

28% SAVINGS
17⁹⁹ /lb
beef tenderloin Halal
39.65/kg

57% SAVINGS
1²⁹ /lb
eggplants
U.S.A., Mexico
2.84/kg

52% SAVINGS
2⁸⁸ /lb
green, red or black seedless grapes
South Africa
6.35/kg

29% SAVINGS
5⁹⁹ /lb
boneless skinless split chicken breast Halal
13.21/kg

53% SAVINGS
1⁸⁸ /lb
sweet green peppers or Italian tomatoes
Canada, U.S.A., Mexico
4.14/kg

67% SAVINGS
99¢ /lb
red or golden delicious apples
Canada
2.18/kg

1\$/LB SAVINGS
6⁹⁹ /lb
fresh sardine
15.41/ kg

29% SAVINGS
9⁹⁹ /lb
coho salmon fillet
previously frozen
22.02/kg

33% SAVINGS
5⁹⁹
Cedar walnuts & mixed oriental nuts 454 g

18% SAVINGS
8⁹⁹ /lb
beef cubes
14.41/kg

25% SAVINGS
2⁹⁹ /lb
chicken drumsticks
6.26/kg

26% SAVINGS
13⁹⁹ /lb
boneless strip loin steak
30.88/kg

44% SAVINGS
4⁹⁹
Lactantia salted or unsalted butter
454 g

47% SAVINGS
8⁹⁹
Puck spread
500 g

32% SAVINGS
4⁴⁴
Cedar labneh
500 g

41% SAVINGS
9⁹⁹
Cedar Calrose medium grain rice
4 kg - 8.8 lb

41% SAVINGS
3⁹⁹
Cedar grape leaves jar
100 g

41% SAVINGS
3⁴⁹
Lindo tomato paste
100 g

58% SAVINGS
4/\$5
L'Épi d'Or curved angel hair pasta
500 g

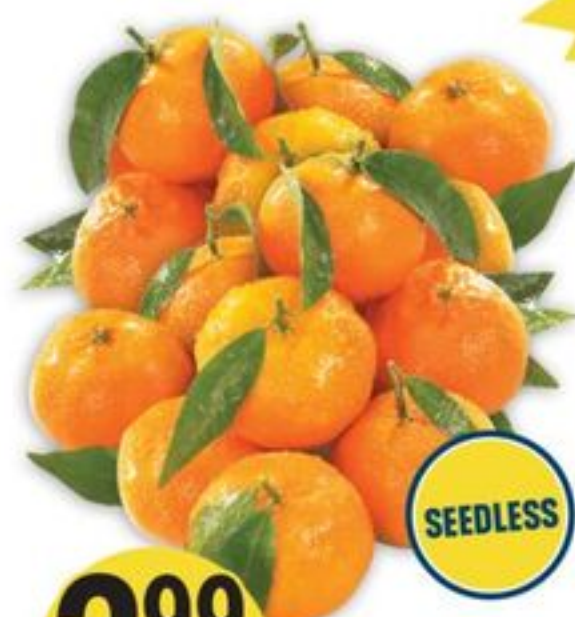
40% SAVINGS
5⁹⁹
Unico vegetable oil
2 L

UP TO 50% SAVINGS
2/\$4
Cedar frozen vegetables
275-500 g, selected varieties

46% SAVINGS
2⁹⁹
Minute Maid drink
1.5 L, selected varieties

33% SAVINGS
3⁹⁹
Naya sparkling water
24 x 500 ml

EVERYDAY LOW PRICES



2⁹⁹
/lb
clementines with leaves
Spain
6.59/kg



10/4⁹⁹
lemons
South Africa,
U.S.A.



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

1⁶⁹
/lb



3⁹⁹
ea.
romaine hearts
lettuce
U.S.A., Mexico, 3 un.



3⁹⁹
ea.
avocados
Mexico, bag 6 un.



2⁴⁹
/lb
red vine tomatoes
Canada, U.S.A., Mexico
5.49/kg



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

1²⁹
/lb



lebanese
cucumbers
Canada
6.59/kg

2⁹⁹
/lb



3⁹⁹
ea.
oranges
South Africa, Egypt, bag 3 lb



99¢
ea.
italian
parsley
Mexico



99¢
ea.
green
onions
U.S.A., Mexico



2⁹⁹
ea.
yellow onions
Canada, 5 lb



kiwi basket
Greece, 600 g

3⁹⁹
ea.



curly parsley
Mexico

99¢
ea.



