EVERYDAY ESSENTIALS UNDER $10

ADONIS
Mediterranean market
محلات أدونيس

Black diamond cheese block or shredded cheese or Selection butter
320-400 g, 454 g
UP TO 45% SAVINGS
4.97

red, green or black seedless grapes
U.S.A.
4.39/kg
60% SAVINGS
1.99 /lb
LARGE FRUIT

30% SAVINGS
6.99 /lb
Halal beef osso bucco
15.41/kg

33% SAVINGS
4.99 /lb
Halal medium ground beef
11.00/kg

LARGE FRUIT
50% SAVINGS
1.99 ea.
red pomegranates
U.S.A.

23% SAVINGS
6.49 /lb
Halal boneless chicken thighs
14.31/kg

29% SAVINGS
9.99 /lb
canadian lamb shoulder Halal
22.02/kg

EVERYDAY LOW PRICE
99¢ ea.
fresh mint, italian or curly parsley
Canada, U.S.A.

$5/LB SAVINGS
8.99 /lb
Coho salmon fillets defrost or frozen
19.82/kg

Blue Tide raw white peeled shrimps 41/50
340 g
$1 SAVINGS
5.99

celery or broccoli crown
Canada
50% SAVINGS
1.49 ea.

3.99 ea.
Adonis authentic assorted flavors hummus Tahineh
250 g, all assortments

Lactantia cream
473 ml-1 L, selected varieties
43% SAVINGS
2.99

Attitude salads
Canada, U.S.A., selected varieties, 142 g
40% SAVINGS
2.99 ea.

Irrésistible walnuts halves & pieces
750 g
$6 SAVINGS
9.99

UP TO 39% SAVINGS
6.99
The Laughing Cow or Cedar halloom cheese
400 g

Cedar cholesterol free sunflower oil
3 L
UP TO 38% SAVINGS
7.99

Alkanater tahina ground sesame seeds
900 g
41% SAVINGS
6.99

44% SAVINGS
4.99
Lavazza ground coffee
250 g

UP TO 62% SAVINGS
2.99
Cedar calrose, patna or parboiled rice medium grain
1.8 kg

44% SAVINGS
4.99
Rio Mare Tuna
3/80 g

Sgamboro pasta or Gigi passata classic tomato
500 g, 680 ml
UP TO 46% SAVINGS
1.88

Redpath sugar
2 kg
28% SAVINGS
2/$5

20% SAVINGS
3.99
Irrésistible frozen fruits
400-600 g, selected varieties

Province of Ontario
FROM THURSDAY, OCTOBER 22ND TO WEDNESDAY, OCTOBER 28TH, 2026

EVERYDAY LOW PRICES



2.99 /lb lebanese cucumbers
Canada
6.59/kg



2.99 /lb red vine tomatoes
Canada, Mexico
6.59/kg



1.99 /lb clementines
South Africa
4.39/kg



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



99¢ ea. fresh mint bunch
Canada, U.S.A.

curly parsley
Canada, U.S.A.



99¢ ea.



10/4.99 lemons
South Africa



3.99 ea. avocados bag
Mexico, 5 un.



sweet peppers assorted colours
Canada, 4 un.
4.99 ea.

italian parsley
Canada, U.S.A.



99¢ ea.



eggplants
Mexico, U.S.A.
5.49/kg
2.49 /lb



4.99 ea. Navel oranges
South Africa, bag 3 lb



5.99 ea. yellow, white or red potatoes
Canada, 10 lb



3.99 ea. yellow onions
Canada, 5 lb



1.69 /lb flat green cabbage
Canada
3.73/kg



4.99 ea. kiwi basket
Chile, 600 g



fava beans or italian eggplants
Mexico, Canada
8.80/kg
20% savings
3.99 /lb

Fresh FRUITS and VEGETABLES



20% savings
3.99 ea. blackberries, raspberries or blueberries
U.S.A., Mexico, 170 g



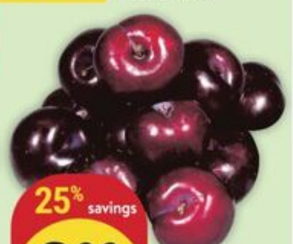
40% savings
2.99 /lb orange, red or yellow sweet peppers
Canada
6.59/kg



20% savings
1.99 /lb sweet potatoes
U.S.A.
4.39/kg



30% savings
6.99 /lb chestnuts jumbo
Italy
15.41/kg



25% savings
2.99 /lb black plums
U.S.A.
6.59/kg



33% savings
5.99 ea. grape, cherry or medley tomatoes
Canada, Mexico



20% savings
3.99 ea. cauliflower or leeks
Canada



45% savings
5.99 /lb fresh yellow dates
Egypt
13.21/kg



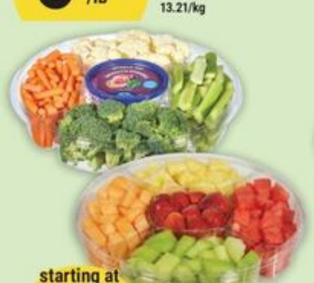
up to 33% savings
1.99 /lb royal Gala, red delicious apples or Bartlett pears
Canada, U.S.A.
4.39/kg



