



# ADONIS

Mediterranean market

محلات أدونيس

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>78</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¢**

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

3 Hearts of Romaine

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 Argentinian 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



PRIMO Spaghetti

900 G

56% OFF

3/\$5

PRIMO Pastas Assorted choice 900 g

IRINI Kalamata or green olives 1 L

IRINI KALAMATA OLIVES

IRINI 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

70% CACAO

DARK NOIR

CEDAR Raw almonds 454 g

UP TO 44% OFF

4.97 /ea

CEDAR Medjool dates 350 g

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محلات أدونيس

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

**GOLDEN  
DELICIOUS  
APPLES**  
Canada



**99¢**  
/lb  
2<sup>18</sup>/kg

**60% SAVINGS**

**STRAWBERRY**  
454 g  
U.S.A.



**3.99**

**33% SAVINGS**



# LAST MINUTE SAVINGS!



3 LB

**ORANGES**  
South Africa  
3 lb

**33% SAVINGS**

**3.99**



LARGE  
SIZE

**GRAPE,  
MEDLEY OR  
CHERRY  
TOMATOES**  
1.5 lb  
Canada  
Mexico

**33% SAVINGS**

**3.99**



# SUNSHINE in your PLATE with our FRUITS



**NEW CROP**

LEAF CLEMENTINES  
Spain

**1<sup>st</sup> SAVINGS**

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



**DISCOVER THE FRESHNESS OF OUR CLEMENTINES WITH LEAVES**



**7.99**  
/lb  
17<sup>00</sup>/kg

JUMBO CHESTNUTS  
Italy



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

YELLOW DATES  
Jordan



RED POMEGRANATE  
U.S.A.