99¢
ea.
fresh mint
bunch
Mexico



yellow,
russet
or red
potatoes
Canada,
bag 10 lb

4⁹⁹
ea.

Fresh FRUITS and VEGETABLES



grape tomatoes
Canada, Mexico, 283 g

67% savings
3/\$5



strawberries
U.S.A., Mexico, 454 g

44% savings
4⁹⁹
ea.



madjool dates
Mexico
19.82/kg

8⁹⁹
/lb



20% savings
3⁹⁹
ea.
cauliflower
U.S.A., Mexico



25% savings
2⁹⁹
ea.
red pomegranates
Turkey, Egypt



25% savings
5⁹⁹
/lb
apricots
Chili
13.21/kg



33% savings
3⁹⁹
/lb
peaches or
nectarines
Chili
8.80/kg



25% savings
2⁹⁹
ea.
guince
Turkey



40% savings
2⁹⁹
/lb
green beans
Mexico, U.S.A.
6.59/kg



red, yellow or orange
sweet peppers
Mexico, Honduras
8.80/kg

33% savings
3⁹⁹
/lb



black plums
Italy
8.80/kg

20% savings
3⁹⁹
/lb



2/\$5
white mushrooms 227g,
broccoli crown
Canada, U.S.A., Mexico



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

3⁹⁹
ea.



