



ADONIS

Mediterranean market

محلات أدونيس

يلا!
Yalla!
THE BEST PRICES
لأفضل الأسعار

boneless striploin
steak Halal
30.84/kg

26% SAVINGS
13.99
/lb



boneless chicken
thighs Halal
13.21/kg

29% SAVINGS
5.99
/lb



FREE
CLEANING
27% SAVINGS
7.99
/lb

royal sea bream
17.61/kg



\$2/LB SAVINGS
9.99
/lb

beef eye of
round Halal
22.02/kg



50% SAVINGS
2.99
ea.

6 UN.

2 LB

lemon bags
South Africa, U.S.A.



67% SAVINGS
99¢
/lb

royal gala & red delicious apples
Canada
2.18/kg



UP TO
58% SAVINGS
3/\$5

broccoli crown, white mushrooms
227 g or
Hothouse grape tomatoes 283 g
U.S.A., Mexico, Canada



UP TO
50% SAVINGS
3.99
ea.

assorted sweet peppers 4 un. or
romaine heart lettuce 3 un.
Canada, U.S.A., Mexico



\$1/LB SAVINGS
8.99
/lb

Adonis
ORIGINAL
RECIPE



46% SAVINGS
2.99



33% SAVINGS
5.99



50% SAVINGS
1.49
per 100 g

Bulgarian
feta cheese
6.76/lb



36% SAVINGS
6.99

Cedar halloom cheese
400 g



41% SAVINGS
4.44

Puck spread or labneh
400 g



58% SAVINGS
4.99

Armstrong cheddar cheese
400 g



Cedar
fine iodized
salt
1 kg

Selection white vinegar
1 L

Irresistible chips
130 g

Selection soft
drink bottle
2 L

99¢



Adonis beans
240 ml, selected varieties

Cedar mushrooms
250 ml

Cedar corn
240 ml



30% SAVINGS
24.99

44% SAVINGS
4.99

Elzyml rollini or twist
100 g



33% SAVINGS
5.99

29% SAVINGS
5.99

Riomare tuna
240 g

Province
of Ontario

FROM THURSDAY, JANUARY 8TH TO WEDNESDAY, JANUARY 14TH, 2026

Fresh FRUITS and VEGETABLES

seedless oranges
or Bartlett pears
South Africa, U.S.A.
4.39/kg

LARGE
FRUIT

up to
33% savings

1⁹⁹
/lb

quince
Turkey

37% savings

2/\$5

LARGE
FRUIT

peaches or
nectarines
Chile
8.80/kg

20% savings

3⁹⁹
/lb

blueberry pint
Peru, Chile, Mexico

LARGE
FORMAT

4⁹⁹
ea.

25% savings

5⁹⁹
/lb

apricots
Chile
13.21/kg



1⁷⁹
/lb

green or flat
cabbage
Canada & U.S.A.
3.95/kg

cauliflower
U.S.A., Mexico

4⁹⁹
ea.



3⁹⁹
ea.

Attitude salads 142 g
U.S.A., selected varieties

coriander or baby cut
peeled carrots 340 g
Mexico, U.S.A.

up to
44% savings

3/\$5



radish
bunch
Canada

20% savings

1⁹⁹
ea.



25% savings

2⁹⁹
/lb

green sweet peppers
U.S.A., Mexico
6.59/kg

EVERYDAY LOW PRICES



1⁹⁹
/lb

red vine tomatoes
Canada, Mexico.
4.39/kg



10/4⁹⁹

lemons
U.S.A., South
Africa



1⁶⁹
/lb

baladi
squash
Mexico, U.S.A.
3.73/kg



SEEDLESS

2⁹⁹
/lb

clementines with leaves
Spain
6.59/kg



2⁹⁹
/lb

lebanese cucumbers
Canada
6.59/kg



romaine hearts
lettuce
U.S.A., Mexico, 3 un.

3⁹⁹
ea.



eggplants
Mexico, U.S.A.
4.39/kg

1⁹⁹
/lb



6 UN.

2⁹⁹
ea.

avocados
Mexico, bag 6 un.



99¢
ea.

green onions
U.S.A., Mexico



italian parsley
U.S.A., Mexico

99¢
ea.



3 LB

3⁹⁹
ea.

seedless oranges
South Africa



kiwi basket
Greece

3⁹⁹
ea.

600 G



99¢
ea.

fresh mint
bunch
U.S.A., Mexico



curly parsley
U.S.A., Mexico

99¢
ea.



5 LB

2⁹⁹
ea.

yellow onions
Canada, 5 lb



yellow,
russet
or red
potatoes
Canada,
bag 10 lb

4⁹⁹
ea.

