

OUTSTANDING PROMOS

CHICKEN DRUMSTICKS
HALAL



1.99
/lb
4.39/kg

42% SAVINGS



SEEDLESS ORANGES
Spain

LARGE
FRUIT

60% SAVINGS

99¢
/lb
2.18/kg



RED VINE
TOMATOES
Canada

50% SAVINGS

1.99
/lb
4.39/kg



MAZOLA
Oil
Assorted choice
2.84L

37% SAVINGS

9.99

1.29 /lb
2.84/kg
EGGPLANTS
Mexico

56% SAVINGS

7.99 /lb
17.61/kg

BEEF CUBES
HALAL

58% SAVINGS

RED POMEGRANATES
MOROCCO

3/\$5

UP TO **27% SAVINGS**

CANADIAN LAMB
SHOULDER HALAL

25% SAVINGS

COD
FILLETS

9.77 /lb
21.54/kg

6.49 /lb
14.31/kg

BEEF OSSO
BUCCO HALAL

7.49 /lb
16.51/kg

BEEF KAFTA
HALAL

Adonis ORIGINAL RECIPE

38% OFF

4.99

BLUE TIDE
Cooked peeled
white shrimp 61/70
340 g

64% OFF

1.99 /100g
9.07/lb

JARLSBERG
Original cheese

UP TO **53% OFF**

7.99

CEDAR
Semolina
4 kg - 8.8 lb

CEDAR
Wild flower honey
1 kg

36% OFF

4.99

BLACK DIAMOND
Cheese block
Assorted choice
400 g

UP TO **41% OFF**

9.99

CALROSE
Rice
4 kg

YERGAT
Vine leaf
454 g

UP TO **55% OFF**

3.99

CEDAR
Walnuts or pistachios
Assorted choice
275 g

UP TO **37% OFF**

4/\$5

CEDAR
Canned legumes
See variety
in store
540 ml

UP TO **27% OFF**

12.99

BRAR'S
Pure clarified
ghee
800 g

23% OFF

4.99

LAVAZZA
CREMA E GUSTO
OR ROSSA
Coffee
250 g

UP TO **40% OFF**

2.99

LOTUS
Caramelised cookies
250 g

SUNSHINE PLATE *in your* **PLATE** *with our* **FRUITS**

CLEMENTINES WITH LEAVES
Spain

SEEDLESS

Discover OUR CLEMENTINES WITH LEAVES

Click here to discover the freshness of clementines with leaves

\$1/LB OFF

3.99 /lb
8⁰⁰/kg

BLUEBERRIES
Peru

3.99 /ea

RED MANGOES
Brazil, Peru or Ecuador

2/\$4

ATAULFO MANGOES
Peru or Ecuador

1.99 /ea

ENGLISH CUCUMBERS
Canada

2/\$5

WHITE OR CREMINI MUSHROOMS
227 g
Canada

6 UN

AVOCADOS
6 un
Mexico

4.99 /ea

ROYAL GALA, CORTLAND, MCINTOSH OR RED DELICIOUS APPLES
Canada

1.79 /lb
3⁹⁹/kg

5 LB

YELLOW ONIONS
5 lb
Canada

2/\$6

3 LB

RED ONIONS
3 lb
Canada

2/\$5

CELERY
U.S.A. or Mexico

2 LB

LEMONS
Bag 2 lb
Turkey or U.S.A.

4.99 /ea

JUMBO CHESTNUTS
Italy

6.99 /lb
15⁹⁹/kg

3 UN

GREEN PEPPERS
U.S.A.

3.99 /lb
8⁹⁹/kg

3 UN

LEEKS
3 un
Canada

4.99 /ea

Fresh arrival from
AUSTRALIA

2^s OFF

5.99 /lb
13⁹⁹/kg

PEACHES OR APRICOTS
Australia

Try our local
POTATOES

RED-ROUGES
POMMES
POTATOES
TERRE

5 lb

YELLOW FLESH
à chair JAUNE
POMMES
POTATOES
TERRE

5 lb

RUSSET
POMMES
POTATOES
TERRE

5 lb

2/\$7

RUSSET, YELLOW OR RED POTATOES
5 lb
Canada

LIMES
Mexico

3/1.99

ORGANIC

Attitude
Organic salads
Assorted choice
142 g
U.S.A.