1⁷⁹
/lb
flat or green cabbage
Canada, Mexico, U.S.A.
3.95/kg



25% savings
2⁹⁹
ea.
Cedar dried
apricot paste
400 g

ENJOY **FRESH** meats and top **QUALITY specialties** منتجاتنا اللحومية



31% OFF

8⁹⁹
/lb

beef sirloin
tip steak **Halal**
19.81/kg

AA+



6⁹⁹
/lb

lean ground beef **Halal**
15.41/kg



merguez
beef
sausage
Halal
15.41/kg

6⁹⁹
/lb



shawarma
chicken
breast **Halal**
19.81/kg

8⁹⁹
/lb



5⁴⁹
/lb

chicken wings **Halal**
12.10/kg



3⁴⁹
/lb

marinated chicken drumsticks **Halal**
7.69/kg



11⁹⁹
/lb

grain fed veal blade
roast **Halal**
26.43/kg



15⁹⁹
/lb

veal cubes
Halal
35.25/kg



19⁹⁹
/lb

Halal milk fed veal cutlet
44.05/kg



16⁹⁹
/lb

Halal marinated leg of lamb cubes
37.44/kg



canadian leg of
lamb **Halal**
33.03/kg

14⁹⁹
/lb



8⁹⁹
/lb

lamb flank **Halal**
19.81/kg

TASTE the FRESHNESS of our SEAFOOD PRODUCTS

منتجاتنا البحرية

29% OFF

4⁹⁹

/lb

basa fillets

previously frozen

11.00/kg

20% OFF

3⁹⁹

/lb

whole black tilapia

8.80/kg

FREE CLEANING

38% OFF

9⁹⁹

/lb

tuna steaks, frozen or thawed

22.02/kg

\$1/LB OFF

7⁹⁹

/lb

squid tubes

previously frozen/frozen

17.61/kg

\$1 OFF

6⁹⁹

Blue Tide cooked peeled white shrimps

61/70

340 g

\$1 OFF

8⁹⁹

Blue Tide imitation crabmeat

1.13 kg frozen

\$2 OFF

20⁹⁹

Blue Tide white shrimps 26-30, easy peel

1.13 kg frozen

\$2 OFF

11⁹⁹

Blue Tide tilapia fillets

100 g

Our FRESH products

عروض المنتجات الطازجة

32% OFF

14⁹⁹

Saputo shredded cheese

1 kg, selected varieties

19% OFF

12⁹⁹

Krinos macedonian feta

700 g

18% OFF

6⁹⁹

Liberté greek or méditerranée yogurt

650-900 g, selected varieties

25% OFF

6⁹⁹

Activia yogurt

12 x 100 g, selected varieties

20% OFF

3⁹⁹

iöco nano

12 x 100 g, selected varieties

25% OFF

2⁹⁹

Selection cream cheese

250 g, selected varieties

18% OFF

4⁴⁹

Gay Lea NORDICA fat free

250 g

22% OFF

6⁹⁹

Saputo mozzarella cheese

250 g

40% OFF

2⁹⁹

Beatrice sour cream

250 mL, selected varieties

36% OFF

6⁹⁹

The Laughing Cow cheese

40 g

14% OFF

5⁹⁹

Liberté kefir

1 L, selected varieties

29% OFF

5⁹⁹

Milk 2 Go, 1% chocolate milk or 2% partly skimmed milk

8 x 120 mL, 6-pack

20% OFF

7⁹⁹

Silani shredded mozzarella cheese

500 g

Discover OUR COLD CUTS



31% OFF
179
per 100 g

Solmaz beef bologna
Halal
selected varieties
8.12/lb



31% OFF
179
per 100 g

Alzahraa chicken breast
Halal
selected varieties
8.12/lb



UP TO 27% OFF
349
per 100 g

Schneiders turkey breast
selected varieties
15.83/lb



UP TO 31% OFF
249
per 100 g

Mastro genoa salami
Mastro porchetta
11.29/lb



18% OFF
449
per 100 g

Solmaz sliced pepperoni Halal
100 g



12% OFF
749
per 100 g

Maple Leaf Natural Selections
roasted turkey, chicken breast or ham
175 g, selected varieties



18% OFF
949
per 100 g

Solmaz fully cooked frankfurter Halal
400 g



22% OFF
699
per 100 g

Alzahraa turkey breast Halal
400 g, selected varieties

Discover OUR SPECIALTIES

trio grilled chicken with rice or potatoes with sauce of choice



25⁹⁹



61⁹⁹
/lb

platter of 12 kofta skewers served with grilled tomatoes and onions, spicy bread, rice, spicy potatoes (medium size) and sauce



15⁹⁹
/lb

lamb shank rice meat
Halal



7⁹⁹
/un.

Adonis chicken or beef shawarma
Halal



12⁹⁹
/12 un.

Adonis gourmet sfiha or cheese pie



8⁹⁹
/lb

fattoush salad
19.82/kg



5⁹⁹
per 100 g

Adonis mouhamara dip
250 g

Discover OUR CHEESES



30% OFF
6⁹⁹
per 100 g

Oka, Saint-Paulin or Champfleury cheese
180-190 g, selected varieties



29% OFF
249
per 100 g

kashkaval Balkan cheese
11.29/lb



23% OFF
229
per 100 g

bulgarian feta cheese, double cream
10.39/lb



18% OFF
229
per 100 g

baladi in brine cheese
10.39/lb



13% OFF
129
per 100 g

Phoenixia lebanese style tzatziki
5.85/lb



26% OFF
279
per 100 g

Saputo caciocavallo cheese
selected varieties
12.66/lb



UP TO 38% OFF
4⁹⁹
per 100 g

Castello havarti, blue, brie or camembert cheese
170-200 g, selected varieties



UP TO 33% OFF
9⁹⁹
per 100 g

L'Extra triple crème or 2 years old cheddar
400 g

Discover OUR PASTRY AND BAKERY

Adonis Oreo cake
8 in (10 servings)