**2/\$6**



GREEN, RED, YELLOW OR ORANGE PEPPER  
Canada

**1.99**  
/lb  
4<sup>00</sup>/kg



**1.99**  
/ea

ENGLISH CUCUMBERS  
Canada



RED VINE TOMATOES  
Canada

**1.99**  
/lb  
4<sup>00</sup>/kg



**2 LB**

**5.99**  
/ea

KIWIS  
2 lb  
Greece and Chile



**2.99**  
/lb  
6<sup>00</sup>/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  
3<sup>28</sup>/kg

**PERFECT FOR HALLOWEEN**



HAPPY HALLOWEEN

**3.99**  
/ea

PUMPKIN  
Canada

**33% OFF**

**2/\$4**

SMALL PUMPKIN  
Canada

## OUR VEGGIES OFFERS



**1.99**  
/ea

SUNRISE  
Extra firm tofu  
350 g



SUNRISE  
Tofu dessert  
See variety in store  
2 x 150 g

**WOW!**

**99¢**  
/ea



NATURALIA  
Firm natural tofu  
454 g

**WOW!**

**99¢**  
/ea



NATURALIA  
Firm natural tofu  
454 g



NATURALIA  
Firm natural tofu  
454 g



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



YVES VEGGIE CUISINE  
Sliced veggie  
Assorted choice  
155 g

**3.99**  
/ea



YVES VEGGIE CUISINE  
VEGGIE TURKEY  
155 g



YVES VEGGIE CUISINE  
VEGGIE BOLOGNA  
BOLOGNE VEGGIE  
155 g



YVES VEGGIE CUISINE  
VEGGIE SALAMI  
SALAMI VEGGIE  
155 g



YVES VEGGIE CUISINE  
VEGGIE HAM  
JAMBON VEGGIE  
155 g



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



**2<sup>99</sup>**  
 /lb  
 6<sup>59</sup>/kg

CHICKEN LEGS **HALAL**



**9<sup>99</sup>**  
 /lb  
 22<sup>02</sup>/kg

GRAIN FED VEAL LOIN CHOP **HALAL**

CANADIAN LEG OF LAMB **HALAL**



**12<sup>49</sup>**  
 /lb  
 27<sup>03</sup>/kg

BEEF INSIDE ROUND STEAKS



**7<sup>99</sup>**  
 /lb  
 17<sup>01</sup>/kg

BEEF CUBES FOR SKEWERS **HALAL**



**10<sup>99</sup>**  
 /lb  
 24<sup>03</sup>/kg

CHICKEN WITH VEGETABLES SKEWERS **HALAL**



**7<sup>99</sup>**  
 /lb  
 17<sup>01</sup>/kg

MAKANEK SAUSAGES **HALAL**



**7<sup>49</sup>**  
 /lb  
 16<sup>01</sup>/kg

MARINATED BEEF TENDERLOIN CUBES **HALAL**



**18<sup>99</sup>**  
 /lb  
 41<sup>00</sup>/kg

Adonis ORIGINAL RECIPE

**OUR BEEF SHANKS**



**6<sup>49</sup>**  
 /lb  
 14<sup>31</sup>/kg

BEEF OSSO BUCCO **HALAL**

**SUCCULENT SHORT RIBS**



**11<sup>99</sup>**  
 /lb  
 26<sup>43</sup>/kg

BEEF SHORT RIB STEAK **HALAL**

BEEF LIVER **HALAL**



**4<sup>99</sup>**  
 /lb  
 11<sup>00</sup>/kg

SHAWARMA CHICKEN BREAST **HALAL**



**8<sup>99</sup>**  
 /lb  
 19<sup>03</sup>/kg

Adonis ORIGINAL RECIPE

SOLMAZ Chicken breast **Halal** Assorted choice



**1<sup>79</sup>**  
 /100 g  
 8<sup>02</sup>/lb

ALZAHRA Chicken bologna **Halal** 1kg



**1<sup>29</sup>**  
 /100 g  
 5<sup>00</sup>/lb

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



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

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



**5<sup>29</sup>**



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  
23.91/kg



**OCTOPUS**  
Thawed cleaned

**9.99** /lb  
22.02/kg



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

**12.99** /lb  
28.44/kg



**TILAPIA FILLETS**

**8.99** /lb  
19.87/kg



**FRENCH KISS OYSTERS**

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

**18 UN**



**THAWED CLEANED SQUID**

**12.99** /lb  
28.44/kg

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



**BLUE TIDE**  
Alaska sole fillets  
400 g

**29% OFF**  
**4.99**

**SHRIMPS:**  
Perfect for your paella!



**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**



**ROYAL HARBOUR**  
Smoked salmon  
80 g

**5.99**



**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**



**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  
6<sup>78</sup>/lb



**TRY IT  
ON YOUR  
PIZZA!**

**MARCANGELO**  
Prosciutto  
cotto or crudo

**229**  
/100 g  
10<sup>23</sup>/lb



**TOUR EIFFEL**  
Parisian ham

**179**  
/100 g  
8<sup>12</sup>/lb



**28% OFF**  
**279**  
/100 g  
12<sup>24</sup>/lb



**OLYMEL**  
Oven roasted turkey breast  
Assorted choice

**179**  
/100 g  
8<sup>12</sup>/lb



**MAPLE LEAF**  
Black forest ham

**36% OFF**  
**229**  
/100 g  
10<sup>23</sup>/lb



**MASTRO**  
Mild or hot Genoa salami  
Assorted choice

**529**



**CARVER'S CHOICE**  
Bacon  
500 g

**599**



**FANTINO & MONDELLO**  
Salametti  
Assorted choice  
175 g

**999**



**MARCANGELO**  
Cold cuts  
Assorted choice  
175 - 200 g

Our **HALAL** Deli Products

**149**  
/100 g  
6<sup>78</sup>/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  
9<sup>03</sup>/lb



**38% OFF**  
**199**  
/100 g  
9<sup>03</sup>/lb



**HUNGARIAN  
STYLE EMMENTAL  
CHEESE**

**26% OFF**  
**229**  
/100 g  
10<sup>23</sup>/lb



**SAPUTO**  
Tuma cheese

**229**  
/100 g  
10<sup>23</sup>/lb



**BULGARIAN FETA  
CHEESE DOUBLE CREAM**

**129**  
/100 g  
5<sup>11</sup>/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  
1<sup>13</sup>/lb



**CASHEWS**  
See variety in store

**249**  
/100 g  
1<sup>13</sup>/lb



**ORIENTAL  
MIXED NUTS**

**179**  
/100 g  
8<sup>12</sup>/lb



**STUFFED GREEN OLIVES**  
Assorted choice

**199**  
/100 g  
9<sup>03</sup>/lb



**SICILIAN OLIVES**  
Assorted choice



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  
10 in.



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

12 UN

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



**2/\$10**

ADONIS  
Falafel sandwich



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

ADONIS  
Creamy pasta with chicken  
10 in.



**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 kashta 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



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

SUN-MAID  
OR THOMAS  
Breakfast bread  
Assorted choice  
454 g

33% OFF



**2/\$7**

ADONIS  
Chocolate or vanilla eclair