ADONIS

Mediterranean market

محلات أدونيس



UP TO 30% SAVINGS

8.99

Zabiha Halal breaded chicken

700-800 g, frozen, selected varieties



50% SAVINGS

2/$5

blackberries, raspberries or blueberries

Mexico, Peru, Argentina, 170 g



50% SAVINGS

1.99 /lb

chicken drumsticks Halal

4.39/kg



beef inside round steak Halal

17.61/kg

33% SAVINGS

7.99 /lb



UP TO 67% SAVINGS

99¢ /lb

Royal Gala or red Delicious apples

Canada

2.18/kg



ADONIS AUTHENTIC RECIPE

27% SAVINGS

7.99 /lb

marinated shish taouk cubes Halal

17.61/kg



13.99 /lb

canadian leg of lamb Halal

30.84/kg



50¢ EACH

EVERYDAY LOW PRICE

10/4.99

lemons

South Africa



41% SAVINGS

9.99 /lb

fresh salmon trout fillets

22.02/kg



FREE CLEANING

33% SAVINGS

7.99 /lb

fresh seabream

17.61/kg



italian tomatoes or baladi squash

Canada, U.S.A., Mexico

4.14/kg

UP TO 37% SAVINGS

1.88 /lb



11.99 pack

Halal lahmajoun 6 un., cheese half-moon or vegetarian pizza 12 un., in store baked



UP TO 44% SAVINGS

3.33

Kiri cream cheese 144 g or Black diamond cheese slices 410 g



sweet peppers assorted colours

Canada, 4 un.

53% SAVINGS

2.77 ea.



Irrésistible walnuts halves & pieces

750 g

$6 SAVINGS

10.99 ea.

47% SAVINGS

1.99

Cedar yogurt

650 g, selected varieties



UP TO 45% SAVINGS

3.88

Tre Stelle feta, Saputo ricotta, bocconcini or Castello sliced cheese

145-400 g



Cedar extra virgin olive oil

2.8 L

30% SAVINGS

24.99



Taj Mahal basmati rice

4.5 kg

47% SAVINGS

11.99



43% SAVINGS

2.99

Ulker cookies

300 g



UP TO 50% SAVINGS

99¢

Irrésistible chips 150 g or Selection sparking water 1 L



33% SAVINGS

3.99

Naya water

24/500 ml



UP TO 40% SAVINGS

2.99

Cedar dry beans

907 g, selected varieties



Best juice

1 L, selected varieties

37% SAVINGS

2/$5



UP TO 50% SAVINGS

2/$4

Cedar frozen vegetables

375-500 g, selected varieties

Province of Ontario

FROM THURSDAY, OCTOBER 29TH TO WEDNESDAY, NOVEMBER 4TH, 2026

ONT

EVERYDAY LOW PRICES



2.99 /lb lebanese cucumbers
Canada
6.59/kg



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



10/4.99 lemons
South Africa



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



99¢ ea. fresh mint bunch
Canada



99¢ ea. green onions
U.S.A., Mexico



1.88 /lb baladi squash
Mexico, U.S.A.
4.14/kg



3.99 ea. avocados bag
Mexico, 5 un.



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



curly or italian parsley
Canada
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, Greece, 600 g



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

Fresh FRUITS and VEGETABLES



20% savings
3.99 /lb green, red or black seedless grapes
U.S.A.
8.80/kg



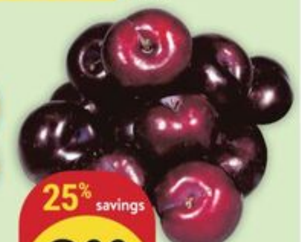
40% savings
2.99 /lb green beans
U.S.A., Mexico
6.59/kg



up to 58% savings
3/$5 coriander, dill or english cucumbers
Canada



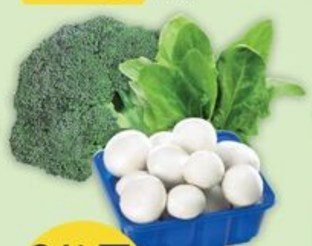
1.99 /lb clementines
South Africa
4.39/kg



25% savings
2.99 /lb black plums
Spain
6.59/kg



33% savings
3.99 /lb italian eggplants
Canada, Mexico
8.80/kg



2/$5 broccoli crown, spinach bunch or white mushrooms 227g



30% savings
6.99 /lb chestnuts
Italy
15.41/kg



up to 33% savings
1.99 /lb Bartlett pears or seedless oranges
U.S.A., South Africa
4.39/kg



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



20% savings
3.99 ea. Attitude salads
Canada, U.S.A., selected varieties, 142 g



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



25% savings
2.99 ea. red pomegranates
U.S.A.

