ADONIS

Mediterranean market

محلات أدونيس



2 LB

1 LB

UP TO 52% SAVINGS

2.88 ea.

avocados 5 un., limes 1 lb or lemons 2 lb

South Africa, Mexico

5 UN.



45% SAVINGS

2.49 /lb

whole chicken Halal

5.49/kg



seedless oranges or Red Delicious apples

South Africa, Canada

2.16/kg

61% SAVINGS

98¢ /lb

Içim labneh

550 g

44% SAVINGS

4.99



25% SAVINGS

8.88 ea.

6-8 UN.

sharoni persimmon

Spain, 6-8 un.



beef rib eye steak Halal

35.25/kg

36% SAVINGS

15.99 /lb

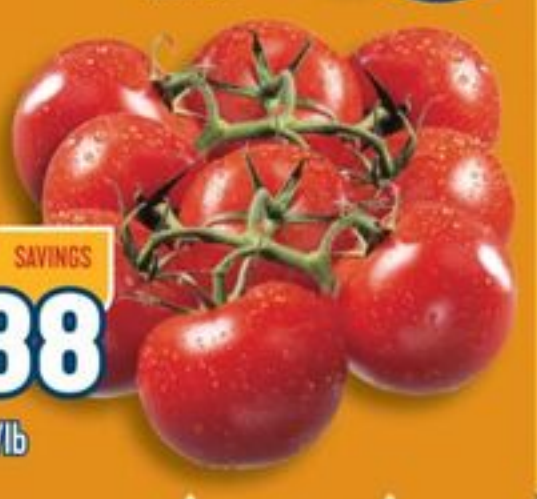


46% SAVINGS

2/$3

Zabiha Halal lean ground chicken

454 g, frozen



red vine tomatoes

Canada, Mexico

4.14/kg

62% SAVINGS

1.88 /lb



27% SAVINGS

7.99 /lb

beef cubes Halal

17.61/kg



29% SAVINGS

11.99 /lb

Canadian leg of lamb Halal

26.43/kg



eggplants

U.S.A., Mexico

3.26/kg

50% SAVINGS

1.48 /lb



31% SAVINGS

8.99 /lb

fresh Seabass

19.82/kg



Irrésistible wild argentinian shrimp 20-40 or 21-25

300 g

40% SAVINGS

5.99



50% SAVINGS

1.48 /lb

green zucchini

U.S.A., Mexico

3.26/kg



19.99 ea.

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



39% SAVINGS

13.99

Saputo 15%- 20% Mozzarellissima cheese

1 kg



33% SAVINGS

5.99

Cedar almonds

454 g



30% SAVINGS

6.99

Alfa spanakopita or tyropita

1 kg



50% SAVINGS

5.99

Cashmere bathroom tissue 12 un., Scotties facial tissue 6 un. or Sponge Towels paper towels 3 un.



19% SAVINGS

1.99 per 100 g

baladi cheese in brine

9.03/lb



Cedar sunflower oil

3 L

3 L

39% SAVINGS

7.99



Al Shifa honey

500 g

36% SAVINGS

6.99



Maggi chicken broth cube

504 g

33% SAVINGS

3.99



38% SAVINGS

2.99

Indomie noodles

5/75-85 g, selected varieties

Epi d'Or pasta

500 g



Best juice bottles

250 ml



Cedar tuna

170 g



UP TO 60% SAVINGS

99¢

Cedar corn

341 ml

Unico tomato paste

156 ml



Phoenicia sardines

120 g



Cedar mushrooms

284 ml



Selection wafer

200 g



Province of Ontario

FROM THURSDAY, NOVEMBER 12TH TO WEDNESDAY, NOVEMBER 18TH, 2026

EVERYDAY LOW PRICES



2.99 /lb — lebanese cucumbers
Canada
6.59/kg



1.88 /lb — red vine tomatoes
Canada, Mexico
4.14/kg



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



3.99 /lb — clementines steam leaf
Spain
8.80/kg



99¢ ea. — fresh mint bunch
Canada



italian parsley
Mexico, U.S.A., Canada
99¢ ea.



