

**Ramadan
KAREEM**
رمضان كريم

blade steak
boneless
Halal
22.02/kg

23% SAVINGS
9.99
/lb

AA+

The Laughing Cow
cheese
400 g

43% SAVINGS
5.99

The Laughing Cow
La Vache qui rit
ORIGINAL

coho salmon fillets
fillets, deboned
22.02/kg

29% SAVINGS
9.99
/lb

Halal Boneless
striploin steak
26.43/kg

36% SAVINGS
11.99
/lb

AA+

red, green or
black seedless
grapes
South Africa
6.59/kg

50% SAVINGS
2.99
/lb

LARGE FRUIT

parsleys, mint bunch or
green onions
Mexico, U.S.A.

50% SAVINGS
99¢
ea.

italian tomatoes
Canada, U.S.A., Mexico
4.39/kg

50% SAVINGS
1.99
/lb

blackberries
Mexico, 170 g

60% SAVINGS
1.99

marinated shish
taouk cubes Halal
17.61/kg

20% SAVINGS
7.99
/lb

Adonis ORIGINAL RECIPE

beef eye of round Halal
19.81/kg

25% SAVINGS
8.99
/lb

AA+

Halal grilled
chicken breast
served with
White rice
and grilled
vegetables

10.99
/plate

Canadian
leg of lamb
Halal
33.03/kg

14.99
/lb

Adonis
mouhamara dip
250 g

10% SAVINGS
6.49
ea.

ADONIS MOUHAMARA
DIP SAUCE

daia khudari
& branched
dates
1 kg

\$5 SAVINGS
7.99

daia
DATES-DATTES
Dated
Dated

Cedar roasted salted
pistachios
524 g

\$5 SAVINGS
7.99

CEDAR
Roasted & Salted Pistachios
Pistachies rôties et salées
454 g - 1 lb

Cedar green
olive
2.84 L

45% SAVINGS
10.99

CEDAR
Black Olives
Olive noire
2.84 L - 100.8 oz

Cedar Calrose rice
4 kg or Aldoha
Egyptian rice 5 kg

UP TO 47% SAVINGS
8.99

CEDAR
Calrose Rice
Riz calrose
4 kg - 8.8 lb

Yergat vine
leaf
454 g

40% SAVINGS
8.99

Yergat
California
GRAPE LEAVES

Divella
pasta
500 g, selected
varieties
Divella
Passata
680 ml

UP TO 48% SAVINGS
1.97

DIVELLA
Pasta
500 g - 1.1 lb

Selection
flour
10 kg

23% SAVINGS
9.99

Selection
all-purpose
flour
all-purpose flour
10 kg - 22.05 lb

Lindo tomato
paste
700 g

50% SAVINGS
2.99

Lindo
Tomato Paste
700 g - 24.8 oz

Cedar red kidney,
chickpea or fava
beans
540 ml

UP TO 66% SAVINGS
99¢

CEDAR
Dark
Kidney Beans
540 ml - 19 oz



27% SAVINGS
10⁹⁹

Mrakovic cevapi
500 g



46% SAVINGS
2/\$3

Zabiha Halal lean
ground chicken

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



Marina Del Rey wild caught
Argentinian shrimps
20-30 or 30-40 300 g

UP TO
\$6 SAVINGS
7⁹⁹

clementines
with leaves
Spain
6.59/kg

2⁹⁹
/lb



50% SAVINGS
1⁸⁸



bulgarian feta cheese
6.76/lb

50% SAVINGS
1⁴⁹
per 100g



33% SAVINGS
5⁹⁹



47% SAVINGS
8⁹⁹



32% SAVINGS
2⁹⁹
per 100 g



12⁹⁹
cheese pie
12 un.



23% SAVINGS
4⁹⁹

Irrésistible muffin
600 g



33% SAVINGS
3⁹⁹



15% SAVINGS
4⁴⁹
ea.



20% SAVINGS
3⁹⁹

Adonis wardet el sham



13% SAVINGS
3⁴⁹
ea.

Adonis znoud el sit



15% SAVINGS
3⁴⁹
ea.

