⁰⁷/kg

SHRIMPS SKEWERS 31/40
Previously frozen
1 un



99¢

OCTOPUS Thawed or frozen



23% OFF
9⁹⁹ /lb
22⁰⁰/kg

MALPEQUE OYSTERS 25 un



35% OFF
10⁹⁹

CONTIENT: Les Fruits Malpeque

POUR L'AMOUR DES HUITES

PRODUIT DE L'ÎLE-DU-PRINCE-ÉDOUARD

WHOLE SQUID Cleaned and thawed



12⁹⁹ /lb
29⁰¹/kg

PERFECT FOR YOUR SALADS



20% OFF
3⁹⁹

BLUE TIDE Imitation crab meat 454 g

FOR YOUR PASTA OR PAELLA



40% OFF
5⁹⁹

BLUE TIDE Shrimps & scallops 340 g

BLUE TIDE Frozen squid rings 454 g



7⁹⁹

BLUE TIDE Flounder fillets 907 g



8⁹⁹

BLUE TIDE Frozen tilapia fillet 907 g



10⁹⁹

BLUE TIDE Cooked white shrimps 71/90 peeled 907 g



16⁹⁹

BLUE TIDE Cooked white shrimp 31/40 454 g



23% OFF
9⁹⁹

BLUE TIDE Cooked white shrimp 31/40 454 g



9⁹⁹

ROYAL HARBOUR Smoked salmon 80 g



5⁹⁹

For a HOMEMADE PAELLA



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

DELI CLASS
Smoked, roasted
or pastrami beef meat

2.29
/100 g
10²⁹/lb



FOR A TASTY
SANDWICH



MARCANGELO

2.29
/100 g
10²⁹/lb



1.99
/100 g
9²⁹/lb



MARCANGELO
Mortadella di Italia

2.29
/100 g
10²⁹/lb



BUTTERBALL
Smoked turkey

OLYMEI

Cold cuts
Assorted choice
175 g

27% OFF
4.99



MARC ANGELO

Cold cuts
Assorted choice
100 g

25% OFF
5.99



MAISON DE SAVOIE

Sausages
Assorted choice
250 g

25% OFF
8.99



5.29

CARVER'S CHOICE

Bacon
500 g



Bacon
500 g

Our HALAL Deli Products



1.49
/100 g
6²⁹/lb



7.99



50% OFF
2/\$7



2.99

DISCOVER OUR WIDE VARIETY OF CHEESE



41% OFF
3.99

TRE STELLE
Feta or Bocconcini cheese
Assorted choice
200 - 475 g



38% OFF
4.99

ALEXIS DE
PORTNEUF
Sir Laurier or
Lady Laurier
150 - 170 g



36% OFF
2.29
/100 g
10²⁹/lb



33% OFF
3.99
/100 g
15²⁹/lb



38% OFF
3.49
/100 g
15²⁹/lb



30% OFF
3.49
/100 g
15²⁹/lb



1.99
/100 g
9²⁹/lb



1.29
/100 g
5²⁹/lb



5.49



31% OFF
4.49

For SNACKING



1.99
/100 g
9²⁹/lb



1.29
/100 g
5²⁹/lb



89¢
/100 g
4²⁹/lb



89¢
/100 g
4²⁹/lb

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



CHICKEN SHAWARMA

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

BEEF SHAWARMA

12⁹⁹



6⁹⁹
/lb
15⁹⁹/kg

ADONIS
Greek or fattouche salad



ADONIS
Mouhamara dip
250 g

4⁹⁹



ADONIS
Lahmajoun
Large, 6 un
950 g

10⁹⁹



11⁹⁹
/12 un

ADONIS
Sfaha
Medium

9⁹⁹
/12 un

ADONIS
Falafel



12⁹⁹

ADONIS
Creamy pasta with chicken
Un



15⁹⁹

ADONIS
Paella
Medium



26⁹⁹

ADONIS
Oreo cake
8 in (10 servings)