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



2.88 ea. — avocados bag
Mexico, 5 un.



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



curly parsley
Mexico, U.S.A., Canada
99¢ ea.



eggplants
U.S.A., Mexico
3.26/kg
1.48 /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



3.99 ea. — Attitude salads
Canada, 142 g, selected varieties



up to 33% savings
3/$5 — green onions, english cucumbers or coriander
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



25% savings
2.99 /lb — green sweet peppers
U.S.A., Mexico
6.59/kg



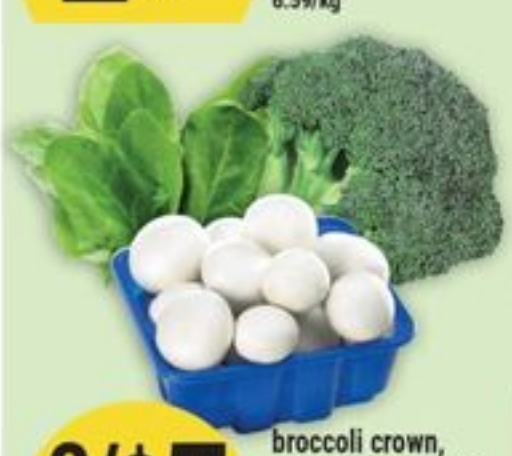
20% savings
1.99 /lb — sweet potatoes
U.S.A.
4.39/kg



20% savings
7.99 /lb — medjool dates
Mexico
17.61/kg



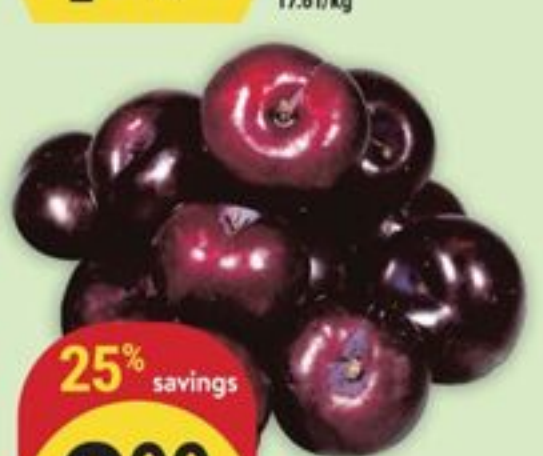
44% savings
3/$5 — red mangoes
Brazil



2/$5 — broccoli crown, spinach bunch or white mushrooms 227 g
Canada, U.S.A., Mexico



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



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



33% savings
1.99 /lb — Bartlett pears
U.S.A.
4.39/kg



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



yellow onions
Canada, 10 lb
29% savings
4.99 ea.



2/$5 — red pomegranates
Egypt



20% savings
3.99 ea. — raspberries, blackberries or blueberries
Mexico, Peru, Argentina, 170 g