10 LB

ENJOY *our* **FRESH** *meats and top*
QUALITY specialties

منتجاتنا اللحومية



6⁹⁹
/lb

lean ground beef **Halal**
15.41/kg



10⁹⁹
/lb

blade steak boneless **Halal**
24.23/kg



13⁹⁹
/lb

beef short rib steak **Halal**
30.84/kg



9⁹⁹
/lb

beef bourguignon
cubes **Halal**
22.02/kg



19⁹⁹
/lb

rack of lamb loin **Halal**
44.05/kg



6⁹⁹
/lb

beef sujok sausages **Halal**
15.41/kg



13⁹⁹
/lb

grain fed veal loin chop **Halal**
30.84/kg



13⁹⁹
/lb

grain fed veal cutlet **Halal**
30.84/kg



3⁴⁹
/lb

chicken
legs **Halal**
7.69/kg



4⁴⁹
/lb

lean ground
chicken **Halal**
9.90/kg



8⁹⁹
/lb

souvlaki chicken thigh **Halal**
19.81/kg



9⁹⁹
/lb

shawarma chicken breast **Halal**
22.02/kg

TASTE the FRESHNESS of our SEAFOOD PRODUCTS

منتجاتنا البحرية

coho salmon fillets
frozen/defrosted
26.43/kg

\$2/LB OFF

11.99
/lb

MARINATED
AT THE SAME
PRICE

FREE
CLEANING

25% OFF

5.99
/lb

fresh sardines
13.21/kg

cod fillets
24.23/kg

21% OFF

10.99
/lb

\$1/LB OFF

6.99
/lb

squid tubes
frozen/defrosted
15.41/kg

Blue Tide
basa fillets
907 g



\$1 OFF

10.99

Blue Tide
frozen squid
rings
454 g



\$1 OFF

7.99

Blue Tide raw
white peeled
shrimps 41/50
340 g



\$1 OFF

5.99



\$3 OFF

9.99

Royal Harbour
smoked salmon
200 g

Our FRESH products — عروض المنتجات الطازجة



44% OFF

3.49

Kiri imported
cream cheese
144 g



34% OFF

6.99

The Laughing
Cow cheese
400 g



24% OFF

6.49



33% OFF

4.99

Astro yogurt
12/100 g, selected varieties



Liberté kéfir
1 L, selected varieties

14% OFF

5.99



22% OFF

4.49

Saputo feta cheese
170/200 g, selected varieties



25% OFF

2.99

Lactantia cream cheese
227/230 g, selected varieties



UP TO 26% OFF

5.49

Riviera vegan
yogurt
500/530 g, selected varieties



Milk 2Go milk
325 mL, selected varieties, deposit

33% OFF

1.99



Lactantia cream 5%,
10% or 15%
473 mL, selected varieties

UP TO 21% OFF

2.99



30% OFF

3.49

Black Diamond
sliced cheese
410 g, selected varieties



25% OFF

2.99

Puck cheese
120 g



Président
Rondelé or
shredded
emmental
100/125 g,
selected varieties

UP TO 33% OFF

3.99



UP TO 21% OFF

7.49

Lactantia salted or
unsalted butter sticks
454 g

Discover OUR COLD CUTS



Discover OUR CHEESES



Discover OUR SPECIALTIES



Discover OUR PASTRY AND BAKERY



New YEAR new SAVINGS



22% OFF

3.49

Cedar butter cookies
350 g



16% OFF

3/\$5

Cedar sesame bread sticks
125 g



Aldoha rice
5 kg

21% OFF

10.99



Yergat vine leaves
454 g

20% OFF

11.99



8.79

Coca-Cola or Sprite soft drink
12x125 ml, selected varieties



6.99

Montellier or Buby sparkling water
6x1 L, 12x500 ml, selected varieties



2/\$4

Alia basil seed drink
250 ml



2/9.50



3.99

Best juice
6x200 ml



3.49

Loacker wafers cookies
63 g, selected varieties



4.99

Leclerc Celebration cookies
240 g, selected varieties



99¢

Ulker tea cookies
175 g



11.99

Starbucks ground coffee
60 g, Starbucks K-cup 10 ct



4.49

Ahmad Tea
20 ct, selected varieties



4.99

St-Dalfour spread
225 ml, selected varieties



6.99

Kraft peanut butter
1 kg, selected varieties



2/\$5

Cedar frozen vegetables
375-500 g, selected varieties



5.99

Börek bites spinach or cheese
454 g, selected varieties



3.99

Kellogg's Eggo frozen waffles
200-330 g, selected varieties



4.49

Irresistible frozen fruit
400-600 g, selected varieties



1.99

Divella pasta
500 g



4.99

Heinz ketchup
750 ml/1 L



6.99

Hellmann's mayonnaise
890 ml



5.99

Adonis dressing
400 ml



14.99

Taj Mahal Basmati rice
4.5 kg



4.99

Cedar roasted sesame seed
454 g



3.49

Cedar pickled pepper rings
150 ml



3.99

Cedar canola and vegetable oil
140 ml



14.99

San Lucas avocado oil
1 L



2.99

Ozsari bulgur
1 kg



9.99

Three Kings charcoal
1 m



19.89

Selection bathroom tissue
30 m, selected varieties