

OUTSTANDING PROMOS

LEAN GROUND BEEF **HALAL**



4.99
/lb
11⁰⁰/kg

28% SAVINGS



ROYAL GALA APPLES
Canada

66% SAVINGS

99¢
/lb
2¹⁸/kg

ADONIS
Flat grilled chicken **HALAL**



11.99

20% SAVINGS



CASABLANCA
Honey
1 kg



THE LAUGHING COW
Regular or light cheese
400 g

43% SAVINGS

5.99

244
/lb
5³⁸/kg
SEEDLESS GREEN GRAPES U.S.A.

51% SAVINGS

549
/lb
12¹⁰/kg
21% SAVINGS
BONELESS CHICKEN THIGHS HALAL

169
/lb
3⁷³/kg
43% SAVINGS
BALADI SQUASH Mexico

249
/lb
5⁴⁹/kg
29% SAVINGS
CHICKEN DRUMSTICKS HALAL

99¢ /ea
50% SAVINGS
ITALIAN, CURLY PARSLEY OR GREEN ONIONS U.S.A. or Mexico

749
/lb
16⁶¹/kg
BEEF INSIDE ROUND STEAK HALAL

788
/lb
17⁷¹/kg
28% OFF
FRESH SEA BASS
FREE CLEANING

1199
/lb
26⁴³/kg
CANADIAN LEG OF LAMB HALAL

1399
30% OFF
BLUE TIDE Cooked peeled white shrimp 50/10 907 g
CREVETTES BLANCHES DU PACIFIQUE PACIFIC WHITE SHRIMP

699
36% OFF
CEDAR Vegetable oil 2.5L

699
30% OFF
MAMA ROSA Olive pomace oil 1L

1099
35% OFF
PUCK Creamy spread 500 g

2/\$7
UP TO 56% OFF
CEDAR Carrot rice 1.8 kg

4/\$5
58% OFF
LINDO Tomato paste 700 g
VALDIGRANO Pasta Assorted choice 500 g

497
UP TO 44% OFF
CEDAR Oriental mixed nuts 454 g
CEDAR Walnuts 454 g

4/\$5
30% OFF
AMERICANA Legumes Assorted choice 350 ml

4/\$5
58% OFF
VALDIGRANO Pasta Assorted choice 500 g

599
33% OFF
RIO mare Tuna 3 x 80 g
40% OFF
LINDT EXCELLENCE Chocolate See variety in store 50 - 100 g
Lindt SEA SALT FLEUR DE SEL
Lindt 70% CACAO
Lindt DARK NOIR

FROM THURSDAY, NOVEMBER 28TH TO WEDNESDAY, DECEMBER 4TH, 2024

LAST MINUTE SAVINGS!



WHITE CAULIFLOWER U.S.A.