ONT

ENJOY our FRESH meats and top QUALITY specialties

منتجاتنا اللحومية



6.99 /lb

Halal medium ground beef
15.41/kg



8.99 /lb

beef kafta Halal
19.81/kg



7.99 /lb

boneless crossrib roast beef Halal
17.61/kg



24.99 /lb

rack of lamb loin Halal
55.08/kg



16.99 /lb

grain fed veal cutlets
Halal
37.44/kg



15.99 /lb

grain fed veal loin chops
Halal
35.25/kg



7.99 /lb

boneless chicken thighs Halal
17.61/kg



5.49 /lb

chicken wings Halal
12.10/kg



8.99 /lb

souvlaki chicken thighs Halal
19.81/kg



5.49 /lb

kafta ground chicken Halal
12.10/kg



12.99 /lb

beef shawarma Halal
28.64/kg



8.49 /lb

merguez beef sausages
Halal
18.71/kg

TASTE the FRESHNESS of our SEAFOOD PRODUCTS

منتجاتنا البحرية



FREE CLEANING

$2/LB OFF

8.99 /lb

rainbow trouts
19.82/kg



$2/LB OFF

10.99 /lb

sole fillets
24.23/kg



FREE CLEANING

$1/LB OFF

6.99 /lb

fresh sardines
15.41/kg



fresh Atlantic salmon fillet
35.25/kg

15.99 /lb



pasta clam
17.61/kg

$1/LB OFF

7.99 /lb



smoked herring fillets
28.64/kg

$2/LB OFF

12.99 /lb



scallops
66.11/kg

$6/LB OFF

29.99 /lb



marinated
white shrimp 21-25
24.23/kg

$2/LB OFF

10.99 /lb



$1 OFF

3.99

Blue Tide
imitation
crab meat
454 g



$2 OFF

7.99

Ferma
sliced whiting
750 g



$2 OFF

7.99

Irrésistible
shrimp
284 g



$2 OFF

7.99

Irrésistible
salt & pepper
crispy calamari
340 g

Our FRESH products — عروض المنتجات الطازجة



Selection
butter
454 g or
Selection
shredded
cheese
320 g

15% OFF

5.49



Phoenicia
yogurt
750 g

34% OFF

2/$5



18% OFF

6.49

Danone Oîkos yogurt
650-750 g

UP TO 26% OFF

6.99

Danone Activia yogurt
12/95-100 g



Milk 2Go
milk
325 ml

33% OFF

1.99

Phoenicia
milk
beverage
500 ml

34% OFF

2/$5



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

15% OFF

4.49

Silk
protein soy
beverage or
International
Delight
coffee
creamer
946 ml-1,42 L

UP TO 19% OFF

6.49



25% OFF

2.99

Selection
cream
cheese brick
250 g



17% OFF

2.49

Selection
sour cream
500 ml



Babybel mini
cheese or
Alexis de
Portneuf
goat cheese
100-140 g

UP TO 25% OFF

4.49

Selection sliced cheese
210-230 g



Puck
triangle
cheese
120 g

25% OFF

2.99



Saputo
feta cheese
1 kg

26% OFF

17.99

ONT

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



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



Solmaz sliced pepperoni
200 g
17% OFF
4.99



12% OFF
7.49
Maple Leaf natural selections cold cuts
175 g



20% OFF
5.99
Solmaz turkey or chicken breast Halal
175 g

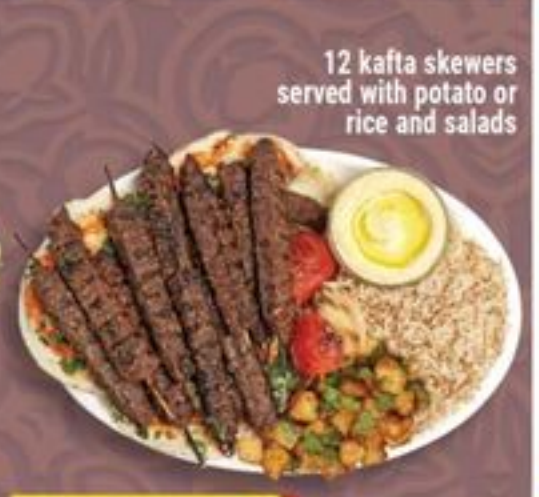


28% OFF
6.49
Alzahraa spicy or mild salami Halal
400 g

Discover OUR SPECIALTIES



mixed Tender BBQ
16 mixed skewers
64.99



12 kafta skewers served with potato or rice and salads
54.99



15.99 Halal tender lamb shank with rice



14.99 ea. grilled salmon served with fluffy rice



12.99 ea. Halal chicken pasta or paella medium platter



10.99 ea. Golden spinach pie 12 un., mix vegetarian or mixed bites 8 un.



