



ADONIS

Mediterranean market

محلات أدونيس

OUTSTANDING
PROMOS

CANADIAN LAMB
SHOULDER **HALAL**



7.99
/lb
17.61/kg

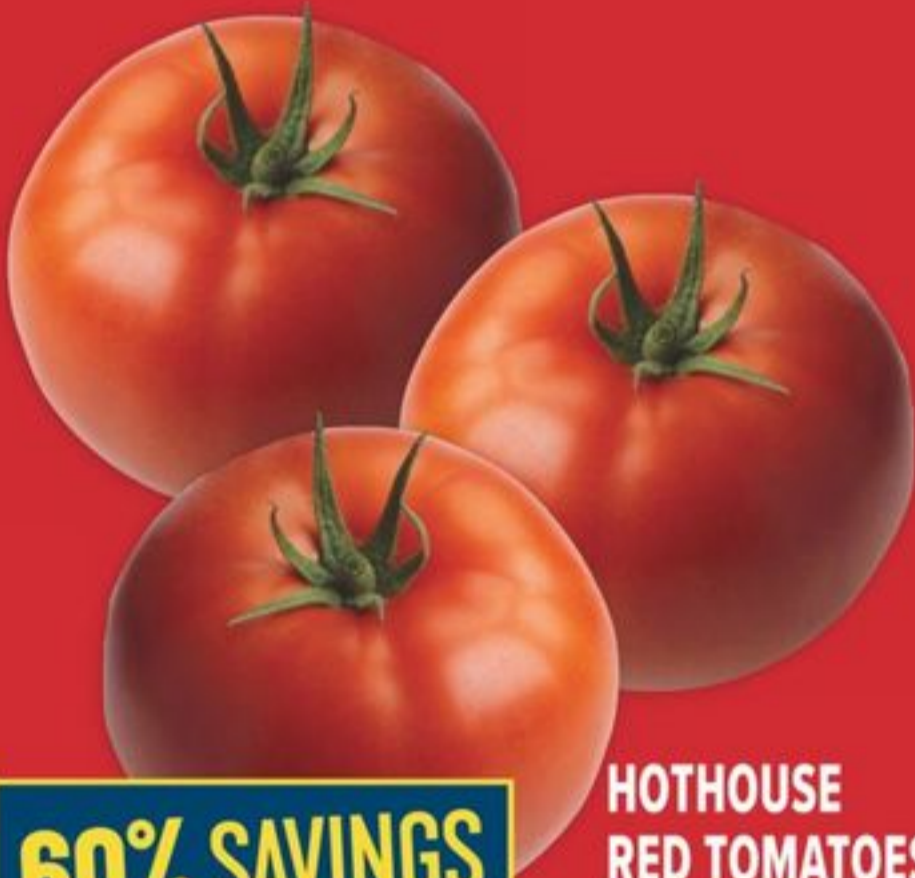
27% SAVINGS



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

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



ADONIS

Mediterranean market

محلات أدونيس

TREAT YOURSELF FOR HALLOWEEN

FIND EVERYTHING YOU NEED FOR YOUR PARTY!

[CLICK HERE](#)



7.99
/lb
17.61/kg

BEEF EYE OF ROUND
HALAL



RED POMEGRANATES
U.S.A.

58% SAVINGS

3/\$5



11.99
/lb
26.43/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
6.61/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 Halal

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 54% OFF

4/\$5



RIOMARE

Tuna salad

Assorted choice

160 g

33% OFF

3/\$10



LU

Petit écolier

cookies

150 g

UP TO 30% OFF

3.49



KIMBO

Espresso

coffee

250 g

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

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
8⁹⁹/kg

AVOCADOS
Bag 6 un
Mexico



3.99

6 UN

BLACK PLUMS
U.S.A.



2.99
/lb
6⁹⁹/kg

HAMI OR CANARY MELON
Brazil
U.S.A.