99¢
/ea

AVOCADOES Mexico

50% SAVINGS

2.99
/ea

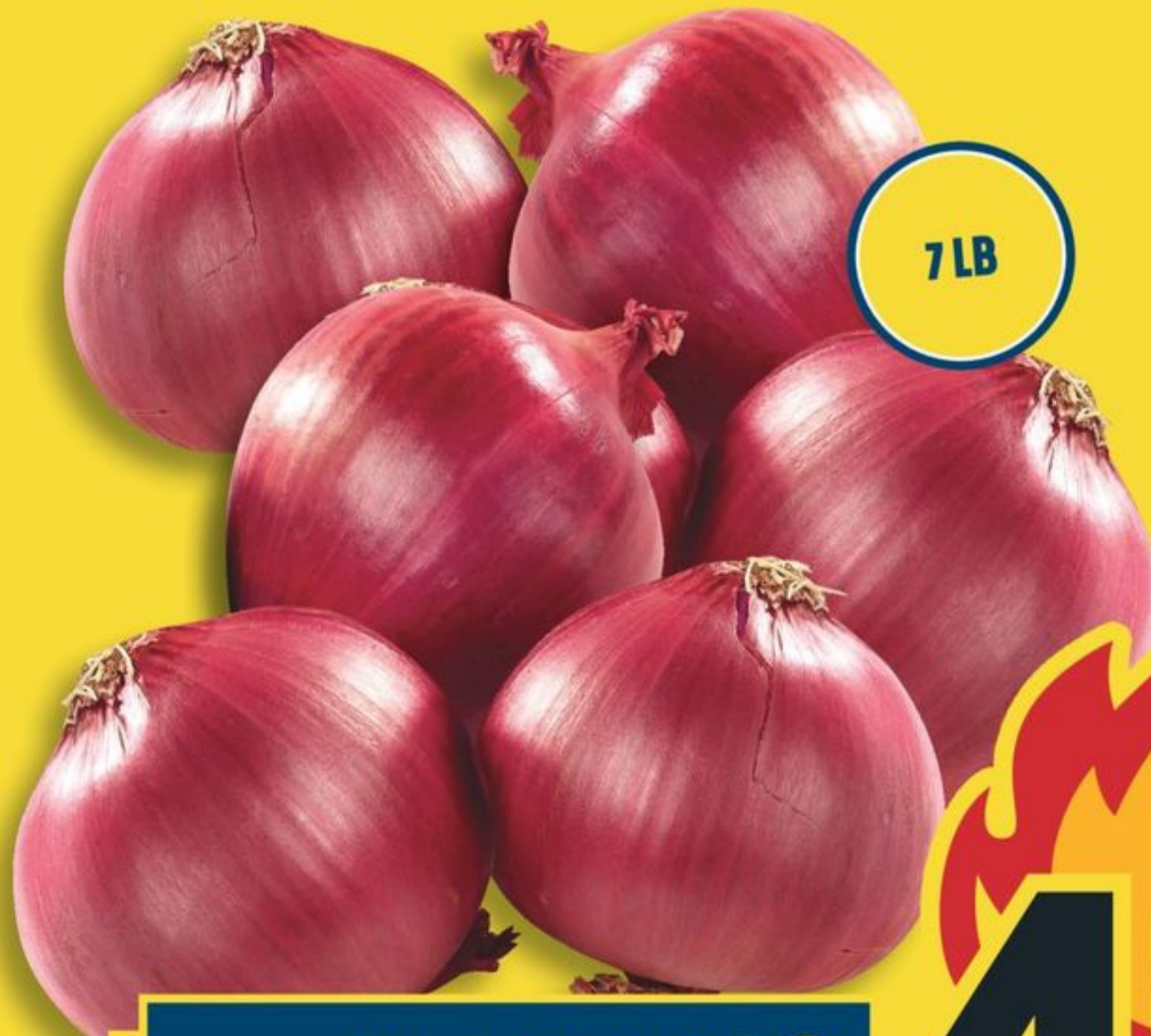
40% SAVINGS



KAKI FUYU U.S.A.

1.99
/lb
4³⁹/kg

33% SAVINGS



RED ONIONS 7 lb Canada

50% SAVINGS

4.99
/ea

SUNSHINE in your PLATE with our FRUITS

LARGE FORMAT

BLUEBERRY
Pint
Peru

33% SAVINGS

3.99 /ea

Use fresh blueberries FOR A DELICIOUS JAM

CANTALOUPE
U.S.A.

3.99 /ea

CLEMENTINES WITH LEAVES
Spain

4.99 /lb
11³¹/₄

1.99 /ea

RED MANGOES
Brazil

2/\$6

RED POMEGRANATES
U.S.A.

3.99 /lb
8³¹/₄

GREEN PEPPERS
U.S.A.

2.99 /lb
8³¹/₄

EGGPLANTS
Mexico

6 UN

4.99 /ea

AVOCADOS
Mexico

2 LB

LEMONS
U.S.A. or Turkey

RUSSET, YELLOW OR RED FLESH POTATOES BAG
5 lb
Canada

2.99 /ea

Perfect for YOUR SALADS

RED VINE TOMATOES
Canada

\$1/LB SAVINGS

2.99 /lb
6³¹/₄

BABY CUT PEELED CARROTS
340 g
U.S.A.

