ADONIS

Mediterranean market
محلات أدونيس













































Province of Ontario

FROM THURSDAY, NOVEMBER 5TH TO WEDNESDAY, NOVEMBER 11TH, 2026

EVERYDAY LOW PRICES



2.99/lb — lebanese cucumbers
Canada
6.59/kg



3.99/lb — red vine tomatoes
Canada, Mexico
8.80/kg



10/4.99 — lemons
South Africa



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



99¢ ea. — fresh mint bunch
Canada, Mexico



italian parsley
Canada, Mexico
99¢ ea.



2.49/lb — baladi squash
Mexico, U.S.A.
5.49/kg



3.99 ea. — avocados bag
Mexico, 5 un.



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



curly parsley
Canada, Mexico
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



99¢/lb — flat green cabbage
Canada
4.39/kg



4.99 ea. — kiwi basket
Chile, Italy, Greece, 600 g



up to 33% savings
3/$5 — coriander, green onions or english cucumbers
Canada, U.S.A., Mexico

Fresh FRUITS and VEGETABLES



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



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



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



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



33% savings
1.99/lb — clementines
South Africa
4.39/kg



celery or dill
Canada, U.S.A., Mexico
up to 37% savings
2/$5



broccoli crown or white mushrooms 227 g
Canada
2/$5



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



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



20% savings
3.99 ea. — carrots or beets
Canada, 5 lb



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



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



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

ONT

ENJOY our FRESH meats and top QUALITY specialties

منتجاتنا اللحومية



11.99 /lb

canadian lamb shoulder Halal
26.43/kg



14.99 /lb

leg of lamb cubes Halal
33.03/kg



10.99 /lb

beef eye of round Halal
24.23/kg



20% OFF

11.99 /lb

top sirloin beef steak Halal
26.43/kg



20% OFF

15.99 /lb

milk fed veal liver Halal
35.25/kg



20% OFF

15.99 /lb

milk fed veal cubes Halal
35.25/kg



13.99 /lb

beef short rib steak Halal
30.84/kg



3.49 /lb

chicken legs Halal
7.69/kg



8.99 /lb

marinated shish taouk cubes Halal
19.81/kg



5.99 /lb

marinated chicken wings Halal
13.21/kg



16.99 /lb

marinated leg of lamb cubes Halal
37.44/kg



8.49 /lb

beef soujok sausages Halal
18.71/kg

ONT

TASTE the FRESHNESS of our SEAFOOD PRODUCTS

منتجاتنا البحرية



whole red snapper
24.23/kg

$5/LB OFF
10.99 /lb



$5/LB OFF
9.99 /lb

fresh tilapia fish fillets
22.02/kg



20% OFF
3.99 /lb

fresh mullets
8.80/kg



marinated salmon fillets
24.23/kg

$9/LB OFF
10.99 /lb



$2/LB OFF
8.99 /lb

scallops 80/120
19.82/kg



13% OFF
12.99 /lb

octopus, mussel or squid salad
28.64/kg



$2/LB OFF
6.99 /lb

squid tubes
15.41/kg



$1 OFF
6.99

mussels bag
2 lb



$4/LB OFF
11.99 /lb

octopus defrost/ frozen
26.43/kg



$1 OFF
4.99

Dom Norway smoked salmon
70 g



$2 OFF
10.99

Irrésistible butterfly shrimp 21-25
340 g



$2 OFF
11.99

Irrésistible Bang Bang shrimp
340 g

Our FRESH products — عروض المنتجات الطازجة



23% OFF
16.99

Saputo shredded cheese
1 kg



27% OFF
7.99

The Laughing Cow cheese
400 g



17% OFF
2/$7

Khaas or Dahi plain yogurt
750 g



20% OFF
4.77

Irrésistible greek yogurt
750 g



22% OFF
6.99

Iögo yogurt
16/100 g



Milk 2Go sport milkshake
473 ml

27% OFF
3.49



Beatrice chocolate milk or buttermilk
1 L

UP TO 24% OFF
2.99



Liberté kéfir
1 L

17% OFF
5.99



Earth own's original beverage
1.75-1.89 L

20% OFF
3.99



Selection coffee cream
1 L

13% OFF
3.49



Kiri cream cheese
150 g or
The Laughing Cow cheese dippers
140 g

27% OFF
3.99



Galbani mozzarella
500 g or
Black Diamond cheese sticks
252-336 g

UP TO 28% OFF
6.49



Tre Stelle cream cheese spread
200 g

40% OFF
2/$7



Selection eggs extra-large
12 un.