3.99 /ea

ITALIAN, CURLY PARSLEY OR MINT
U.S.A. or Mexico

3/\$5

HOLIDAY VIBES

RED POINSETTIA
4.5"

SIZE 4.5"

6.99

RED POINSETTIA
6"

SIZE 6"

9.99

RED POINSETTIA
8"

SIZE 8"

18.99

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



799 /lb
17⁸¹/kg

GRAIN FED VEAL BLADE ROAST HALAL



1699 /lb
37⁴⁵/kg

BEEF RIB EYE STEAK HALAL



MARINATED SHISH TAOUK CUBES HALAL

799 /lb
17⁸¹/kg

Adonis ORIGINAL RECIPE



MARINATED CHICKEN WINGS HALAL

549 /lb
12²⁰/kg

Adonis ORIGINAL RECIPE



SOUVLAKI THIGH CHICKEN HALAL

749 /lb
16⁷⁰/kg

Adonis ORIGINAL RECIPE



BEEF SOUJOK SAUSAGES HALAL

749 /lb
16⁷⁰/kg



BEEF EYE OF ROUND HALAL

849 /lb
18⁷⁰/kg



BEEF SHORT RIB STEAK HALAL

1199 /lb
26⁵⁰/kg



749 /lb
16⁵¹/kg

EXTRA LEAN GROUND BEEF HALAL



1399 /lb
30⁸³/kg

MILK-FED VEAL CHOP HALAL



BEEF SHAWARMA HALAL

999 /lb
22⁴⁰/kg

Adonis ORIGINAL RECIPE



RACK OF LAMB LOIN HALAL

2249 /lb
49⁹⁰/kg



SOLMAZ Chicken breast Halal Assorted choice

179 /100g
8⁰⁰/lb



ALZAHRAA Hot or mild beef salami Halal

129 /100g
5⁸⁰/lb



SOLMAZ Smoked beef macon Halal 200g


449



ALZAHRAA Turkey breast Halal Assorted choice 400g

529

TASTE all the FRESHNESS of our FISH AND SEAFOOD



12.99 /lb
28.84/kg

FRESH ATLANTIC SALMON FILLET

The Mediterranean IN YOUR PLATE



FRESH SEA BASS



8.99 /lb
19.81/kg

FREE CLEANING

CLEANED OCTOPUS
Frozen or previously frozen



10.99 /lb
24.17/kg

SHRIMPS SKEWERS
31/40
Previously frozen
1 un



34% OFF
99¢ /ea

STANDARD MALPEQUE OYSTERS
25 un



24% OFF
12.99

"POUR L'AMOUR DES HUITRES"
UN PRODUIT DE L'ILE-OU-PRINCE-EDOUARD, CANADA
HUITRES FORME NORMALE

FRESH MULLET



3.99 /lb
8.81/kg

FREE CLEANING

SQUID TUBES
Thawed or frozen



6.99 /lb
15.41/kg

BLUETIDE
SAUMON FUME NORVEGIEN
NORWEGIAN SMOKED SALMON



\$5 OFF
23.99 /lb
53.01/kg

BLUE TIDE Norwegian smoked salmon
500 g

READY TO BAKE



13.99 /lb
30.84/kg

MARINATED SALMON FILLET

BLUE TIDE
Raw white peeled shrimp
41/50
340 g



29% OFF
4.99 /lb
10.99/kg

BLUE TIDE
BASA FILLETS
Previously frozen



43% OFF
3.99 /lb
8.81/kg

BLUE TIDE
Frozen tilapia fillets
907 g



21% OFF
10.99 /lb
24.17/kg

TILAPIA

BLUE TIDE
Imitation crabmeat
Frozen
1.13 kg



8.99 /lb
19.81/kg

BLUE TIDE
Raw shrimp
21/25
907 g



23% OFF
19.99 /lb
44.09/kg

BLUE TIDE
Shrimp and scallops
340 g



20% OFF
7.99 /lb
17.64/kg

CREVETTES et PÉTONCLES
SHRIMP & SCALLOPS

BLUE TIDE
Whole smelts
See variety in store
908 g



7.99 /lb
17.64/kg

PERLANS ENTIERS
WHOLE SMELTS

BLUE TIDE
Raw shrimp skewers
454 g



21% OFF
10.99 /lb
24.17/kg

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**



OLYMEL
Smoked ham
or Black forest

42% OFF
149
/100 g
6⁹⁹/lb

SLICED TO YOUR TASTE



42% OFF
149
/100 g
6⁹⁹/lb

MASTRO
Prosciutto cotto
or capocollo

199
/100 g
9⁹⁹/lb

MARCANGELO
Mortadella di Italia

229
/100 g
10⁹⁹/lb

BUTTERBALL