Bunny-Luv
PEELED CARROTS
CAROTTES PÉELÉES

UP TO 40% OFF

1.79 /lb

ENGLISH CUCUMBERS
Canada

SWEETNESS FOR CHRISTMAS FESTIVITY

4.99 /ea

CEDAR
Dried apricots
250 g

3.99 /ea

CEDAR
Ginger Chunks
250 g

3.49 /ea

DEGLET NOUR DATES
400 g

5.99 /ea

CEDAR
Medjool dates
350 g

3.99 /ea

CEDAR
Golden jumbo raisins or sultana
300 g

4.99 /ea

CEDAR
Diced papayas or pineapple
400 g

2.49 /ea

CEDAR
Fine coconut
200 g

2.49 /ea

CEDAR
Garland Izmir fig
200 g

4.99 /ea

CEDAR
Dried banana
400 g

4.99 /ea

CEDAR
Dried cranberries
350 g

2.49 /ea

CEDAR
Sunflower seeds
250 g

9.99 /ea

CEDAR
Chinese pine nuts
100 g

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



2⁹⁹ /lb
6⁵⁹/kg

CHICKEN LEGS
HALAL



13⁹⁹ /lb
30⁸⁴/kg

BONELESS STRIP LOIN
STEAK HALAL




7⁹⁹ /lb
17⁹⁹/kg

BEEF SIRLOIN
TIP STEAK
HALAL



6⁴⁹ /lb
14⁹⁹/kg

BONELESS SKINLESS
SPLIT CHICKEN
BREAST HALAL



8⁹⁹ /lb
19⁹⁹/kg

BEEF ESCALOPES
HALAL



7⁹⁹ /lb
17⁹⁹/kg

BEEF KAFTA
HALAL

Adonis ORIGINAL RECIPE



12⁹⁹ /lb
28⁹⁹/kg

LAMB SHANK
HALAL



4⁹⁹ /lb
11⁹⁹/kg

BEEF LIVER HALAL



9⁹⁹ /lb
22⁰²/kg

MILK FED VEAL
BLADE ROAST HALAL



9⁹⁹ /lb
22⁰²/kg

GRAIN FED VEAL
LOIN CHOP HALAL



7⁴⁹ /lb
16⁹⁹/kg

MAKANEX
SAUSAGES HALAL



8⁹⁹ /lb
19⁹⁹/kg

SHAWARMA
CHICKEN BREAST
HALAL

Adonis ORIGINAL RECIPE



1⁴⁹ /100g
6⁹⁹/lb

SOLMAZ
Beef Bologna Halal
Assorted choice



1⁴⁹ /100g
6⁹⁹/lb

ALZAHRAA
Turkey breast Halal



5⁹⁹ /500g

SOLMAZ
Fully cooked BBQ
delicious sausages Halal
500 g



5²⁹ /400g

ALZAHRAA
Chicken
breast Halal
400 g

CHICKEN BREAST
POITRINE DE POULET
400g

TASTE all the FRESHNESS of our FISH AND SEAFOOD

Must try
SMOKED TROUT BLINI

23% OFF
9.99 /lb
22.99/lb

RAINBOW TROUT FILLETS

FRESH BLUEFISH

3.99 /lb
8.99/lb

COD FILLETS

9.99 /lb
22.99/lb

CRAB SECTIONS
Frozen or previously frozen

11.99 /lb
26.49/lb

TIGER SHRIMP 16/20
Previously frozen

15.99 /lb
36.79/lb

FRESH SARDINES

25% OFF
5.99 /lb
19.79/lb

SQUID
Thawed cleaned

12.99 /lb
28.99/lb

OYSTERS FESTIVAL

A WIDE SELECTION AVAILABLE!
Participating merchants

RASPBERRY POINT

23% OFF
19.99

RASPBERRY POINT Oysters
12 un

NEW BRUNSWICK

TUNA STEAK
Frozen or thawed

29% OFF
9.99 /lb
22.99/lb

BLUE TIDE
Cod fillets 400 g

8.99

BLUE TIDE
Cold water shrimp 400 g

12.99

BLUE TIDE
Cooked peeled white shrimp 25/30 284 g

22% OFF
6.99

BLUE TIDE
Raw tiger shrimp 21/25 454 g

15.99

LES TIGRES NOIRS TIGER SHRIMP
454g

ROYAL HARBOUR
Scallops 85-120 340 g

7.99

SCALLOPS PETONCLES

BLUE TIDE
Frozen squid rings 454 g

7.99

ANDELLES DE CALMAR SQUID RINGS

BLUE TIDE
Cooked peeled white shrimp 31/40 454 g

23% OFF
9.99

CREVETTES BLANCHES DU PACIFIQUE PACIFIC WHITE SHRIMP
454 g

CREVETTES BLANCHES DU PACIFIQUE PACIFIC WHITE SHRIMP
454 g

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

MARC ANGELO
 Cold cuts
 Assorted choice
 100 g



25% OFF

5.99



ADD THEM
 TO YOUR
 DELI PLATTER

MARCANGELO

Italian prosciutto

22.99



36% OFF

2.79



CUDDY
 Roasted turkey breast
 Assorted choice

32% OFF

2.29



MASTRO
 Ham or porchetta
 Assorted choice

SOLMAZ

Sujuk or sausage Halal

Assorted choice

350 g

7.99



SAN DANIELE

Sliced mortadella

Assorted choice

175 g

27% OFF

3.99



MAISON DE SAVOIE

Sausages

250 g

25% OFF

8.99



52.99

CARVER'S CHOICE

Bacon

500 g



Our HALAL Deli Products



37.99

BASTOURMA
 HALAL



17.99

SOLMAZ
 Hot or mild beef
 salami Halal



50% OFF
2/\$7



2.99

DISCOVER OUR WIDE SELECTION OF CHEESE



UP TO 47% OFF

2.99

OKA
 Cheese
 Assorted choice

UP TO 35% OFF

6.99

ÎLE DE FRANCE
 Brie or Camembert
 250 g



22.99

CASTELLO
 Havarti cheese
 Assorted choice

38% OFF

1.99

HUNGARIAN STYLE
 EMMENTAL CHEESE

40% OFF

2.29

CASTELLO
 Traditional blue cheese

37.99

PHOENICIA
 Twisted cheese (vacuum)