25% savings
2.99 ea. white, red or yellow potatoes
Canada, 5 lb



up to 37% savings
2/$5 dill or white mushrooms 227 g
Canada



starting at
14.99 ea. fruits or vegetables platters
10-13", selected varieties



up to 25% savings
14.99 ea. cactus pears or brown figs
Mexico, Greece

ONT

ENJOY our FRESH meats and top QUALITY specialties

منتجاتنا اللحومية



beef cubes
Halal
19.81/kg

18% OFF

8.99 /lb



beef rib eye steak Halal
39.65/kg

28% OFF

17.99 /lb



11.99 /lb

milk fed veal blade roast Halal
26.43/kg



17.99 /lb

milk fed veal cubes Halal
39.65/kg



8.49 /lb

Halal lamb shanks frozen
18.71/kg



8.99 /lb

lamb flank
Halal
19.81/kg



UP TO 23% OFF

9.99

Zabiha Halal breaded chicken
700-800 g, frozen, selected varieties

Adonis Halal beef or vegetarian kebbe pouch
540 g, frozen



5.99 /lb

Halal Beef Liver
13.21/kg



23.99 /lb

marinated beef tenderloin cubes Halal
52.87/kg



8.99 /lb

souvlaki chicken thigh
Halal
19.81/kg



12.99 /lb

beef shawarma Halal
28.64/kg

ONT

TASTE the FRESHNESS of our SEAFOOD PRODUCTS
منتجاتنا البحرية



$5/LB OFF
9.99 /lb
fresh tilapia fish fillets
22.02/kg



$1/LB OFF
6.99 /lb
fresh sardines
15.41/kg



$5/LB OFF
9.99 /lb
marinated Coho salmon fillets
22.02/kg



$2/LB OFF
4.99 /lb
basa fillets defrost/frozen
11.00/kg



$2/LB OFF
10.99 /lb
marinated shrimp 21-25
24.23/kg



$4/LB OFF
11.99 /lb
octopus defrost/frozen
26.43/kg



$2 OFF
14.99
Irrésistible shrimp ring with sauce
567 g



$8 OFF
14.99
Blue Tide raw shrimp 26-30 easy peel
907 g



$1 OFF
7.99
Royal Harbour scallops 80/120
340 g



$4 OFF
16.99
standard Malpeque oysters
25 un.

Our FRESH products — عروض المنتجات الطازجة



29% OFF
4.99
Cedar or Phoenicia labneh
500 g



24% OFF
15.99
Saputo 15%-20% Mozzarellissima cheese
1 kg



34% OFF
2/$5
Phoenicia yogurt
750 g



UP TO 27% OFF
6.49
Siggi's or Oikos yogurt
650 -750 g



31% OFF
5.49
Astro Original yogurt
12/100 g



Yoplait tubes or minigo yogurt
8/56 g, 6/60 g

13% OFF
3.49



13% OFF
6.99
Philadelphia cream cheese spread
340 g



Danone Oïkos drinkable yogurt
300 ml

14% OFF
2.99



17% OFF
2.49
Selection sour cream
500 ml



20% OFF
3/$6
Puck thickened cream
160 g



UP TO 28% OFF
6.49
Brar's paneer 375 g or Selection mozzarella cheese sticks 336 g



22% OFF
4.49
Becel margarine
400 g



27% OFF
3.99
Kiri cream cheese 150 g or The laughing cow cheese dippers 140 g



Life Smart Naturalia egg white
1 kg

11% OFF
7.99

Discover OUR COLD CUTS



36% OFF
1.99 per 100 g
Alzahraa turkey breast Halal
9.03/lb



28% OFF
1.79 per 100 g
Alzahraa beef bologna Halal
8.12/lb

Discover OUR CHEESES



UP TO 23% OFF
4.99
Alexis de Portneuf camembert or brie, Saputo cheese petals or Woolwich goat cheese
113 g



$4/KG OFF
2.49 per 100 g
Cedar nabulsi cheese
11.29/lb



UP TO 29% OFF
2.49 per 100 g
Deli classic smoked meat, roasted or pastrami
11.29/lb

Marc Angelo prosciutto crudo
13.56/lb



41% OFF
2.99 per 100 g



$2/KG OFF
1.29 per 100 g
Phoenicia tzatziki
5.85/lb



UP TO 28% OFF
2.29 per 100 g
Saputo edam or provolone cheese
10.39/lb



Brandt black forest ham
6.76/lb
17% OFF
1.49 per 100 g



San Daniele mortadella
9.03/lb
29% OFF
1.99 per 100 g



Jarlsberg original cheese, Agropur grand cheddar or L'Extra brie
15.83/lb
UP TO 40% OFF
3.49 per 100 g