18% OFF
3.99

ONT

Discover OUR COLD CUTS



31% OFF 1.79 per 100 g
Alzahraa chicken breast Halal
selected varieties
8.12/lb

25% OFF 1.79 per 100 g
Alzahraa hot or mild beef salami Halal
8.12/lb



Schneiders turkey
15.83/lb
UP TO 27% OFF 3.49 per 100 g



San Daniele prosciutto
11.29/lb
41% OFF 2.49 per 100 g



19% OFF 6.49
Marc Angelo cold cuts
85 g



13% OFF 3.49
Breton pâté
150 g, selected varieties



22% OFF 2/$7
Maple Lodge chicken deli Halal
375 g



Alzahraa beef hot dog Halal
450 g
13% OFF 5.99

Discover OUR SPECIALTIES



24.99
Halal authentic freshly grilled flat chicken served with potato or rice and salad of your choice



10.99
Halal fried or grilled chicken drumsticks
6 un. served with small rice or small spicy potatoes



7.99
Halal mousakhan or lamb ouzi sandwich



1.39
assorted crunchy bites, Halal meat sambousik or large kebbeh, cheese and vegetarian
12 un.



12.99
Halal meat or cheese sfiha baalbakiyeh, half moon or cheese pie
12 un.



6.99
ready to enjoy salads (tabouleh, chickpea, greek)



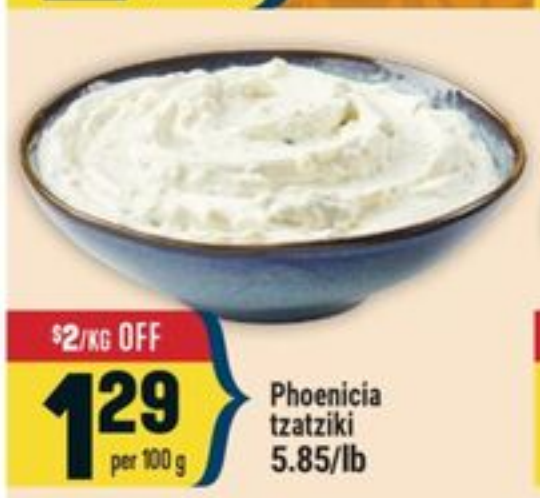
6.29
traditional recipe hummus dips or garlic sauce
400-425 g

