



ADONIS

Mediterranean market

محلات أدونيس

OUTSTANDING
PROMOS

SPLIT CHICKEN BREAST **HALAL**

Boneless,
skinless



4.99
/lb
11⁰⁰/kg

28% SAVINGS

FRESH ATLANTIC SALMON FILLET



30% SAVINGS

9.77
/lb
21⁵³/kg

BLUEBERRIES Pint Peru



2.99
/ea

50% SAVINGS



CEDAR
Halal plain yogurt
Assorted choice
650 g

49% SAVINGS

1.88

FROM THURSDAY, NOVEMBER 21ST TO WEDNESDAY, NOVEMBER 27TH, 2024



ADONIS

Mediterranean market

محلات أدونيس

to savour or to add to
YOUR RECIPES

58% SAVINGS

3/\$5



RED POMEGRANATES U.S.A.

BALADI SQUASH Mexico

8.99 /lb
19.91/kg

CANADIAN LAMB SHOULDER **HALAL**

43% SAVINGS

1.69 /lb
3.73/kg



7.99 /lb
17.61/kg

BEEF EYE OF ROUND **HALAL**

50% SAVINGS

1.99 /lb
4.39/kg



MARINA DEL REY 8-12 Argentinian raw wild shrimp 340 g

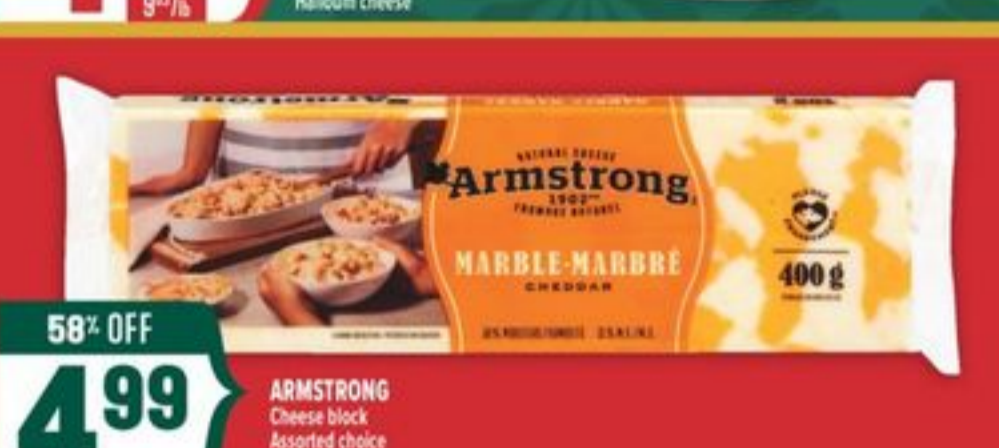
6.49 /lb
14.31/kg

31% OFF
8.99



2.49 /lb
5.49/kg

29% OFF
1.99 /100g
9.03/lb



UP TO 40% OFF
5.99

58% OFF
4.99



UP TO 34% OFF
14.44

UP TO 44% OFF
4.97



UP TO 36% OFF
6.99

46% OFF
2/\$5

47% OFF
3.99

UP TO 58% OFF
99¢

FROM THURSDAY, NOVEMBER 21ST TO WEDNESDAY, NOVEMBER 27TH, 2024

SUNSHINE in your PLATE with our FRUITS



40% OFF
5.99 /lb
13.21/kg

CHESTNUTS
Italy

To grill or roast in
THE OVEN



2 LB

LEMONS
Turkey/U.S.A.

4.99 /ea

AVOCADOS
Mexico

6 UN

ORANGES
South Africa
Spain

3 LB

1.99 /lb
4.27/kg

GOLDEN OR RED DELICIOUS, CRIPPS PINK OR GRANNY SMITH
CANADA OR U.S.A.

1.99 /ea

RED MANGOES
Brazil/Peru
Ecuador

LARGE FRUIT

ATAULFO MANGOES
Peru/Ecuador

3.99 /lb
8.79/kg

RED OR GREEN SEEDLESS GRAPES
U.S.A.

3/\$5

ITALIAN OR CURLY PARSLEY & CORIANDER
U.S.A. & Mexico

1.49 /lb
3.29/kg

SWEET POTATOES
U.S.A.