Adonis shaabiyat



37% SAVINGS
4⁹⁹

Vimto fruit
syrup
710 ml



32% SAVINGS
4⁹⁹



23% SAVINGS
6⁸⁸



33% SAVINGS
3⁹⁹

Stromboli pizza
340-422 g, selected varieties



25% SAVINGS
5⁹⁹



25% SAVINGS
5⁹⁹



32% SAVINGS
6⁴⁷



45% SAVINGS
2⁹⁹

EVERYDAY LOW PRICES



6 UN.
3⁹⁹ ea.
avocados bag
Mexico, bag 6 un.



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



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



10/4⁹⁹
lemons
U.S.A.



lebanese cucumbers
Canada
6.59/kg

2⁹⁹ /lb



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

1⁹⁹ /lb



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

1⁶⁹ /lb



2⁹⁹ /lb

clementines with leaves
Spain
6.59/kg



curly
parsley
Mexico
99¢ ea.



fresh mint
bunch
Mexico
99¢ ea.



italian
parsley
Mexico
99¢ ea.



green
onions
U.S.A., Mexico
99¢ ea.



yellow,
russet
or red
potatoes
Canada, bag 10 lb

4⁹⁹ ea.



yellow
onions
Canada, 5 lb
2⁹⁹ ea.



3 LB
3⁹⁹ ea.
Navel seedless oranges
South Africa, bag 3 lb



kiwi basket
Greece, 600 g
3⁹⁹ ea.

Fresh FRUITS and VEGETABLES



fava or green
beans
U.S.A., Mexico
8.80/kg

20% savings
3⁹⁹ /lb



33% savings
3⁹⁹ /lb
nectarines, peaches
Chile
8.80/kg



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

20% savings
3⁹⁹ /lb



Bartlett pears,
Royal Gala,
Golden or
red Delicious
apples
U.S.A., Canada
4.39/kg

33% savings
1⁹⁹ /lb



20% savings
1⁹⁹ /lb
seedless oranges
South Africa
4.39/kg



2⁹⁹ ea.
quince
Turkey



2/\$5
white mushrooms 227 g
Canada



1⁹⁹ /lb
green or flat cabbage
Canada, U.S.A.
4.39/kg



mini sweet
peppers 454 g
Mexico, Honduras

20% savings
3⁹⁹ ea.



blueberries pint
Peru, Chile, U.S.A.

4⁹⁹ ea.



\$4 savings
19⁹⁹ ea.
Daia nour
branched dates
2 kg



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



LARGE FRUIT
8⁹⁹ /lb
large or supreme
medjool dates
19.82/kg



Attitude
salads
142 g
selected
varieties
U.S.A.
3⁹⁹ ea.

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

منتجاتنا اللحومية

beef rib eye
steak 
39.65/kg

28% OFF

17⁹⁹
/lb

AA+

26% OFF

10⁹⁹
/lb

top sirloin beef steak 
24.23/kg

6⁹⁹
/lb

lean ground beef Halal
15.41/kg

26% OFF

10⁹⁹
/lb

beef short rib steak Halal
24.23/kg

15⁹⁹
/lb

grain fed veal cutlet Halal
35.25/kg

19⁹⁹
/lb

milk fed veal chop Halal
44.05/kg

25% OFF
2⁹⁹
/lb

chicken legs 
6.59/kg

3⁹⁹
/lb

whole chicken 
8.80/kg

Adonis
ORIGINAL
RECIPE

3⁹⁹
/lb

marinated chicken drumsticks Halal
8.80/kg

Adonis
ORIGINAL
RECIPE

9⁹⁹
/lb

shawarma chicken breast Halal
22.02/kg

rack of lamb loin Halal
44.05/kg

26% OFF

19⁹⁹
/lb

22% OFF

6⁹⁹
/lb

beef sausages (makanek) Halal
15.41/kg

Adonis
ORIGINAL
RECIPE

TASTE the FRESHNESS of our SEAFOOD PRODUCTS

منتجاتنا البحرية

FREE CLEANING

\$2/LB OFF

9⁹⁹

/lb

fresh sea bass
22.02/kg

FREE CLEANING

\$1/LB OFF

4⁹⁹

/lb

mackerel
frozen, defrosted
11.00/kg

fresh tilapia
fish fillet
22.02/kg

23% OFF

9⁹⁹

/lb

regular
or marinated
raw tiger shrimps
28.64/kg

UP TO \$3/LB OFF

12⁹⁹

/lb

Blue Tide
squid rings
454 g

\$1 OFF

7⁹⁹

Blue Tide
cod fillets
400 g

\$1 OFF

9⁹⁹

Royal Harbour
smoked salmon
200 g

\$2 OFF

10⁹⁹

Blue Tide
raw white
shrimps
26-30
907 g

\$3 OFF

19⁹⁹

Our FRESH products عروض المنتجات الطازجة

Polenghi
mascarpone
500 g

24% OFF

12⁹⁹

Burnbrae
nature's best
omega 3 or
natural large eggs
12 ut.