ENJOY our FRESH meats and top QUALITY specialties

منتجاتنا اللحومية



15.99 /lb

boneless strip loin steak Halal
35.24/kg



9.99 /lb

Halal beef top sirloin steak
22.02/kg



10.99 /lb

beef sirloin tip steak Halal
24.23/kg

lamb chops Halal
44.05/kg



19.99 /lb



16.99 /lb

grain fed veal cutlet Halal
37.44/kg



19.99 /lb

milk fed veal chop Halal
44.05/kg



$2 OFF

14.99

Zabiha Halal barbeque or Buffalo chicken wings
908 g, frozen



9.99 4 un.

beef burger Halal



7.99 /lb

chicken breast cubes Halal
17.61/kg



3.99 /lb

bone in chicken thighs Halal
8.80/kg



9.99 /lb

shawarma chicken breast Halal
22.02/kg



8.49 /lb

beef sausages (makanek) Halal
18.71/kg

ONT

TASTE the FRESHNESS of our SEAFOOD PRODUCTS
منتجاتنا البحرية



cod fillets
35.25/kg
$3/LB OFF
15.99 /lb

$2/LB OFF
5.99 /lb
mackerel defrost/frozen
13.21/kg

tuna steaks
28.64/kg
$5/LB OFF
12.99 /lb

fresh Atlantic salmon fillet
35.25/kg
$2/LB OFF
15.99 /lb



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

30% OFF
1.50
shrimp skewer 41-50 frozen
64/55 g

$2/LB OFF
6.99 /lb
squid tubes defrost/frozen
15.41/kg

$6 OFF
16.99
Malpeque standard oysters
25 un.



$1 OFF
6.99
Blue Tide mix seafood
350 g

$2 OFF
11.99
Blue Tide tilapia
907 g

$1 OFF
3.99
Blue Tide imitation crabmeat
454 g

$1 OFF
4.99
Dom norway smoked salmon
70 g

Our FRESH products — عروض المنتجات الطازجة



Black Diamond shredded cheese
907 g or
Krinos macedonian feta
700 g
UP TO 24% OFF
12.99

Puck creamy spread or Saputo mini friulano cheese
500 g
UP TO 24% OFF
12.99



UP TO 22% OFF
6.99
Liberté greek or mediterranean yogurt
650-900 g

UP TO 26% OFF
6.99
Danone Activia yogurt
12/95 g

29% OFF
5.99
Milk 2Go choc.1% milk
6/200 ml

Beatrice B-fit milkshake
460 ml
10% OFF
2/$7

Silk protein soy beverage or International Delight coffee creamer
946 ml-1.42 L
UP TO 19% OFF
6.49

Phoenicia milk beverage
500 ml
34% OFF
2/$5

39% OFF
2.99
Beatrice sour cream
500 ml

25% OFF
2.99
Selection cream cheese brick
250 g

Polenghi mascarpone cheese
500 g
24% OFF
12.99

UP TO 22% OFF
6.99
Boursin cheese
150 g

14% OFF
5.99
Selection cheese block
400 g

Lactantia Purfiltre milk
2 L, selected varieties
UP TO 15% OFF
5.49

ONT

Discover OUR COLD CUTS



18% OFF
2.29 per 100 g
Solmaz chicken breast Halal
selected varieties
10.39/lb



40% OFF
1.49 per 100 g
Alzahraa chicken bologna Halal
6.76/lb



UP TO 26% OFF
2.79 per 100 g
Irrésistible Artisan black forest ham or montreal style smoked meat
12.66/lb



20% OFF
2.79 per 100 g
Marcangelo mortadella di Italia
12.66/lb



30% OFF
2.79 per 100 g
Selection gluten free smoked turkey breast
12.66/lb



22% OFF
2.79 per 100 g
Mastro genoa salami or porchetta
12.66/lb



28% OFF
2/$5
Harvest Creek smoked chicken sausages Halal
450 g



21% OFF
5.49
Alzahraa sliced chicken breast Halal
200 g, selected varieties

Discover OUR SPECIALTIES



15.99 ea.
authentic Halal shawarma platters (beef, chicken, & mixed)



15.99
Halal tender Lamb Shank with rice



14.99
perfectly grilled salmon served with fluffy rice



12.99
Halal kafta or shish taouk 2 skewers
served with rice or potato and salad



12.99 ea.
Halal chicken pasta, or paella platter



freshly prepared salads (tabouleh, fattouch & greek)
17.61/kg
7.99 /lb



9.99 pack
hot dog, zaatar or mouhamara pie
12 un.