1.79
/lb
3⁹⁹/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
4²⁹/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
6⁹⁹/kg

BUTTERCUP, BUTTERNUT, ACORN OR SPAGHETTI SQUASH
Canada



1.49
/lb
3⁹⁹/kg

BUTTERCUP SPAGHETTI BUTTERNUT AGORN

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



749
/lb
16⁵¹/kg

EXTRA LEAN GROUND BEEF HALAL



RACK OF LAMB LOIN HALAL

2249
/lb
49⁹⁹/kg



HALAL LEG OF LAMB CUBES

1399
/lb
30⁹⁹/kg



BEEF INSIDE ROUND STEAK HALAL

849
/lb
18⁹⁹/kg



BEEF SOUJOK SAUSAGES HALAL

749
/lb
16⁹⁹/kg



MARINATED CHICKEN WINGS HALAL

549
/lb
12⁹⁹/kg



BEEF SIRLOIN TIP STEAK HALAL

899
/lb
19⁹⁹/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
9⁹⁹/kg



BEEF SHAWARMA HALAL

999
/lb
22⁹⁹/kg



ALZAHRAA Turkey breast Halal

149
/100g
6⁹⁹/lb



SOLMAZ Halal roastbeef

199
/100g
9⁹⁹/lb



ALZAHRAA Cooked cajun chicken breast Halal 400g

529



SOLMAZ Sliced pepperoni Halal 200g

299



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



12⁹⁹ /lb
28⁶⁴ /kg

FRESH ATLANTIC SALMON FILLET




FROZEN OR THAWED WHOLE MACKEREL

3⁹⁹ /lb
8⁸⁸ /kg



TILAPIA FILLETS

8⁹⁹ /lb
19⁹² /kg



MEDITERRANEAN SALMON FILLET

13⁹⁹ /lb
30⁹⁴ /kg



RAW TIGER SHRIMPS 31/40
Previously frozen

10⁹⁹ /lb
24⁷⁷ /kg



SQUID TUBE
Thawed or frozen

6⁹⁹ /lb
15⁶⁷ /kg



MUSSELS, BABY OCTOPUS OR SQUID SALAD

2⁹⁹ /100 g
13⁶² /lb

PERFECT IN BITES!