UP TO 30% OFF

4⁴⁹

Astro
Original
yogurt
12x100 g,
selected varieties

33% OFF

4⁹⁹

Lactantia
cream 10-35%
473 ml-1 L, selected
varieties

UP TO 31% OFF

4⁴⁹

Oikos Pro
yogurt
500 ml, selected
varieties

30% OFF

2⁹⁹

Philadelphia
cream cheese
227-250 g, selected
varieties

15% OFF

5⁴⁹

Galbani
mozzarella cheese
500 g

13% OFF

6⁹⁹

Saputo
cheese petals
125 g, selected
varieties

25% OFF

4⁴⁹

Saputo
feta cheese
170-200 g,
selected varieties

22% OFF

4⁴⁹

Selection
cream
cheese
fromage
à la crème
250 g, selected
varieties

25% OFF

2⁹⁹

Gay Lea
cottage
cheese
500 g, selected
varieties

18% OFF

4⁴⁹

Black
Diamond
shredded
cheese
907 g, selected
varieties

29% OFF

11⁹⁹

Balderson
cheddar
cheese
250-280 g, selected
varieties

UP TO 17% OFF

9⁹⁹

Discover **OUR COLD CUTS**

12% OFF
2.29 per 100 g
Solmaz beef bologna **Halal**
selected varieties
10.39/lb

42% OFF
1.79 per 100 g
Alzahraa turkey breast **Halal**
8.12/lb

31% OFF
1.79 per 100 g
Mastro capicollo
selected varieties
8.12/lb

22% OFF
3.79 per 100 g
Mastro salami
selected varieties
17.20/lb

12% OFF
7.49
Maple Leaf roasted turkey or chicken breast
175 g, selected varieties

33% OFF
4.99
Harvest Creek chicken hot-dog **Halal**
908 g

UP TO 14% OFF
5.99
Solmaz chicken or turkey breast **Halal**
175 g

33% OFF
5.99
Alzahraa beef bologna **Halal**
400 g, selected varieties

Discover **OUR SPECIALTIES**

Adonis **Halal** chicken or beef shawarma plate served with rice or garlic potatoes, salad and sauce

15.99

12.99
Adonis paella medium

12.99
Adonis **Halal** creamy pasta with chicken un.

7.99
Adonis lamb ouzi un.

10.99
hot dog pie 12 un.

6.99
lentil soup

7.99
greek salad 550 g

Discover **OUR CHEESES**

UP TO 29% OFF
4.99
Alexis de Portneuf, Monsieur Gustav, Soignon cheese
100-125 g, selected varieties

