



# ADONIS

Mediterranean market

محلات أدونيس

## OUTSTANDING PROMOS

LEAN GROUND BEEF **HALAL**



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

**28% SAVINGS**



ROYAL GALA APPLES  
Canada

**66% SAVINGS**

**99¢**  
/lb  
2<sup>18</sup>/kg

ADONIS  
Flat grilled chicken **HALAL**



**20% SAVINGS**

**11.99**

CASABLANCA  
Honey  
1 kg



THE LAUGHING COW  
Regular or light cheese  
400 g

**43% SAVINGS**

**5.99**

FROM THURSDAY, NOVEMBER 28<sup>TH</sup> TO WEDNESDAY, DECEMBER 4<sup>TH</sup>, 2024





# ADONIS

Mediterranean market

محلات أدونيس

**244** /lb  
5<sup>38</sup>/kg

SEEDLESS GREEN GRAPES U.S.A.

**51% SAVINGS**

**549** /lb  
12<sup>10</sup>/kg

**21% SAVINGS**

BONELESS CHICKEN THIGHS HALAL

**169** /lb  
3<sup>73</sup>/kg

**43% SAVINGS**

BALADI SQUASH Mexico

**249** /lb  
5<sup>49</sup>/kg

**29% SAVINGS**

CHICKEN DRUMSTICKS HALAL

**99¢** /ea

**50% SAVINGS**

ITALIAN, CURLY PARSLEY OR GREEN ONIONS U.S.A. or Mexico

**749** /lb  
16<sup>61</sup>/kg

BEEF INSIDE ROUND STEAK HALAL

**788** /lb  
17<sup>71</sup>/kg

**28% OFF**

FRESH SEA BASS

FREE CLEANING

**1199** /lb  
26<sup>43</sup>/kg

CANADIAN LEG OF LAMB HALAL

**1399** /lb

**30% OFF**

BLUE TIDE Cooked peeled white shrimp 90/110 907 g

BREVETTES BLANCHES DU PACIFIQUE / PACIFIC WHITE SHRIMP

**699** /2.84 L

**36% OFF**

CEDAR Vegetable oil

**699** /1 L

**30% OFF**

MAMA ROSA Olive pomace oil

**1099** /500 g

**35% OFF**

PUCK Creamy spread

**2/\$7**

**UP TO 56% OFF**

CEDAR Calrose rice 1.8 kg

**497** /454 g

**UP TO 44% OFF**

CEDAR Oriental mixed nuts

**454 g - 1 lb**

**454 g**

CEDAR Walnuts

**4/\$5**

**30% OFF**

AMERICANA Legumes Assorted choice 398 ml

**4/\$5**

**58% OFF**

VALDIGRANO Pasta Assorted choice 500 g

**599** /3 x 80 g

**33% OFF**

RIOMARE Tuna See variety in store

**2/\$6**

**40% OFF**

LINDT EXCELLENCE Chocolate See variety in store 50 - 100 g

FROM THURSDAY, NOVEMBER 28<sup>TH</sup> TO WEDNESDAY, DECEMBER 4<sup>TH</sup>, 2024



# 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  
11<sup>99</sup>/kg



**1.99**  
/ea

RED MANGOES  
Brazil



**2/\$6**

RED POMEGRANATES  
U.S.A.



GREEN PEPPERS  
U.S.A.