Smoked turkey

36% OFF
999
200 G

SAN DANIELE
Prosciutto ham
200 g

27% OFF
499
125 - 150 g

MASTRO
Salsami
Assorted choice

27% OFF
499
175 g

OLYMEL
Cold cuts
Assorted choice

599
175 g

FANTINO & MONDELLO
Salsami
Assorted choice

499
300 g

BUTCHERSEL
Kiebasa sausage

Our **HALAL** Deli Products



199
/100 g
9⁹⁹/lb

SOLMAZ
Turkey breast Halal
Assorted choice

299
200 g

SOLMAZ
Sliced
pepparoni
Halal

449
200 g

PARSIAN
Cold cuts Halal

DISCOVER OUR WIDE SELECTION OF CHEESE



AGROPUR
Grand Cheddar
1 - 2 years,
Brie or
Camembert
170 - 200 g

UP TO 29% OFF
599
180 g

SOIGNON
Sainte Maure cheese

MONSIEUR GUSTAV
Raclette
Assorted choice
150 g

ALEXIS DE PORTNEUF
Laurier cheese
Assorted choice
125 - 170 g

UP TO 29% OFF
599

MONSIEUR GUSTAV
Gouda cheese
Assorted choice
170 g



33% OFF
199
/100 g
6⁹⁹/lb

BULGARIAN FETA CHEESE
Double cream feta cheese

229
/100 g
10⁹⁹/lb

BALADI
CHEESE IN BRINE

33% OFF
399
/100 g
13⁹⁹/lb

SWISS GRUYERE
CHEESE

30% OFF
349
/100 g
12⁹⁹/lb

L'EXTRA
Brie cheese

41% OFF
499
265 g

TRE STELLE
Feta in oil

31% OFF
399
170 - 200 g

SAPUTO
Feta cheese
Assorted choice

499
150 g

CHAVROUX
Goat's cheese
Assorted choice

39% OFF
399
125 g

ALEXIS DE PORTNEUF
Brie or Camembert cheese

For **SNACKING**



229
/100 g
10⁹⁹/lb

OLIVE AND FETA SALAD

79c
/100 g
3⁹⁹/lb

PEANUTS
See variety in store

229
/100 g
10⁹⁹/lb

SALTED OR UNSALTED
ROASTED AVEL NUTS

129
/100 g
5⁹⁹/lb

JUMBO KALAMATA
OLIVES

TASTE ADONIS specialties
PREPARED EVERY DAY FOR YOU 

24 UN

37⁹⁹

ADONIS
 Beef, chicken or mixed sushi shawarma platter
 24 un

Discover our DELICIOUS SHAWARMA SLICED IN FRONT OF YOU

ADONIS
 Classic hummus dip
 250 g
3⁹⁹

ADONIS
 Beet or lentil seeds salad
 500 - 550 g
5⁹⁹

ADONIS
 Cheese or meat sambousik
 12 un
12⁹⁹

ADONIS
 Cheese pie, spinach pie or mini hot-dog
 12 un
10⁹⁹

ADONIS
 Falafel
 12 un
9⁹⁹

ADONIS
 Flat beef kabbe
 1x Large
13⁹⁹

ADONIS
 Paella
 Medium
15⁹⁹

Pleasure to share

Discover our selection of cakes for the HOLIDAYS

26⁹⁹

ADONIS
 Vanilla mousse cake
 8 in (10 servings)

ADONIS
 Rum baba decorated cake
2/\$7

CASABLANCA
 Vegetarian Pound Cake
 See variety in store
 400 g
2/\$5

ADONIS
 White or whole wheat baguette
 300 g
2/\$3

LA ROCCA
 Red velvet cake
 8 in
 10 servings
22⁹⁹

ADONIS
 OSMALIEH KASHTA
11⁹⁹
 /lb
 26⁴⁹/kg

SELECTION
 White or whole wheat bread
 675 g
2/\$5

SELECTION
 Hot-dog or hamburger buns
 8 un
2/\$5

SUNMAID, THOMAS OR CINNABON
 Breakfast bread
 450 - 454 g
4⁹⁹

ADONIS
 Sliced cakes
 See variety in store
2/\$7

GET READY **HOLIDAYS** with our **PANETTONES** for the

 <p>9⁹⁹ BUON NATALE Panettone 750 g</p>	 <p>8⁹⁹ BALOCCO Torte in Festa Lemon or hazelnut or pistachio cake 400 g</p>	 <p>19⁹⁹ BALOCCO LEMONDORO Lemon cream panettone 800 g</p>	 <p>19⁹⁹ BALOCCO Tiramisu Tiramisu panettone 800 g</p>
---	---	---	--