6.99 /ea

CLEMENTINES
4 lb
Morocco

MAROC

4.99 /ea

MINI SWEET PEPPERS
454 g
Mexico

2.99 /ea

YELLOW ONIONS
5 lb
Canada

3 LB

RED ONIONS
3 lb
Canada

SWEET AND TASTY

\$1/LB SAVINGS
6.99 /lb
15.41/kg

APRICOTS
Australia

RECIPE FATTOUCH SALAD

CLICK HERE

Perfect for your FATTOUCH SALAD

\$1/LB SAVINGS
2.99 /lb
6.59/kg

LEBANESE CUCUMBERS
Canada

ON THE GO

3.99 /ea

SALADS OR PIECES OF FRESH FRUITS
325 - 350 g

3.99 /ea

MIXED VEGETABLES RANCH DIP
225 g

6.99 /ea

BERRY MIX
325 g

2.99 /ea

YOGURT PARFAITS
See variety in store
325 g

HERITAGE 77
See variety in store
350 ml

1.69 /ea

LOOP
See variety in store
355 ml

4.99 /ea

2.49 /ea

CEDAR
Garland Izmir figs
200 g

DAIA
Dates
deglet nour
200 g

2/\$3

5.49 /ea

RIVAL
See variety in store
150 g

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



349
/lb
769/kg

WHOLE CHICKEN HALAL



1699
/lb
3745/kg

BEEF RIB EYE STEAK HALAL

BEEF INSIDE ROUND STEAK HALAL

849
/lb
1871/kg



GRAIN FED VEAL BLADE ROAST HALAL

779
/lb
1717/kg



749
/lb
1671/kg

SOUVLAKI CHICKEN THIGHS HALAL



MARINATED CHICKEN WINGS HALAL

549
/lb
1217/kg



MARINATED SHISH TAOUK CUBES HALAL

799
/lb
1771/kg



MARINATED BEEF TENDERLOIN CUBES HALAL

1899
/lb
4185/kg



599
/lb
1321/kg

LEAN GROUND BEEF HALAL



1199
/lb
2643/kg

MILK FED VEAL CHOP HALAL

RACK OF LAMB LOIN HALAL

2249
/lb
4971/kg



BEEF SOUJOK SAUSAGES HALAL

749
/lb
1671/kg



SOLMAZ Halal roastbeef

199
/100 g
911/lb



ALZAHRA Chicken bologna Halal

129
/100 g
511/lb



SOLMAZ Turkey sausages Halal 500 g

599



ALZAHRA Beef bologna Halal Assorted choice 400 g

529



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

7.99 /lb
17.61/kg

FREE CLEANING

ROYAL SEA BREAM

The Mediterranean
IN YOUR PLATE

TILAPIA FILLETS

9.99 /lb
22.04/kg

FROZEN OR THAWED WHOLE MACKEREL

3.99 /lb
8.81/kg

RAW TIGER SHRIMP 21/25
Previously frozen

12.99 /lb
28.64/kg

SQUID TUBES
Thawed or frozen

6.99 /lb
15.41/kg

MARINATED SALMON FILLETS

10.77 /lb
23.74/kg

MUSSEL, BABY OCTOPUS OR SQUID SALAD

2.99 /100g
13.61/lb

OYSTERS FESTIVAL
A WIDE SELECTION AVAILABLE!
Participating merchants

20% OFF

19.99

SHINY SEA
Cocktail oysters
18 un

BLUE TIDE
Raw white shrimp
26 - 30
907 g

15.99

BLUE TIDE
Shrimp and scallops
340 g

20% OFF
7.99

BLUE TIDE
Basa fillets
Frozen
907 g

25% OFF
8.99

BLUE TIDE
Imitation crabmeat
Frozen
454 g

3.99

BLUE TIDE
Raw white shrimp 31 - 40
907 g

20% OFF
15.99

BLUE TIDE
Arrowtooth flounder fillets
907 g

8.99

BLUE TIDE
Sea food mix
340 g

14% OFF
5.99

MÉLANGE DE PRODUITS DE LA MER
SEAFOOD MIX

350g

ARAHOVA
Crispy calamari
400 g

21% OFF
10.99

BLUE TIDE
Cooked white shrimp
41/50
907 g

19.99

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



SCHNEIDERS
Turkey breast
Assorted choice

32% OFF
2.99
/100 g
13⁹⁹/lb

SLICED TO YOUR TASTE



 <p>31% OFF 1.79 /100 g 8⁹⁹/lb</p> <p>TOUR EIFFEL Parisian ham</p>	 <p>36% OFF 2.29 /100 g 10⁹⁹/lb</p> <p>MASTRO Genoa salami mild or hot</p>	 <p>MELLO Half beef salami</p> <p>1.79 /100 g 8⁹⁹/lb</p>	 <p>MARC ANGELO Regular or pistachio Mortadella 125 g</p> <p>30% OFF 2/\$7</p>
 <p>SCHNEIDERS Beef bologna</p> <p>1.99 /100 g 9⁹⁹/lb</p>	 <p>25% OFF 8.99 /100 g 400 - 500 g</p> <p>OLYME Turkey breast or ham</p>	 <p>MASTRO Cold cuts Assorted choice 150 - 250 g</p> <p>7.99</p>	 <p>MARCANGELO Cold cuts Assorted choice 175 - 200 g</p> <p>36% OFF 8.99</p>