**3.99**  
/lb  
8<sup>99</sup>/kg



EGGPLANTS  
Mexico

**2.99**  
/lb  
6<sup>99</sup>/kg



AVOCADOS  
Mexico

**4.99**  
/ea



6 UN

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  
6<sup>99</sup>/kg



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

UP TO 40% OFF

**1.79**



ENGLISH  
CUCUMBERS  
Canada

## SWEETNESS FOR CHRISTMAS FESTIVITY

CEDAR  
Dried apricots  
250 g

**4.99**  
/ea



**3.99**  
/ea

CEDAR  
Ginger Chunks  
250 g



**3.49**  
/ea

DEGLET  
NOUR  
DATES  
400 g



**5.99**  
/ea.

CEDAR  
Medjool dates  
350 g



CEDAR  
Golden jumbo  
raisins or  
sultana  
300 g

**3.99**  
/ea



**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



CEDAR  
Chinese pine  
nuts  
100 g



**9.99**  
/ea

CEDAR  
PINE NUTS CHINESE



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



**2.99**  
/lb  
6<sup>59</sup>/kg

CHICKEN LEGS  
HALAL



**13.99**  
/lb  
30<sup>84</sup>/kg

BONELESS STRIP LOIN  
STEAK HALAL



BEEF SIRLOIN  
TIP STEAK  
HALAL

**7.99**  
/lb  
17<sup>01</sup>/kg



BONELESS SKINLESS  
SPLIT CHICKEN  
BREAST HALAL

**6.49**  
/lb  
14<sup>21</sup>/kg



BEEF ESCALOPES  
HALAL

**8.99**  
/lb  
19<sup>01</sup>/kg



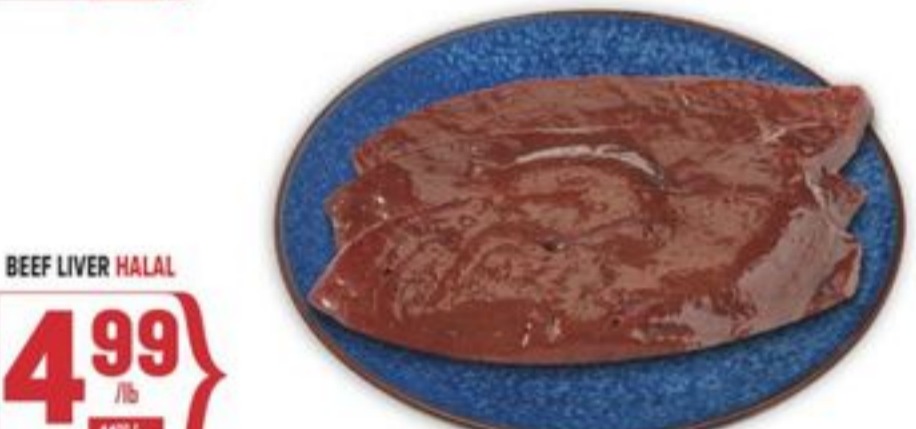
BEEF KAFTA  
HALAL

**7.99**  
/lb  
17<sup>01</sup>/kg



LAMB SHANK  
HALAL

**12.99**  
/lb  
28<sup>84</sup>/kg



BEEF LIVER HALAL

**4.99**  
/lb  
11<sup>01</sup>/kg



**9.99**  
/lb  
22<sup>02</sup>/kg

MILK FED VEAL  
BLADE ROAST HALAL



**9.99**  
/lb  
22<sup>02</sup>/kg

GRAIN FED VEAL  
LOIN CHOP HALAL



MAKANEK  
SAUSAGES HALAL

**7.49**  
/lb  
16<sup>51</sup>/kg



SHAWARMA  
CHICKEN BREAST  
HALAL

**8.99**  
/lb  
19<sup>01</sup>/kg



SOLMAZ  
Beef bologna Halal  
Assorted choice

**1.49**  
/100 g  
6<sup>74</sup>/lb



ALZAHRAA  
Turkey breast Halal

**1.49**  
/100 g  
6<sup>74</sup>/lb



SOLMAZ  
Fully cooked BBQ  
debrez sausages Halal  
500 g

**5.99**



ALZAHRAA  
Chicken  
breast Halal  
400 g

**5.29**



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



**23% OFF**  
**9.99** /lb  
22.02 /kg

**RAINBOW TROUT FILLETS**



*Must try*  
**SMOKED TROUT BLINI**



**FRESH BLUEFISH**

**3.99** /lb  
8.70 /kg



**COD FILLETS**

**9.99** /lb  
22.02 /kg



**CRAB SECTIONS**  
Frozen or previously frozen

**11.99** /lb  
26.43 /kg



**TIGER SHRIMP 16/20**  
Previously frozen

**15.99** /lb  
35.00 /kg



**FRESH SARDINES**

**25% OFF**  
**5.99** /lb  
13.19 /kg



**SQUID**  
Thawed cleaned

**12.99** /lb  
28.64 /kg

**OYSTERS FESTIVAL**

**A WIDE SELECTION AVAILABLE!**  
Participating merchants




**23% OFF**  
**19.99**

**RASPBERRY POINT Oysters**  
12 un

**NEW BRUNSWICK**



**TUNA STEAK**  
Frozen or thawed

**29% OFF**  
**9.99** /lb  
22.02 /kg



**BLUE TIDE**  
Cod fillets  
400 g

**8.99**

**BLUE TIDE**  
Cold water shrimp  
400 g

**12.99**



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

**22% OFF**  
**6.99**

**BLUE TIDE**  
Raw tiger shrimp  
21/25  
454 g

**15.99**



**BLUE TIDE**  
Cooked peeled white shrimp 31/40  
454 g

**23% OFF**  
**9.99**



**ROYAL HARBOUR**  
Scallops  
80-120  
340 g

**7.99**

**BLUE TIDE**  
Frozen squid rings  
454 g

**7.99**



YOU HAVE **CHOICE** *with* PRODUCTS FROM HERE 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