 <p>50% OFF 749 MAISON PERRIER Lime or lemon drink 6 x 1 L</p>	 <p>749 COCA COLA, SPRITE OR CANADA-DRY Soft drink 12 x 355 ml</p>	 <p>2/650 PEPSI OR 7UP Soft drink 2 L</p>	 <p>2/850 LAY'S Chips See variety in store 130 - 235 g</p>
--	--	---	---

 <p>2/\$3 NAYA Natural spring water 4 L</p>	 <p>199 ALLENS Juice Assorted choice 1 L</p>	 <p>2/\$6 MAXI FRUITS Assorted choice 280 g</p>	 <p>3/399 ELLEDI Wafers Assorted choice 150 g</p>
---	---	--	---

 <p>4⁹⁹ KASHI Cereal Assorted choice 300 - 460 g</p>	 <p>22% OFF 6⁹⁹ KRAFT Peanut butter Assorted choice 1 kg</p>	 <p>5²⁹ ST-DALFOUR Jam Assorted choice 225 ml</p>	 <p>35% OFF 12⁹⁹ PUREX Laundry detergent 4.43 L</p>
--	--	--	--

Our **TOP PRODUCTS**

 <p>UP TO 37% OFF 2/\$5 PRIMO Pastas Assorted choice 700 - 900 g</p>	 <p>25% OFF 2⁹⁹ CEDAR Lentils Assorted choice 907 g</p>	 <p>30% OFF 6⁹⁹ CEDAR Parboiled or pasta rice 4 kg</p>	 <p>2/\$4 PALLY Digestive cookies 420 g</p>
--	---	--	--

 <p>649 HUY FONG Sriracha sauce 714 ml</p>	 <p>649 HELLMANN'S Mayonnaise Assorted choice 890 ml</p>	 <p>399 KRAFT Salad dressing Assorted choice 425 ml</p>	 <p>2/\$4 PRIMO Ketchup 1 L</p>
---	--	---	--

 <p>25% OFF 2⁹⁹ CEDAR Couscous Assorted choice 907 g</p>	 <p>329 MECHAALANY Pickled turnips 500 ml</p>	 <p>25% OFF 2/\$3 CEDAR Chickpea dip 400 g</p>	 <p>35% OFF 2⁹⁹ CLOVER LEAF Tuna See variety in store 170 g</p>
---	---	---	--

Our **FROZEN products**

 <p>9⁹⁹ IRRESISTIBLE Pie See variety in store 830 g</p>	 <p>8⁹⁹ IRRESISTIBLE Pizza See variety in store 113 kg</p>	 <p>57% OFF 2⁹⁹ MCCAIN Straight cut, shoestring or crinkle cut french fries 800 g</p>	 <p>2/\$5 CEDAR Okra and frozen vegetable Assorted choice 375 - 750 g</p>
---	---	---	--

STOCK up ON DEALS

32% OFF
2/\$5

PHOENICIA
Plain yogurt
Assorted choice
750 g

Add it
EVERYWHERE

28% OFF
5.99

SAPUTO
Ricotta cheese
475 g

25% OFF
2.99

LACTANTIA
Cream cheese original or light
227 - 250 g

40% OFF
2.99

BLACK DIAMOND
Sliced cheese
Assorted choice
410 g

24% OFF
6.29

LACTANTIA MY COUNTRY
Unsalted butter
454 g

38% OFF
12.99

SAPUTO
Mozzarellissima
Cheese block
1 kg

33% OFF
5.99

YOPLAIT YOP
Drinkable yogurt
Assorted choice
6 x 200 ml

2.99

BEATRICE
B-fit milkshake
Assorted choice
460 ml

32% OFF
2/\$3

DANONE ACTIVIA OR OÏKOS
Drinkable yogurt
Assorted choice
190 ml

24% OFF
3.79

IÖGO NANO
Drinkable yogurt
Assorted choice
6 x 93 ml

7.99

OASIS
Refrigerated juice
Assorted choice
2.5 L

32% OFF
4.99

ASTRO
Yogurt
Assorted choice
12 x 100 g

23% OFF
5.99

DANONE OÏKOS
Greek yogurt
Assorted choice
650 - 750 g

30% OFF
2.99

LACTANTIA
Cream 5 to 15%
See variety in store
473 ml



CASTELLO
Traditional blue cheese
2x 175 g



CASTELLO
Havarti cheese
Assorted choice
425 g



TRE STELLE
Bocconcini mini mini
500 g



8.99

8.99



Tre Stelle



TRE STELLE
Traditional or lactose free Feta
850 g

13.99



TRE STELLE
Mozzarella cheese
3 x 250 g

11.99



FROM THURSDAY DECEMBER 5TH TO WEDNESDAY DECEMBER 11TH, 2024