36% OFF

13.99

SAPUTO
 Feta cheese
 1kg

39% OFF

3.99

SAPUTO
 Boccocini or Ricotta
 Di Campagna cheese
 Assorted choice
 200 - 400 g

36% OFF

3.49

WOOLWICH
 Goat cheese
 Assorted choice
 113 g

8.99

BALDERSON
 Cheddar cheese
 Assorted choice
 250 - 280 g

For SNACKING



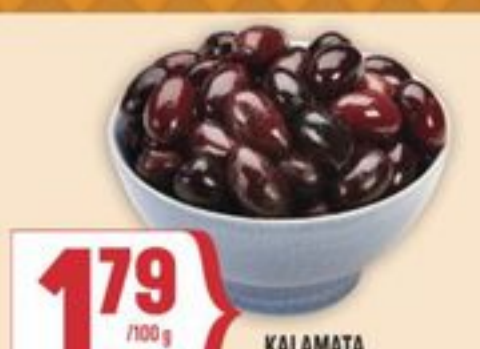
22.99

ROASTED
 PISTACHIOS



14.99

BBQ
 NUTS



17.99

KALAMATA
 OLIVES



27.99

MOKA
 COFFEE

TASTE ADONIS specialties
PREPARED EVERY DAY FOR YOU 

CALL OUR GRILL DEPARTMENT TO ORDER

6⁹⁹ /ea
 CHICKEN OR BEEF SHAWARMA SANDWICH



ADONIS Hummus 425 g
5⁹⁹

ADONIS CHICKPEA OR COUSCOUS SALAD 454 - 500 g
5⁹⁹



ADONIS Siba Medium 12 un
11⁹⁹

ADONIS Meat or vegetarian kebbe 12 un
13⁹⁹

ADONIS Hot red pepper cheese or vegetarian cheese pizza
3⁴⁹



ADONIS Creamy pasta with chicken
12⁹⁹

ADONIS Chicken biryani, rice with salmon or chicken Medium
12⁹⁹



early HOLIDAY TREAT

ADONIS Red velvet cake 8" 10 servings
26⁹⁹



ADONIS Rum ball cake
2/\$5

LA ROCCA Swiss chocolate cake
28⁹⁹



BERLINER Light rye or caraway traditional bread 454 g
1⁹⁹

ADONIS Nut or kashka katayet
3/\$6

HALAWET EL JIBN
12⁹⁹ /lb



DEMPSTER'S White or whole wheat bread 675 g
30% OFF 2/\$6

DEMPSTER'S 7" tortillas Assorted choice 8-10 un
2/\$7

JOS LOUIS L'ORIGINAL THE ORIGINAL
30% OFF 3⁹⁹

VACHON Cakes Assorted choice 252 - 336 g
3⁹⁹

ADONIS Chocolate or vanilla eclair
2/\$7



The essentials FOR YOUR CHRISTMAS DESSERTS

15⁹⁹ FIVE ROSES Flour 10 kg

2⁹⁹ REDPATH Sugar 2 kg

3/5 CEDAR Soft wheat or pearl wheat 907 g

3⁹⁹ CEDAR Orange blossom or rose water 500 ml

2⁹⁹ NAYA Natural spring water 20 x 500 ml, 15 x 330 ml

5⁹⁹ MONTELLIER Carbonated water Assorted choice 10 x 355 ml

7⁴⁹ 7UP OR PEPSI Soft drink 12 x 355 ml

2/9 RUFFLES OR SUN CHIPS Chips Assorted choice 180 - 205 g

2/5 BEST Juice 1L

3⁴⁹ ALLEN'S Juice Assorted choice 8 x 200 ml

4⁴⁹ BALOCCO Cookies Assorted choice 700 g

3⁹⁹ PREMIUM PLUS Crackers Assorted choice 450 - 500 g

5⁴⁹ DARE Cookies Assorted choice 336 - 480 g

5⁹⁹ LOTUS Spread Assorted choice 380 - 400 g

8⁹⁹ THREE KINGS Charcoal 1 un

50% OFF **1⁹⁹** PALMOLIVE Dishwashing detergent Assorted choice 828 ml

25% OFF

3⁹⁹ CEDAR Dry molokhia leaves 200 g