7.99 /lb Freshly prepared salads (tabouleh, fattouch)
17.63/kg



6 VARIETIES
4.29 ea. Adonis Authentic hummus tahineh
250 g, assorted flavors

Discover OUR CHEESES



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



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



19% OFF
1.29 per 100 g
Delphi tzatziki
5.85/lb



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



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



UP TO 22% OFF
6.99
Saputo mozzarella fresca
250 g or
Boursin cheese
150 g



14% OFF
5.99
Saputo sliced cheese
160-200 g
selected varieties



22% OFF
6.99
Irresistible Artisan goat cheese
250 g or
President brie or camembert
230 g

Discover OUR PASTRY AND BAKERY



white or black forest fruit cake
serves 10-12 people, in store baked
32.99



6.99 ea. Adonis assorted trompe l'oeil
in store baked



17.49 /lb Adonis Middle Eastern speciality assorted baklava
38.55/kg



Dempster's white sliced bread 675 g, original hot dog or hamburger buns 6-8 un. or 7" tortilla
UP TO 33% OFF
2/$6





Dimpflmeier pumpernickle sliced bread
454 g
21% OFF
2.99



Chudleigh's
2 un. - 228 g
selected varieties
20% OFF
3.99

ON1

EVERYDAY ESSENTIALS



11.99 Al'ard thyme blend spice 500 g



8.99 Cedar wild flower honey 1 kg



4.99 Cedar vine leaves



3/$5 Cedar friabili sesame breadsticks 125 g



Del Monte nectar 960 ml

1.99



Coke soft drinks 6/710 ml

4.99



7.99 Bubly soft drinks 6/355 ml



Tostitos or Miss Vickies chips 295 g, selected varieties

2/$8



Nutella biscuits 276 g

6.99



4.49 Loacker wafers 200 g



3/$5 Happy Swing cocoa roll wafers 150 g



3.99 Ritter Sport chocolate bars 100 g



Nescafé rich colombian instant coffee 100 g

7.99



4.49 Taylor's tea 50 g, selected varieties



Menz & Gasser jam 250 ml

4.99



4.49 Made Good organic granola bars 120 g



UP TO 44% OFF **2/$5** Cedar frozen vegetables 750 g, selected varieties



20% OFF **3.99** Irrésistible gusto italiano thin crust pizzas 390 g



Cavendish french fries 540-750 g

25% OFF **4.49**

21% OFF **7.49** McCain pizza pocket 500 g



$1 OFF **12.99** Selection frozen fruits 2 kg, selected varieties



Irini kalamata or giant green olives 1 L

7.99



Quick lemon squeezed lemon juice 750 ml

6.99



Vegeta seasoning 500 g

5.99



Mechaalany turnips 500 ml

3.49



Gloria baby dill pickles 750 ml

4.49



Al Gota tomato paste 1300 g

5.99



Cedar italian strained tomatoes 690 ml

2/$5



2/$5 Unico tomatoes 796 ml



Portugallo hot or garlic sauce 355 ml

5.49



Adonis dressings 480 ml

5.49



Cedar mayonnaise 475 ml

3.99



11.99 Three Kings charcoal

ONT

Life Smart Mieux-être | Irrésistible | Selection

SMART CHOICES GREAT SAVINGS



Selection roasted peanuts
700 g
4.99

MORNINGS MADE EASY



Selection sliced bread or buns
675 g, 8 un.
1.99



4.99 **Selection croissants**
500 g



2.99 **Selection hashbrowns**
1 kg



3.99 **Selection jam**
500 ml



4.29 **Life Smart peanut butter**
750 g



2/$4 **Selection waffles**
280-320 g

EVERYDAY ESSENTIALS



15% OFF
5.49 **Selection mozzarella cheese**
320 g



11% OFF
7.99 **Life Smart Naturalia egg white**
1 kg



13% OFF
12.99 **Irrésistible cheese platter**
400 g



20% OFF
7.99 **Irrésistible lasagna**
1.13 kg, frozen



1.99 **Selection breadcrumb**
425 g



2.99 **Selection pickles**
1 L



2.99 **Life Smart organic vinegar**
500 ml



3.49 **Selection pasta sauce**
650 ml

FAVORITE TREATS



Selection cheesecake or Irrésistible custard tarts
510 g, 450 g
5.99



Selection rippled hot BBQ chips
200 g
1.49



Selection soft drinks
2 L
1.49



7.99 **Irrésistible mini éclairs or profiteroles**
400-455 g



6.99 **Irrésistible chocolate bars**
300 g



2.49 **Irrésistible swiss pastry**
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.