30⁹⁹



8⁹⁹
/lb

Adonis assorted honey pastry
19.82/kg



8⁹⁹
/lb

rammoura
19.82/kg



2/\$6

Dempsters bread
350-475 g, selected varieties



3⁹⁹
per 100 g

Tayeb markouk bread small
300 g



349
per 100 g

Dempsters 10" tortillas
670 g, selected varieties



3⁹⁹
per 100 g

Sun-Maid raisin sliced bread or Vachon cakes
400 g, 230 g, selected varieties

DISCOVER our VARIETY of products from near and afar

منتجاتنا المتنوعة

Cedar wild flower honey
1 kg

8⁹⁹

Aoun bulgur
900 g

2⁹⁹

Cedar medium or fine couscous
907 g, selected varieties

2⁹⁹

Americana canned beans
298 ml, selected varieties

3/\$5

Maison Perrier sparkling water
500 ml, selected varieties

7⁹⁹

Bubly or Montellier sparkling water
1.5L/50.1 FL OZ, selected varieties

6⁴⁹

Coke or Sprite soft drinks
330 ml, selected varieties

5²⁹

Miss Vickie's potato chips
100 g, selected varieties

2/\$8

Del Monte fruit juice
500 ml, selected varieties

2⁷⁹

Loacker wafers
150-175 g, selected varieties

3⁴⁹

Triscuit crackers
201 g, selected varieties

2/\$7

Tostitos chips
275-295 g, selected varieties

2/\$9

Tchibo instant coffee
100 g, selected varieties

7⁴⁹

Royal tea
25 bags, selected varieties

2/\$5

Life Smart peanut butter
250 g

4²⁹

Bonne Maman hazelnut spread
100 g

9⁹⁹

Cavendish Farms fries
800 g, selected varieties

3⁹⁹

Kellogg's Eggo original frozen waffle
240-330 g, selected varieties

10⁹⁹

Selection frozen fruits
3 kg, selected varieties

12⁹⁹

Krinos katalifi shredded filo
454 g

5⁹⁹

Selection lasagna noodles
175-300 g, selected varieties

1⁹⁹

Selection pasta sauce
selected varieties

3²⁹

Selection dill pickles
1 L

3²⁹

Huy Fong sriracha hot sauce
714 ml

6⁹⁹

Golden star extra virgin olive oil
1 L

18⁹⁹

Alnubalas super premium basmati rice
4.54 kg

14⁹⁹

Unico tomatoes
750 ml, selected varieties

2/\$5

Rio Mare tuna
240 g, selected varieties

7⁴⁹

Cedar pitted or sliced olives
250 g

2/\$5

Selection liquid dishwashing soap
selected varieties

1⁷⁹

Selection de-icer salt
1 kg

3⁴⁹

Scotties facial tissues
6-8

7⁴⁹

ZEST UP YOUR winter



40% OFF

2.99
ea.

Meyer
lemons
U.S.A., 1 lb



EVERYDAY LOW PRICE

10/4.99

lemons
U.S.A.,
South Africa



4.99
ea.

lemons
U.S.A., Egypt,
bag 2 lb



3/1.99

limes
Mexico



25% OFF

2.69
/lb

minneola
tangelo
U.S.A.
5.93/kg



25% OFF

2.99
/lb

cara cara
oranges
U.S.A.
6.59/kg



33% OFF

1.99
/lb

Navel
oranges
South Africa
4.39/kg



25% OFF

2.99
/lb

blood oranges
U.S.A.
6.59/kg



25% OFF

2.99
/lb

pomelo
China
6.59/kg



33% OFF

1.99
ea.

pink
grapefruit
Turkey



clementines
with leaves
Spain
6.59/kg

EVERYDAY LOW PRICE

2.99
/lb



29% OFF

4.99
/lb

sumo
mandarins
U.S.A.
11.00/kg



clementines
Morocco, bag 3 lb

4.99
ea.



limes
Mexico, bag 1 lb

20% OFF

3.99
ea.



pink
grapefruit
U.S.A., bag 3 lb

6.99
ea.



EVERYDAY LOW PRICE

3.99
ea.

oranges
South Africa, bag 3 lb

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THE SNACK AVALANCHE CONTEST



Kiri

GoGo²
SQUEEZ



you COULD **Win**
\$25,000*



\$6⁹⁹

The Laughing Cow,
The Laughing Cow light
24P, 400g

\$4⁴⁹
Cheese Dippers
4P, 140g



\$3⁴⁹
Kiri 8P, 144g

Offer valid from January 1st to January 28, 2026

* NO PURCHASE NECESSARY. Open to Canadian residents of legal age. Contest ends February 22, 2026, at 11:59 p.m. ET. Scan the QR code to enter or visit bel-canada.ca/en/snackavalanche. Maximum of 10 entries per email address, with a valid UPC code required for each entry. Cash prize of C\$25,000 to be won. Mathematical skill-testing question required. For no-purchase entry method, more details, and for the rules, go to bel-canada.ca/en/snackavalanche.