— Our **HALAL** Deli Products —

 <p>SOLMAZ Chicken breast Halal</p> <p>1.79 /100 g 8⁹⁹/lb</p>	 <p>PARSIAN Cold cuts Halal 200 g</p> <p>4.49</p>	 <p>SOLMAZ Hot or mild beef salami Halal 200 g</p> <p>4.29</p>
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DISCOVER OUR WIDE SELECTION OF CHEESE

 <p>ALEXIS DE PORTNEUF Pacific Rock, Raclette or St-Raymond cheese</p> <p>UP TO 49% OFF 2.79 /100 g 12⁹⁹/lb</p>	 <p>SAPUTO Caciocavallo cheese regular or smoked</p>	 <p>VAUDREUIL Champfleury cheese 180 g</p> <p>36% OFF 5.99</p>	 <p>M. GUSTAV Cheese Assorted choice 190 g</p>	
		 <p>OKA Cheese Assorted choice 190 g</p>		

 <p>JARLSBERG Original cheese</p> <p>46% OFF 2.99 /100 g 13⁹⁹/lb</p>	 <p>AGROPUR Grand cheddar aged 5 years</p> <p>30% OFF 3.49 /100 g 15⁹⁹/lb</p>	 <p>L'EXTRA Brie cheese</p>	 <p>MAKLER Bulgarian feta style cheese</p> <p>50% OFF 1.49 /100 g 6⁹⁹/lb</p>	 <p>SAPUTO Tuma cheese</p> <p>26% OFF 2.29 /100 g 10⁹⁹/lb</p>
 <p>PHOENICIA Lebanese style tzatziki</p> <p>1.29 /100 g 5⁹⁹/lb</p>	 <p>TRE STELLE Romano, Reggiano or Padano parmesan cheese 200 g</p> <p>7.99</p>	 <p>SAPUTO Feta cheese Assorted choice 170 - 200 g</p> <p>31% OFF 3.99</p>	 <p>ALEXIS DE PORTNEUF Cheese Assorted choice 125 g</p> <p>31% OFF 4.49</p>	

— For **SNACKING** —

 <p>SALTY ORIENTAL MIXED NUTS</p> <p>1.49 /100 g 6⁹⁹/lb</p>	 <p>PITTED MARINATED MIXED OLIVES</p> <p>1.79 /100 g 8⁹⁹/lb</p>	 <p>HALVA See variety in store</p> <p>1.49 /100 g 6⁹⁹/lb</p>	 <p>LEBANESE COFFEE See variety in store</p> <p>2.79 /100 g 12⁹⁹/lb</p>
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TASTE **ADONIS** specialties
PREPARED EVERY DAY FOR YOU



ADONIS
Hummus
250 g

3⁹⁹

CALL OUR GRILL
DEPARTMENT
TO ORDER



6⁹⁹
/lb
15⁹⁹/kg

ADONIS
Greek or fattouche salad



8⁹⁹

ADONIS
Vegetarian mix
manakeesh pizza
900 g



7⁹⁹

ADONIS
Lamb ouzi
Un



12⁹⁹

ADONIS
Cheese or meat sambousik
12 un



10⁹⁹

ADONIS
Lahmajoun large
6 un, 950 g



12⁹⁹

ADONIS
Chicken or beef shawarma plate served with rice or garlic potatoes, Salad and sauce