34% OFF
2.49 per 100 g
Makler kashkaval cheese
11.29/lb

18% OFF
2.29 per 100 g
baladi cheese in brine
10.39/lb

29% OFF
2.49 per 100 g
Santorini kopanisti dip
11.29/lb

13% OFF
1.29 per 100 g
Phoenicia tzatziki
5.85/lb

UP TO 38% OFF
3.49 per 100 g
Saint-Paulin or Oka cheese
15.83/lb

13% OFF
6.99
Nuovo gran regale cheese
180 g

18% OFF
6.99
Alexis de Portneuf Sir Laurier or Lady Laurier cheese
150-170 g

Discover **OUR PASTRY AND BAKERY**

Nutella cake 8 in

29.99

13.99 /lb
Adonis halawet el jibn dessert tax
30.83/kg

8.99 /lb
nammoura
19.81/kg

2/\$6
Dempster's 7" tortillas
selected varieties

2/\$6
Dempster's bagels
selected varieties

5.99
Irresistible cake 500 g

3.49
Harvest Gold wheat roti

CELEBRATE LOVE



14⁴⁹

Ferrero valentine chocolate
175 g



36% OFF
2/\$7

Lindt chocolate bar
100 g
selected varieties



31% OFF
19⁹⁹

Nestlé Quality Street
850 g



15% OFF
6⁹⁹

Nutella cookies
125 g



Selection
fruity sparkling
water
1 L
selected varieties

99¢



4/\$5

Coca-Cola or
Canada Dry
soft drink
6x222 ml
selected varieties

3²⁹



2/8⁵⁰

Miss Vickie's chip
185-200 g, selected varieties



Oasis juice
950 ml
selected varieties

2⁴⁹



4⁴⁹

Toaster wafers
250 g, selected varieties



2/\$7

Christie Ritz crackers
175-180 g, selected varieties



1⁷⁹



11⁹⁹

Starbucks ground
coffee or capsule
10 oz., 340 g, selected varieties



4⁹⁹

Taylor's tea
40-50 g, selected varieties



6⁹⁹

Lotus
Biscoff spread
340-400 g



4⁴⁹

Selection of Life Smart
flake cereals
350-775 g, selected varieties



14% OFF
2⁹⁹

Selection
vegetables
500-750 g, selected varieties



4⁹⁹

Golden ring
puff pastry dough
800 g, selected varieties



17% OFF
4⁹⁹

Ama Taste samosa
850-900 g



17% OFF
4⁹⁹

22% OFF
6⁹⁹



Taj Mahal
basmati rice

14⁹⁹



Cleopatra
olive oil
1 L

9⁹⁹



Alkanater
regular halva
907 g

7⁹⁹



Brar's
Ghee

15⁹⁹



Mechaalany
pickled
cucumbers
1 L
selected varieties

6⁹⁹



49¢

Maggi noodles
70 g



Huy Fong
sriracha hot sauce
714 ml

6⁹⁹



2/\$3

NutiMilk
condensed cream
980 g



Kraft Dinner
noodle meal
5x200 g
selected varieties

6⁹⁹



Aurora roasted
chestnut snack
100 g
selected varieties

1⁷⁹



19⁸⁹

Selection
bathroom tissue
30 rolls



Selection lemon
dishwashing liquid
800 ml

1⁷⁹

EVERYTHING YOU NEED FOR THE BIG GAME



5⁹⁹ /lb
marinated chicken wings
Halal
13.21/kg



14⁹⁹
Maple Lodge chicken wings
908 g, selected varieties



14⁹⁹
Börek twist meat phyllo pie
908 g, selected varieties



4⁹⁹
Selection french fries
2 kg, selected varieties



2/\$6
Villaggio sliced breads or hamburger or hot-dog buns
650-675 g, 6 un.



6⁹⁹
Zabiha Juicy or Spicy Supreme frankfurters
Halal
900 g



12⁴⁹
Al Safa beef burger
800 g, selected varieties



7⁴⁹
Heinz condiment
3x375 ml



3⁴⁹
Adonis pita chips
225 g, selected varieties



3⁹⁹
Adonis dips
250 g, selected varieties



2/\$9
Tostitos chips or dips
215-295 g, 418-423 ml, selected varieties



2/\$8
Lay's chips
177-235 g, selected varieties



5⁹⁹
Irrésistible appetizers
228-493 g, selected varieties



4⁹⁹
Guaca tortilla chips
284 g, selected varieties



1⁴⁹
Selection chips
200 g
EVERYDAY LOW PRICE



1⁹⁹
Jarritos soft drink
370 ml, selected varieties

Bulk

PRODUCTS

Selection of olives



179

per 100 g

stuffed green olives



99c

per 100 g

pickled greek peppers



129

per 100 g

pickled turnips



199

per 100 g

marinated mixed vegetables



179

per 100 g

pitted kalamata olives



149

per 100 g

moroccan black olives

Selection of spices



369

per 100 g

cinnamon sticks



279

per 100 g

whole black pepper



249

per 100 g

ground cumin



219

per 100 g

sumac



189

per 100 g

dried mint



369

per 100 g

7 ground spices



379

per 100 g

oriental coffee mixed

Selection of nuts



99c

per 100 g

roasted peanut nuts
selected varieties



629

per 100 g

raw pistachios



229

per 100 g

walnuts



299

per 100 g

dried apricots



99c

per 100 g

sultana raisins



149

per 100 g

dried cranberries



199

per 100 g

oriental mixed nuts

Valid from thursday, February 5th to wednesday, February 11th, 2026

THE WORLD OF *dates*



8⁹⁹
/lb - 19.82/kg

MEDJOL
DATES IN BULK



19⁹⁹

DAIA PREMIUM BRANCHED
DATES DEGLET NOUR
2 KG



DAIA DEGLET NOUR
PITTED DATES
400 G

3⁴⁹



30⁹⁹

AL'ARD DATTES MEDJOL
MEDJOL DATES
REG. \$1.99
1.8 KG



DAIA KHUDARI
DATES
1 KG

11⁹⁹



11⁹⁹

CASTLE FARMS
SUKKARI RUTAB DATES
850 G



7⁹⁹

DAIA DEGLET NOUR
PITTED DATES
1 KG



10⁹⁹

DAIA DEGLET NOUR
PREMIUM BRANCHED
DATES
900 G



AL'ARD
DATTES MEDJOL
454 G

11⁹⁹



CEDAR
MAZAFATI DATES
550 G

4⁹⁹

FROM FEBRUARY 5TH TO MARCH 25TH, 2026.

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