Discover OUR CHEESES



UP TO 38% OFF
4.99
Castello blue, brie or camembert cheese
125 g



UP TO 22% OFF
6.99
Alexis de Portneuf, Sir Laurier or Lady Laurier cheese 150-170 g or Irrésistible Artisan goat cheese 250 g



19% OFF
1.29 per 100 g
Phoenicia regular or half goat labneh
5.85/lb



16% OFF
3.79 per 100 g
Phoenicia fine twisted cheese
17.19/lb



15% OFF
2.79 per 100 g
greek feta cheese
12.66/lb



UP TO 33% OFF
2.99 per 100 g
Irrésistible german emmental cheese or Bella Lodi parmesan cheese
13.56/lb



18% OFF
8.99
Irrésistible parmigiano reggiano 24 months cheese
200 g



29% OFF
3.99 per 100 g
Oka original or Monsieur Gustav St-Paulin cheese
18.10/lb

Discover OUR PASTRY AND BAKERY



Lotus Biscoff cake 8"
in store baked
serves 10-12 people
32.99



14.99 /lb
crispy golden buttery sesame cookies
in store baked
33.04/kg



4.49 ea.
wardet el sham or greek baklave
in store baked



Dempster's breads
675 g
2/$6



2/$6
Dempster's hot dog or hamburger buns
6-8 un.



3.99
Vachon cakes
selected varieties



5.99
Irrésistible frozen cake
500 g

ONT

EVERYDAY ESSENTIALS



12.99 Al'ard thyme 500 g



11.99 Al Doha egyptian rice 5 kg



5.99 Cedar green-eston lentil 1.8 kg



99¢ Cedar iodized table salt 1 kg



3/$5 Alia basil seed drink 290 ml, selected varieties



3.49 Bubly Minis sparking water 6/222 ml



4.99 Coke & Pepsi soft drinks 6/222 ml



2/$8 Cheetos/Doritos chips 200 g



2.49 Oasis Juice 960 ml



3.79 Wasa crackers 250-275 g



4.49 Casablanca traditional butter cookies 454 g



9.99 Lindt chocolate bars 300 g



5.99 Irrésistible coffee capsule 12 un.



6.99 Ahmad Tea earl grey or cardamom tea 100 un.



8.99 Pisti premium pistachio cream 200 g



8.49 Nutella spread 725 g



UP TO 33% OFF **3.99** Cavendish Farms potato 750 g



22% OFF **3.49** Eggo waffle 220-330 g

20% OFF **2.79** Selection hashbrown 1 kg



$1 OFF **7.99** Bourekas puff pastry 600 g, selected varieties



$1 OFF **7.99** Rustica pizza 662 g



7.99 Gigi olives 1 L



2.99 Selection pickle 1 L



2/$5 Gigi tomato puree 680 ml



2.49 Barilla pasta 410 g



8.99 Bragg Organic apple cider vinegar



2.99 Mechaalany turnip 500 ml



5.99 Nandos peri-peri sauce 250 ml, selected varieties



2.29 Unico solid light tuna 198 g



3.49 Selection ketchup 750 ml



3.99 Hellmann's mayonnaise 340 ml



1.79 Selection dishwashing detergent 600-800 ml



12.99 Three Kings charcoal un.

ONT



FALL COMFORTS AND FAVORITES

homestyle goodness in every spoonful, lentil or chicken vermicelli soup
900 ml

6.99 ea.



8.49 /lb

Halal lamb shanks frozen
18.71/kg



3.49 /lb

Halal beef bone marrow
7.69/kg



yellow onions or cello carrots
Canada, 2 lb

2/$3



3.49

white, red and yellow flesh potatoes
Canada, 5 lb



McCormick herbs and spices
7-60 g

3.99



Selection mac and cheese
200 g

99¢



Campbell's broth
900 ml

2.49



Cedar wild flower honey
1 kg

8.99



Tim Hortons hot chocolate
500 g

5.99



5.29

Twinings tea bag
25 un



Cedar breadsticks
120-125 g

3/$5



Le Baron brie cheese
13.56/lb

2.99 per 100 g

ONT

Metro inc. disclaims all liability in connection with or that may arise from the visuals provided by the various product suppliers with respect to the photos, logos, designs and typography used by the various advertisers and product suppliers.