OUR OREO
CAKE



2/\$7

ADONIS
Fruit or strawberry
mini tarts



3/\$6

ADONIS
Znozd el sit



SANTOSH
Naan
Assorted choice
500 g

2/\$3



2⁹⁹

RUDOLPH
Bayerische rye bread
500 g



12⁹⁹
/lb
28⁹⁹/kg

HALAWET EL JIBN



DEMPSTER'S
Sliced breads
Assorted choice
600 g

2/\$6



SELECTION
Hot dog or
hamburger
buns
8 un

2/\$6



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

2/\$7



2/\$7

ADONIS
Almond, pistachio or
chocolate roll

Our 2/\$3 PRODUCTS

CEDAR
Legume can
See variety in store
540 ml

CEDAR
Olive
See variety in store
250 ml

CEDAR
Coconut cream or milk
Assorted choice
170 g - 398 ml

PAPADOPOULOS
Cookies
225 g

RUBICON
Juice
Assorted choice
1L

ADONIS
Carbonated spring water
Assorted choice
1L

PEPSI MINI
Soft drink
6 x 222 ml

ALLEN'S
Juice
Assorted choice
8 x 200 ml

OCEAN SPRAY
Juice
Assorted choice
1.77 - 1.89 L

CHRISTIE
Cookies
See variety in store
224 - 303 g

DARE
Cookies
See variety in store
280 g

RUFFLES OR DORITOS
Chips
See variety in store
180 - 235 g

GENERAL MILLS
Cereals
See variety in store
526 - 778 g

NUTELLA
Cocoa & hazelnut spread
375 g

NORDEX
Kashka cream
170 g

PARLE-G
Biscuits
300 g

GREAT IDEAS

DE CECCO
Pasta
Assorted choice
454 g

24% OFF
2/\$5

RECIPE
MEDITERRANEAN TUNA PASTA

[CLICK HERE](#)

COFFEE FOR ALL TASTES

NESCAFÉ GOLD
Instant coffee
See variety in store
100 g ou 18 un.

UP TO 33% OFF
5.99

MAMA ROSA
Olive pomace oil
1L

CEDAR
Lupinis
796 ml

PATAK'S
Sauce
Assorted choice
400 ml

KRAFT DINNER
Mac and cheese
200 g

ALNUBALAA
Super premium basmati rice
4.54 kg

CEDAR
Semolina
See variety in store
4 kg

CEDAR
Burgol
Assorted choice
907 g

ALKANATER
Tahineh
900 g

Our FROZEN products

CEDAR
Potatoes and eggplant grilled
850 g - 2.27 kg

IRRESISTIBLES
Pastry
Assorted choice
400 - 455 g

HÄAGEN-DAZS
Ice cream
Assorted choice

STOCK up ON DEALS



TRE STELLE
Mascarpone or Ricotta cheese
275 - 475 g

29% OFF
4.99



SAPUTO
Ricotta cheese
Assorted choice
475 g



34% OFF
3.49

SEALTEST
Cottage cheese
Assorted choice
500 g



LAIT'S GO
Chocolate milk
310 ml

99¢



YOP
Drinkable yogurt
Assorted choice
200 ml



SAPUTO
Mozzarella cheese block
Assorted choice
1 kg

38% OFF
12.99



iöGO
Yogurt
Assorted choice
650 g

2.99



TWO GOOD
Greek yogurt
Assorted choice
625 g

32% OFF
4.99



ACTIVIA
Yogurt
Assorted choice
8 x 100 g

32% OFF
4.99



BEATRICE
Sour cream
Assorted choice
500 ml

48% OFF
2/\$5



OASIS
Juice
Assorted choice
1.5 - 1.6 L

4.79



ENJOY!
Vegan drink
Assorted choice
1.75 L

4.79



LACTANTIA
PURIFILTRE
Milk
See variety in store
2 L

4.79



Black Diamond
Mozzarella

26% OFF
5.79

BLACK DIAMOND
Cheese block
Assorted choice
400 g

OYSTERS FESTIVAL

ADONIS

MORE THAN TEN VARIETIES!

Some varieties can be unavailable due to climatic conditions and our guarantee of freshness.



26% OFF
16.99
12 un.

IRISH POINT
Oysters
12 un.



10.99
25 un.

LES FRUITS MALPEQUE
Oysters
25 un.

SINGLE UNITS



99¢

SHINY SEA
Oysters
1 un.



LUCKY LIME
Oysters
3 un.



3/\$5

RASPBERRY POINT
Oysters
3 un.

12 UNITS



21.99
12 un.

LUCKY LIME
Oysters
12 un.



21.99
12 un.

RASPBERRY POINT
Oysters
12 un.

18 UNITS



19.99
18 un.

SHINY SEA
Oysters
18 un.



25.99
18 un.

RASPBERRY POINT
Oysters
18 un.