2.29  
/100 g  
10<sup>th</sup>/lb



36% OFF  
2.79  
/100 g  
12<sup>th</sup>/lb

CUDDY  
Roasted turkey breast  
Assorted choice



32% OFF  
2.29  
/100 g  
10<sup>th</sup>/lb

MASTRO  
Ham or porchetta  
Assorted choice



SOLMAZ  
Sojuk 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



5.29  
CARVER'S CHOICE  
Bacon  
500 g



Our HALAL Deli Products

3.79  
/100 g  
17<sup>th</sup>/lb

BASTOURMA  
HALAL



1.79  
/100 g  
8<sup>th</sup>/lb

SOLMAZ  
Hot or mild beef  
salami Halal



50% OFF  
2/\$7

HARVEST CREEK  
Halal BBQ chicken  
sausages  
908 g



2.99  
MAPLE LODGE  
Chicken bologna  
Halal  
375 g



DISCOVER OUR WIDE SELECTION OF CHEESE

ÎLE DE FRANCE  
Mild and creamy brie  
cheese

UP TO 47% OFF  
2.99  
/100 g  
13<sup>th</sup>/lb

OKA  
Cheese  
Assorted choice



AGROPUR  
Cheese  
Grand cheddar  
5-6 years  
200 g

UP TO 35% OFF  
6.99

ÎLE DE FRANCE  
Brie or Camembert  
250 g



CASTELLO  
Havarti cheese  
Assorted choice

2.29  
/100 g  
10<sup>th</sup>/lb



38% OFF  
1.99  
/100 g  
9<sup>th</sup>/lb

HUNGARIAN STYLE  
EMMENTAL CHEESE



40% OFF  
2.29  
/100 g  
10<sup>th</sup>/lb

CASTELLO  
Traditional blue cheese



3.79  
/100 g  
17<sup>th</sup>/lb

PHOENICIA  
Twisted cheese (vacuum)