Discover OUR CHEESES



UP TO 42% OFF 2.49 per 100 g
Landana masadam, edam or gouda cheese
11.29/lb

22% OFF 2.49 per 100 g
tuma cheese
11.29/lb



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



15% OFF 2.99 per 100 g
Kashkaval balkan cheese
13.56/lb



Saputo caciocavallo cheese
13.56/lb
21% OFF 2.99 per 100 g



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



UP TO 29% OFF 4.99
M.Gustav or Soignon cheese
125-200 g



14% OFF 9.99
Alexis de Portneuf or JuraFlore cheese
200-300 g

Discover OUR PASTRY AND BAKERY



Strawberry mousse cake 8 in.
serves 10-12 people, in store baked
30.99



4.49
assorted cake pieces
in store baked



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



2/$7
Dempster's multigrain, protein or fibre sliced bread
600 g



3.99
Dempster's Signature buns
6-8 un.



1.99
Crispy naan
500 g



19.99
Irrésistible mango mousse cake
850 g

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EVERYDAY ESSENTIALS



11.99 Unico vegetable oil 3 L



2/$5 Cedar semolina 907 g



2.99 Aoun white coarse bulgur 900 g



2/$7 Cedar sliced pickled turnips 1 L



1.99 Jarritos soft drinks 370 ml



7.99 Maison Perrier sparkling water 8/330 ml, selected varieties



4.99 Coke 6/710 ml



2/$8 Lay's potato chips 200 g



2/$3 Elledi poker wafers 150 g



3.49 Grisbi cookies 135 g



4.49 Planters roasted peanuts 454 g



2/7.50 Lindt chocolate bars 100 g



11.99 Starbucks ground coffee or K-cup 340 g, 10ct



8.49 Lipton black or green tea bag 100 un.



3.99 Life Smart instant oatmeal or Selection strawberry jam 320 g, 500 g



4.99 Kellogg's cereals 340 g



UP TO 48% OFF
2/$5 Divya paratha or naan 430 g

UP TO 33% OFF
3.99 McCain french fries masala or chili garlic 550/650 g, see variety in store

20% OFF
7.99 Cedar eggplant 850 g

$2 OFF
14.99 Borek twist Halal spiced ground meat 908 g



3.99 Sielskis dill small gherkins 1 L



3.49 Cedar pickled hot ring pepper 750 ml



3/$5 NutiMilk sweetened condensed cream 380 g



99¢ Aruba jelly 85 g



6.49 Gigi cider 1 L



3.49 Selection beets 750 ml



5.99 Clover Leaf olive oil light tuna 3/80 g



2.79 Selection shredded coconut flakes 200 g



3.99 Frank's Red Hot sauce 354 ml



2.49 Selection dressings 425 ml



5.49 Selection Eco napkins 500 un.



3.49 Selection fibre guard bleach 2.4 L

ONT

HAPPY DIWALI

CELEBRATE WITH FLAVOUR

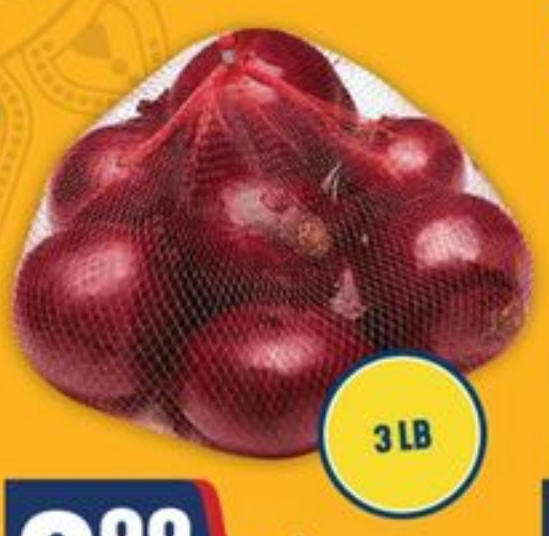


assorted honey pastry, prepared in store
19.82/kg

8.99 /lb



2/$5 spinach bunch
Canada, U.S.A.



3.99 ea. red onions
Canada, U.S.A., 3 lb



3.49 ea. white, yellow or red flesh potatoes
Canada, 5 lb



3.99 ea. cauliflower
Canada, un.



2/$7 Khaas or Dahi plain yogurt
750 g



4.49 Lactantia cream 35%
473 ml



5.49 Selection unsalted or salted butter
454 g



5.99 Brar's cheese
375 g or
Tre Stelle cheese
350 g



13.99 Brar's clarified butter
800 g



13.99 777 Phoenicia rice
4.5 kg



7.99 Casablanca honey
1 kg



1.49 Casablanca coconut milk
400 ml



3.99 Maggi sauce
340 ml



2/$1 Maggi instant masala soup
70 g



2.99 Best juice
1 L, selected varieties



2/$7 Cedar butter cookies
350 g



4.99 Patak's sauce
400 ml



5.99 Shan garlic or ginger garlic paste



2.29 Shan spices
50-100 g



2.99 Camel chili mango sliced marinade
450 g



12.99 Pillsbury flour
9.07 kg



9.99 Al Safa paratha bread Halal
2.4 kg



2/$3 Divya or Surati vegetable
315-340 g



7.99 Apna Taste rasmalai dessert
850 g

ONT

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