17% OFF
4.99
Président, Rondelé or shredded emmental cheese
100-125 g



17% OFF
4.99
Zabiha chicken breast roast Halal
200 g

Alzahraa Halal sujuk beef
450 g



12% OFF
7.99



13% OFF
6.99
Nuovo gran regale or Selection feta cheese
180 g, 2/150 g



UP TO 24% OFF
7.99 per 100 g
Oka, Monsieur Gustav cheese 190 g or Vaudreuil Champfleury 180 g or Agropur grand cheddar 200 g

Discover OUR SPECIALTIES



BIG 1-1.2 KG

25.99 ea.
Halal authentic freshly grilled flat chicken served with potato or rice and salad of your choice

Discover OUR PASTRY AND BAKERY

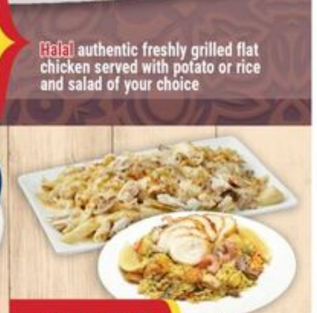


27.99
coffee chocolate cake 8"
in store baked, serves 10-12 people



9 UN.

10.99
9 cripsy falafel
served with small rice or spicy potato and small salad



12.99
Halal creamy chicken pasta or medium paella



15.99 /lb
delicious elegant bite assorted petit four
35.24/kg



2.49 ea.
mixed katayef or shaabiyat
in store baked
1 un.



7.99 ea.
Halal lamb ouzi or mousakhan sandwich



10.99
golden spinach pie, mix vegetarian or mixed bite
12 un.



Villaggio sliced breads or hamburger or hot-dog buns
675 g / 6-8 un.
2/$7





6.99
ready to enjoy salads
beet, mixed beans, chickpeas, Greek, 500-550 g



6.99
homemade taste in every spoonful soup
chicken vermicelli, yellow lentils or cream broccoli, 900 ml



Adonis pita chips
225 g
2/$7



5.99
Irrésistible muffin
600 g

ONT

FEATURED FAVORITES



Gallo extra virgin olive oil
1 L

11.99



9.99

Cedar durum wheat semolina
4 kg



8.99

Casablanca honey
1 kg



3/$5

Americana plain fava bean or tomato paste bean
398 ml



Aurora pomegranate juice
1 L

4.99



6.99

Bubly
12 x 355 ml
Montellier
10 x 355 ml
sparkling water



8.49

Coke soft drinks
12/355 ml



2/$6

Takis tortilla chips
280 g



2/$3

Happy Swing cocoa roll wafer
150 g



4.49

Loacker quadratini wafer
250 g



1.79

Aurora roasted chestnut snack
100 g



1.49

Selection Potato Chips
200 g



Kimbo coffee pods
10 un.

3.99



5.99

St-Dalfour spread
225 ml, selected varieties



9.99

Irrésistible dark maple syrup
500 ml



4.49

Kellogg's cereals
300 g



UP TO 22% OFF

6.99

Cedar frozen vegetables
1.75 kg, selected varieties

20% OFF

3.99

McCain french fries
454-600 g

$1 OFF

4.99

Apna Taste samosa
550-660 g, selected varieties

$2 OFF

10.99

Börek Twist spinach or cheese
908 g



Alnubalaa super premium basmati rice
4.54 kg

14.99



14.99

Cedar green olives
2.84 L



3.99

Lindo tomato paste
700 g



3/3.99

Cedar kernel corn
341 ml



1.99

Selection pitted/ sliced olives
398 ml



3.49

Selection pasta sauce
410-650 ml



2/$7

Clover Leaf tuna salad
160 g



5.99

Adonis dressing
480 ml



4.49

French's tomato ketchup
750 ml-1 L



6.99

Hellmann's mayonnaise
890 ml



4.99

Patak's sauce
400 ml



5.49

Selection paper towel
6 un.

ONT

READY FOR HALLOWEEN!

TREAT YOURSELF TO A HAUNTINGLY DELICIOUS ASSORTMENT OF SWEETS



Halloween cake black and white 8", serves 10-12 people

29.99



11.99

Mars Halloween chocolate minis
526 g



9.99

Dare real fruit gummy candy
600 g



7.99

Mars Halloween candy
554 g



3.49 ea.

Halloween cupcake vanilla & chocolate
baked in store



Hershey's candy
1.02 kg

16.99



Hershey's chocolate
962 g

16.99



12.99

Nestlé chocolate bar
485 g



7.99

Maynards Halloween candy
550 g

ONT

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