RECIPE MEDJANITA

[CLICK HERE](#)

FAST SOLUTION

UP TO 43% OFF

3⁹⁹ CLASSICO Pasta sauce Assorted choice 410 - 600 ml

25% OFF

9⁹⁹ STARBUCKS Coffee Assorted choice 340 g 10 un.

14⁹⁹ CEDAR Green or black olives 2.84 L

3⁹⁹ CEDAR Lupini beans 796 ml

2/5 CEDAR Eggplant dip or artichoke hearts 370 - 398 g

2/5 CEDAR Legumes Assorted choice 907 g

3⁹⁹ CEDAR Bulgol See variety in store 1.81 kg

3⁴⁹ SIELSKI'S Small dill gherkins 1L

2⁹⁹ GULLON Maria cookies 600 g

Our FROZEN products

12⁹⁹ MIXED BERRIES MÉLANGE DE BAIES Assorted choice 2 kg

5⁹⁹ SELECTION Frozen vegetables Assorted choice 1.25 - 2 kg

UP TO 36% OFF **6⁹⁹** CEDAR OR CAVENDISH Potatoes Assorted choice 2 - 2.27 kg

4⁹⁹ NESTLÉ Ice cream or frozen treats See variety in store

STOCK up ON DEALS

CASTELLO
Sliced or blue cheese
Assorted choice
113 - 175g

UP TO 50% OFF
2/\$7

SAPUTO
Shredded cheese
Assorted choice
1kg

36% OFF
13.99

BURNBRAE
Large white eggs nestlaid or nestlaid omega-3
12 un.

27% OFF
3.99

DANONE OIKOS
Greek yogurt
Assorted choice
4 x 95 - 100 g

28% OFF
3.79

ASTRO ORIGINAL
Yogurt
Assorted choice
175 g

48% OFF
77¢

iöGO ORIGINAL
Yogurt
Assorted choice
650 g

28% OFF
2.99

RIVIERA
Greek yogurt
Assorted choice
750 g

29% OFF
5.99

PRÉSIDENT
Salted or unsalted butter stick
454 g

7.49

PHILADELPHIA
Cream cheese
Assorted choice
227 - 250 g

4.99

PUCK
Thickened cooking cream
160 g

1.79

YOPLAIT YOP
Drinkable yogurt
Assorted choice
200 ml

34% OFF
99¢

THE RACLETTE MEDITERRANEAN WAY

A FEAST TO SHARE BETWEEN FAMILY AND FRIENDS

RUSSET
RUSSET, YELLOW OR RED FRESH POTATOES BAG
2 lb 2 oz (908g)

2.99

BALADI SQUASH
Mexico

1.69

PHOENICIA
Teriaki cheese (veggies)

3.79

ADONIS
Parisian baguette
510 g

25% OFF
2.99

BEEF KAFTA
HALAL

7.99

OKA
Cheese
Assorted choice

UP TO 47% OFF
2.99

HUNGARIAN STYLE EMMENTAL CHEESE

38% OFF
1.99

MAKANEX SAUSAGES
HALAL

7.49

SHAWARMA CHICKEN BREAST
HALAL

8.99

Adonis ORIGINAL RECIPE

Metro Inc. disclaims all liability in connection with or that may arise from the visuals provided by the various product suppliers with respect to the photos, logos, designs and typography used by the various advertisers and product suppliers.