ADONIS
Tiramisu Cake
8" 10 servings

28⁹⁹



Perfect with
YOUR COFFEE



2/\$7

ADONIS
Fruit or strawberry
mini tarts



3/\$6

ADONIS
Znoud el sit



13⁹⁹
/lb
30⁹⁹/kg

ADONIS
Barazik



3⁹⁹

TAYEB
MARKOUK BREAD
300 g, 10 un



2⁹⁹

RUDOLPH
Bayerische rye bread
500 g



33% OFF
2/\$6



20% OFF
3⁹⁹



4⁹⁹



2/\$7

ADONIS
Almond, pistachio or
chocolate roll

Our CEDAR PRODUCTS

<p>2.99 CEDAR Pickled Gherkins 375 - 500 ml</p>	<p>2.99 CEDAR Couscous Assorted choice 907 g</p>	<p>1.99 CEDAR Couscous vegetables mix 398 ml</p>	<p>27% OFF 3/\$5</p>
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<p>6.99 BAVARIA Non-alcoholic drinks Assorted choice 6 x 330 ml</p>	<p>6.99 SAN PELLEGRINO Sparkling drink Assorted choice 6 x 330 ml</p>	<p>3.99 COCA-COLA, PEPSI OR CANADA DRY Soft drink 6 x 222 ml</p>	<p>2/850 LAY'S Chips See variety in store 130 - 235 g</p>
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<p>1.79 ESKA Natural spring water 4L</p>	<p>3.99 ALLEN'S Juice Assorted choice 8 x 200 ml</p>	<p>3.99 CHRISTIE Cookies See variety in store 275 - 350 g</p>	<p>2.99 PRINGLES Chips Assorted choice 148 - 156 g</p>
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<p>6.99 AHMAD TEA Tea bags 100 un</p>	<p>UP TO 47% OFF 3.99 KELLOGG'S Cereal See variety in store 317 - 525 g</p>	<p>7.99 LINDT Chocolates See variety in store 142 - 151 g</p>	<p>2.79 SELECTION De-icing salt 10 kg</p>
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GREAT recipe IDEAS

5.99 CEDAR White kidney beans 1.8 kg

+ RECIPE
WHITE BEAN STEW
[CLICK HERE](#)

PERFECT SNACK

3.99 BAULI Chocolate or vanilla croissant 300 g

<p>5.99 KRAFT Mayo Assorted choice 890 ml</p>	<p>5.99 NANDO'S Mayonnaise See variety in store 450 ml</p>	<p>UP TO 40% OFF 2.99 MECHAALANY Pickled turnips 500 ml</p>	<p>3.99 AURORA Bread crumbs Assorted choice 680 g</p>
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<p>10 KG \$4 SAVINGS 15.99 FIVE ROSES Flour 10 kg</p>	<p>2/\$5 CEDAR Legumes See variety in store 907 g</p>	<p>25% OFF 4.49 UNICO Light tuna in olive oil 3 x 80 g</p>	<p>3/\$5 CEDAR OU AL-RABIH Chickpea dip 400 g</p>
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Our FROZEN products

<p>UP TO 45% OFF 5.99 ALFA Phyllo pie and pastry Assorted choice 800 - 850 g</p>	<p>4.99 SELECTION Frozen fries Assorted choice 2 kg</p>	<p>4.99 IRRISISTIBLES Real cream ice cream Assorted choice 1.5 L</p>	<p>12.99 BÖREK Twist meat phyllo pie 908 g</p>
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STOCK up ON DEALS



50% OFF

2.99

KIRI
Cream cheese
144 - 150 g



BEATRICE
Sour cream
Assorted choice
500 ml

48% OFF

2/\$5



LIBERTÉ
Greek yogurt
Assorted choice
650 - 750 g

22% OFF

6.49



ACTIVIA
Yogurt
Assorted choice
650 g

27% OFF

3.99



RIVIERA
Vegan yogurt
Assorted choice
500 - 650 g

28% OFF

4.99



YÖGO
Yogurt
Assorted choice
650 g

3.49

YOPLAIT SOURCE
Yogurt
Assorted choice
630 g



3.49

YOPLAIT
Tubes or Minigo yogurt
Assorted choice
8 x 56 - 60 g



27% OFF
3.99

TWO GOOD
Greek yogurt
Assorted choice
4 x 95 g



ENJOY!
Vegan drink
Assorted choice
1.75 L

4.79



OASIS
Juice
Assorted choice
1.5 - 1.6 L

4.79



44.99

KRINOS
Greek feta
2 kg



39% OFF
3.99

ALEXIS DE PORTNEUF
Cheese
Assorted choice
125 g



7.99

ALLEGRO
Cheese block
Assorted choice
270 g



\$1.50 OFF
5.49

PRÉSIDENT
Salted or unsalted butter
250 g

THE PANETTONE A HOLIDAY CLASSIC

A CAKE THAT IS AS MUCH A PLEASURE TO GIVE, AS TO TASTE



BUON NATALE
Panettone
750 g

9.99



SANSIRO
Panettone
850 g

9.99



12.99

GIGI
Classic panettone
750 g



BALOCCO
PANDORO
Lemon cream
panettone
800 g

19.99



BALOCCO
PANDORO
Tiramisu
panettone
800 g

19.99



BALOCCO
Lemon or hazelnut
and pistachio
cake
400 g

8.99



BAULI
Lemon or chocolate
pandoro
750 g

17.49



BAULI
Pistacchio
panettone
750 g

17.49



BAULI
Cappuccino or
limoncino
cake
400 g

9.49



17.99

BAULI
Profiterol
cake
750 g