SAUMON FUMÉ NORVÉGIEN
NORWEGIAN SMOKED SALMON

ATLANTIQUE ATLANTIC

ROYAL HARBOUR

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
26⁶⁷ /kg

BACALÀ



BLUE TIDE Crab meat imitation 1.13 kg

7⁹⁹



BLUE TIDE Sardines 800 g

4⁴⁹



Free
CLEANING SERVICE

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



JANES Breaded fish Assorted choice 450 g

27% OFF
10⁹⁹



ARAHOVA Crispy calamari 400 g

21% OFF
10⁹⁹

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



379
/100 g
17¹⁹/lb

REGULAR BASTOURMA HALAL



43% OFF
249
/100 g
19¹⁹/lb

CUDDY
Roast turkey breast
Assorted choice



42% OFF
149
/100 g
8¹⁹/lb

MASTRO
Prosciutto cotto



32% OFF
229
/100 g
10¹⁹/lb

MASTRO
Rosemary or Tuscan roasted ham
Assorted choice



36% OFF
229
/100 g
10¹⁹/lb

MASTRO
Porchetta
Assorted choice



599
/100 g
19¹⁹/lb

SCHNEIDER'S
Grilled sausages
Assorted choice
375 g



24% OFF
1299
/100 g
12⁹⁹/lb

MASTRO
Baby Genoa salami
regular or hot
600 g



36% OFF
999
/100 g
9⁹⁹/lb

SAN DANIELE
Prosciutto ham
200 g



27% OFF
399
/100 g
3⁹⁹/lb

SAN DANIELE
Sliced mortadella
Assorted choice
175 g

Our HALAL Deli Products



179
/100 g
8¹⁹/lb

SOLMAZ
Hot or mild beef
Salami Halal



599
/100 g
5⁹⁹/lb

SOLMAZ
Turkey sausage
Halal
500 g



449
/100 g
4⁴⁹/lb

PARSIAN
Sliced meats Halal
Assorted choice
200 g



229
/100 g
10³⁹/lb

CASTELLO
Creamy havarti cheese or traditional blue cheese
Assorted choice



46% OFF
299
/100 g
13⁹⁹/lb

JARLSBERG
Original
cheese



379
/100 g
17¹⁹/lb

PHOENICIA
Vacuum twisted cheese



229
/100 g
10¹⁹/lb

SAPUTO
Provolone cheese



39% OFF
299
/100 g
12¹⁹/lb

PRÉSIDENT
Emmental cheese



30% OFF
349
/100 g
15¹⁹/lb

AGROPUR
Grand cheddar
5 years

L'EXTRA
Brie cheese



36% OFF
1399
/100 g
13⁹⁹/lb

SAPUTO
Traditional feta cheese
1 kg



27% OFF
799
/100 g
7⁹⁹/lb

ALEXIS DE PORTNEUF
Cheese
Assorted choice
300 g



349
/100 g
3⁴⁹/lb

PRÉSIDENT
Rounded cheese
Assorted choice
125 g



699
/100 g
6⁹⁹/lb

OKA OR
ST-PAULIN
Cheese
Assorted choice
190 g

VAUDREUIL
Champfleury cheese
180 g

For SNACKING



179
/100 g
8¹⁹/lb

ROASTED
PUMPKIN
SEEDS
Assorted choice



129
/100 g
5¹⁹/lb

LARGE
OLIVE
KALAMATA



149
/100 g
6¹⁹/lb

MOROCCAN
BLACK
OLIVES



279
/100 g
12¹⁹/lb

LEBANESE
COFFEE
See variety
in store

AVAILABLE
IN
BEANS

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



11⁹⁹

ADONIS
Flat grilled chicken Halal



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 kebab
12 un

13⁹⁹



ADONIS
Paella
Medium

15⁹⁹



26⁹⁹

ADONIS
Strawberry mousse cake
8 in (10 servings)



DISCOVER OUR WIDE
VARIETY OF CAKES



ADONIS
Rum baba
decorated cake

2/\$7



LA ROCCA
Red velvet cake
8 in (10 servings)

22⁹⁹



DIMPFLEMEIER
Pumpernickel Black
Forest bread
500 g

2/\$5



ADONIS
Chealbeyt

3/\$6



ADONIS OSMALIEH
KASHTA

11⁹⁹
/lb
26⁴³/kg



DEMPSTER'S
White or whole
wheat bread
675 g

30% OFF
2/\$6



DEMPSTER'S
10" tortillas
Assorted choice
488 - 610 g

3⁹⁹



VACHON
Cakes
Assorted choice
252 - 336 g

3⁹⁹



ADONIS
Sliced cakes
See variety in store

2/\$7

Our CEDAR PRODUCTS

 <p>2⁹⁹</p>	 <p>4⁹⁹ CEDAR Pickles See variety in store 1L</p>	 <p>2/\$4 CEDAR Legumes See variety in store 540 ml</p>	 <p>1⁹⁹ CEDAR Falafel 397 g</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 recipe IDEAS



3⁴⁹ CEDAR Couscous Assorted choice 907 g

+ 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>
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 <p>5⁹⁹</p>	 <p>2/\$5</p>	 <p>9⁹⁹</p>	 <p>3⁴⁹</p>
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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



DANONE OIKOS
Greek yogurt
Assorted choice
650 - 750 g

23% OFF

5.99



YOPLAIT SOURCE
Yogurt
Assorted choice
630 g

24% OFF

3.79



RIVIERA
Yogurt
Assorted choice
750 g

28% OFF

3.79



31% OFF

5.49

IÖGO
Yogurt
Assorted choice
16 x 100 g



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

5.99



25% OFF

5.49

LACTANTIA
Chocolate milk
6 x 237 ml



LAIT'S GO
Milk
Assorted choice
325 ml

33% OFF

1.99



38% OFF

4.99

TRE STELLE
Paneer cheese
350 g



OASIS
Orange juice
Assorted choice
2.5 L

7.99



31% OFF

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

ADONIS
Chocolate Halloween cake
6 in

19.99

TWO-BITE
Chocolate or vanilla cupcakes
284 g

5.49

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

24.99

ADONIS
Classic hummus
250 g

3.99

ADONIS
Cheese roll

10.99 /12 un.

MINI
HOT-DOG

10.99 /12 un.

CHEESE
HALF MOON PIE

10.99 /12 un.

MINI
PIZZAS

8.99 /12 un.

HAPPY SWING
Water rolls
Assorted choice
150 g

3/4.99

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

6.99

TOSTITOS
Salsa
Assorted choice
416 - 418 ml

2/\$9

NESTLÉ
Chocolates
485 g

50

13.99