SAPUTO  
Feta cheese  
1 kg

36% OFF  
13.99



39% OFF  
3.99

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



WOOLWICH  
Goat cheese  
Assorted choice  
113 g

36% OFF  
3.49



BALDERSON  
Cheddar cheese  
Assorted choice  
250 - 280 g

8.99



For SNACKING

2.29  
/100 g  
10<sup>th</sup>/lb

ROASTED  
PISTACHIOS



1.49  
/100 g  
6<sup>th</sup>/lb

BBO  
NUTS



1.79  
/100 g  
8<sup>th</sup>/lb

KALAMATA  
OLIVES



2.79  
/100 g  
12<sup>th</sup>/lb

MOKA  
COFFEE





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



**6.99**  
/ea

CHICKEN OR BEEF  
SHAWARMA SANDWICH

CALL OUR GRILL  
DEPARTMENT  
TO ORDER



ADONIS  
Hummus  
425 g

**5.99**



**5.99**

ADONIS CHICKPEA OR  
COUSCOUS SALAD  
454 - 500 g



ADONIS  
Sfiha  
Medium  
12 un

**11.99**



**13.99**

ADONIS  
Meat or vegetarian  
kebbeh  
12 un



**3.49**



**12.99**

ADONIS  
Creamy pasta with chicken



**12.99**

ADONIS  
Chicken biryani, rice with  
salmon or chicken  
Medium



early HOLIDAY TREAT



ADONIS  
Red velvet  
cake 8"  
10 servings

**26.99**



**2/\$5**

ADONIS  
Rum ball cake



**28.99**

LA ROCCA  
Swiss chocolate  
cake



**1.99**

BERLINER  
Light rye or caraway  
traditional bread  
454 g



**3/\$6**

ADONIS  
Nut or kashta  
katayef



**12.99**  
/lb  
2800/1kg

HALAWET  
EL JIBN



DEMPSTER'S  
White or whole wheat bread  
675 g

30% OFF  
**2/\$6**



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

**2/\$7**



30% OFF  
**3.99**

VACHON  
Cakes  
Assorted choice  
252 - 336 g



**2/\$7**

ADONIS  
Chocolate or vanilla eclair



# The essentials FOR YOUR CHRISTMAS DESSERTS

 <p><b>15<sup>99</sup></b> FIVE ROSES Flour 10 kg</p>	 <p><b>2<sup>99</sup></b> REDPATH Sugar 2 kg</p>	 <p><b>44% OFF</b> <b>3/\$5</b> CEDAR Soft wheat or pearl wheat 907 g</p>	 <p><b>3<sup>99</sup></b> CEDAR Orange blossom or rose water 500 ml</p>
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 <p><b>2<sup>99</sup></b> NAYA Natural spring water 20 x 500 ml, 15 x 330 ml</p>	 <p><b>5<sup>99</sup></b> MONTELLIER Carbonated water Assorted choice 10 x 355 ml</p>	 <p><b>7<sup>49</sup></b> 7UP OR PEPSI Soft drink 12 x 355 ml</p>	 <p><b>2/\$9</b> RUFFLES OR SUN CHIPS Assorted choice 180 - 205 g</p>
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 <p><b>2/\$5</b> BEST Juice 1L</p>	 <p><b>3<sup>49</sup></b> ALLEN'S Juice Assorted choice 8 x 200 ml</p>	 <p><b>4<sup>49</sup></b> BALOCCO Cookies Assorted choice 700 g</p>	 <p><b>27% OFF</b> <b>3<sup>99</sup></b> PREMIUM PLUS Crackers Assorted choice 450 - 500 g</p>
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 <p><b>5<sup>49</sup></b> DARE Cookies Assorted choice 336 - 480 g</p>	 <p><b>5<sup>99</sup></b> LOTUS Spread Assorted choice 380 - 400 g</p>	 <p><b>8<sup>99</sup></b> THREE KINGS Charcoal 1 un</p>	 <p><b>50% OFF</b> <b>1<sup>99</sup></b> PALMOLIVE Dishwashing detergent Assorted choice 828 ml</p>
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<h2>GREAT recipe IDEAS</h2>  <p><b>25% OFF</b> <b>3<sup>99</sup></b> CEDAR Dry molokhia leaves 200 g</p> <p><b>+ RECIPE</b> MLOUKHIYAH</p> <p><a href="#">CLICK HERE</a></p>	<h2>FAST SOLUTION</h2>  <p><b>UP TO 43% OFF</b> <b>3<sup>99</sup></b> CLASSICO Pasta sauce Assorted choice 410 - 600 ml</p>
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 <p><b>25% OFF</b> <b>9<sup>99</sup></b> STARBUCKS Coffee Assorted choice 340 g 10 un.</p>	 <p><b>14<sup>99</sup></b> CEDAR Green or black olives 2.84 L</p>	 <p><b>3<sup>99</sup></b> CEDAR Lupini beans 796 ml</p>	 <p><b>2/\$5</b> CEDAR Eggplant dip or artichoke hearts 370 - 398 g</p>
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 <p><b>2/\$5</b> CEDAR Legumes Assorted choice 907 g</p>	 <p><b>3<sup>99</sup></b> CEDAR Bulgol See variety in store 1.81 kg</p>	 <p><b>3<sup>49</sup></b> SIELSKI'S Small dill gherkins 1L</p>	 <p><b>2<sup>99</sup></b> GULLON Maria cookies 600 g</p>
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### Our FROZEN products

 <p><b>12<sup>99</sup></b> SELECTION Frozen fruits Assorted choice 2 kg</p>	 <p><b>5<sup>99</sup></b> SELECTION Frozen vegetables Assorted choice 1.25 - 2 kg</p>	 <p><b>UP TO 36% OFF</b> <b>6<sup>99</sup></b> CEDAR OR CAVENDISH Potatoes Assorted choice 2 - 2.27 kg</p>	 <p><b>4<sup>99</sup></b> NESTLÉ Ice cream or frozen treats See variety in store</p>
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# 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**

**1 KG**

**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**  
**77c**

**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**  
**99c**

## THE RACLETTE MEDITERRANEAN WAY

A FEAST TO SHARE BETWEEN FAMILY AND FRIENDS

**RUSSET**  
Russet, yellow or red  
fresh potatoes bag  
5 lb  
Canada

**2.99**

**BALADI SQUASH**  
Mexico

**1.69**  
/lb  
3 1/2 /kg

**PHOENICIA**  
Twisted cheese  
(vacuum)

**3.79**  
/100 g  
17 1/2 /lb

**ADONIS**  
Parisian baguette  
510 g

**25% OFF**  
**2.99**

**BEEF KAFTA**  
HALAL

**7.99**  
/lb  
17 1/2 /kg

**O.K.A.**  
Cheese  
Assorted choice

**UP TO 47% OFF**  
**2.99**  
/100 g  
13 1/2 /lb

**HUNGARIAN STYLE EMMENTAL CHEESE**

**38% OFF**  
**1.99**  
/100 g  
9 1/2 /lb

**MAKANEK SAUSAGES**  
HALAL

**7.49**  
/lb  
16 1/2 /kg

**Adonis ORIGINAL RECIPE**

**SHAWARMA CHICKEN BREAST**  
HALAL

**8.99**  
/lb  
19 1/2 /kg

**Adonis ORIGINAL RECIPE**

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