ADONIS

Mediterranean market
محلات أدونيس

BLACK FRIDAY DEALS!

lemons 2 lb, limes 1 lb or avocados 5 un.
U.S.A., Mexico
5 UN.
1 LB
2 LB
UP TO 52% SAVINGS
2.88 ea.

41% SAVINGS
4.99 /lb
boneless skinless chicken breast Halal
11.00/kg

clementines steam leaf
Spain
6.35/kg
SEEDLESS
59% SAVINGS
2.88 /lb

beef inside round steak Halal
17.61/kg
33% SAVINGS
7.99 /lb

20% SAVINGS
5.99 /lb
Halal medium ground beef
13.21/kg

5-8 UN.
26% SAVINGS
8.88 ea.
persimmon vanilla
Spain

canadian leg of lamb Halal
28.64/kg
24% SAVINGS
12.99 /lb

6 VARIETIES
Zabiha Halal
CHICKEN BURGERS
800 g
Zabiha Halal
CHICKEN STRIPS
800 g
33% SAVINGS
7.99
Zabiha Halal breaded chicken
700-800 g, frozen, selected varieties

Iceberg lettuce
U.S.A., Mexico
50% SAVINGS
1.98 ea.

Atlantic salmon steak fresh
19.82/kg
$6/LB SAVINGS
8.99 /lb

FREE CLEANING SERVICE
33% SAVINGS
7.99 /lb
royal sea bream
17.61/kg

5 LB
YELLOW FLESH
POMMES de TERRE
5 lb 2.27 kg CANADA No. 1
50% SAVINGS
1.98 ea.
yellow flesh potatoes
Canada

5 VARIETIES
ADONIS HUMMUS
ADONIS DIPPING SAUCE TREMPETTE
2.99
Authentic assorted hummus tahini flavour 250 g and spinach dip 230 g

Cedar halloom cheese or The Laughing Cow cheese
400 g
UP TO 39% SAVINGS
6.99
CEDAR Halloom
The Laughing Cow / La Vache qui rit
24 ORIGINAL

peppers assorted colours, 2.5 lb
Canada
2.5 LB
34% SAVINGS
3.98 ea.

Irrésistible walnuts halves & pieces
750 g
$7 SAVINGS
9.98 ea.

Saputo shredded cheese
1 kg
1 KG
39% SAVINGS
13.99

39% SAVINGS
1.79 per 100 g
bulgarian feta cheese
8.12/lb

RIO mare Solid Light Tuna in Water / Thon pâle entier dans l'eau
RIO mare Solid Light Tuna in Olive Oil / Thon pâle entier dans l'huile d'olive
4.99
Rio Mare tuna
3/80 g

UP TO 50% OFF

Al'ard green olives 907 g or Mama Rosa 3 L
3 L
11.99

CEDAR Chopped Spinach / Épinards hachés
CEDAR Green Peas / Pois verts
Cedar frozen vegetables
750 g
2/$4

Yergat vine leaves 454 g or Aldoha premium rice 5 kg
5 KG
8.99

BEST GOYAVE Nectar de Goyave
Redpath SUCRE GRANULÉ
Redpath sugar
2 kg
2/$5

Lindt EXCELLENCE 85% CACAO INTENSE DARK NOIR INTENSE
Lindt Excellence chocolate bar
100 g
4.99

Halley 10 pièces
2.99
Best juice 1 L or Ulker Halley 300 g

Province of Ontario

FROM THURSDAY, NOVEMBER 26TH TO WEDNESDAY, DECEMBER 2ND, 2026

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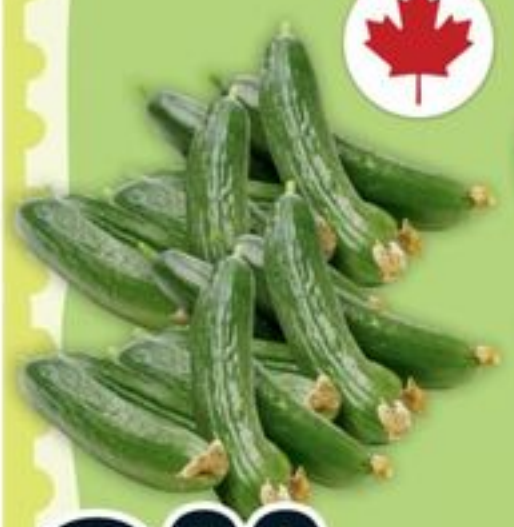
EVERYDAY LOW PRICES



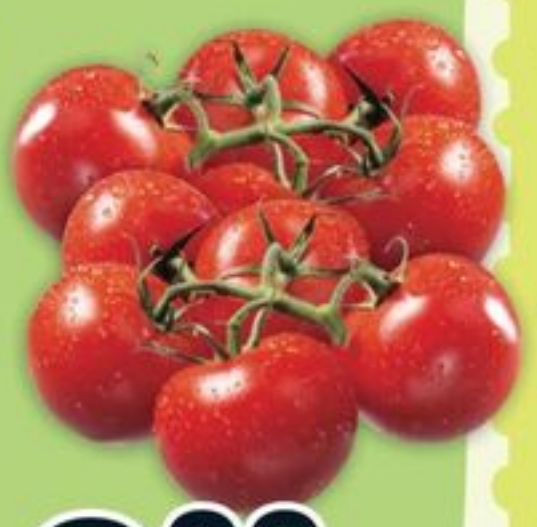
10/4.99 lemons
South Africa



2.88 /lb clementines steam leaf
Spain
6.35/kg



2.99 /lb lebanese cucumbers
Canada
6.59/kg



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



99¢ ea. fresh mint bunch, curly or italian parsley
Canada, Mexico, U.S.A.



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



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



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

2.49 /lb



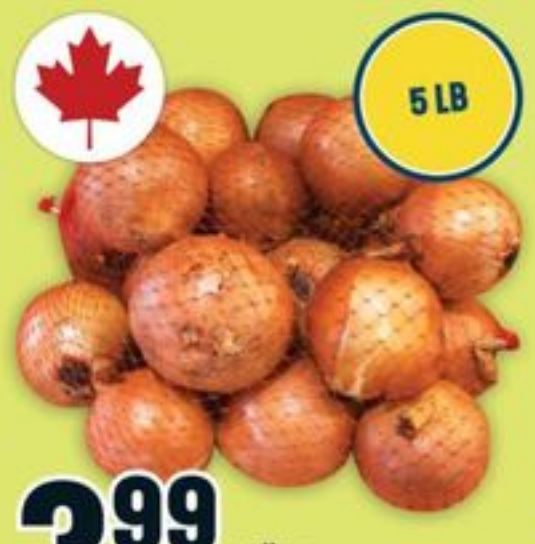
2.88 ea. avocados bag
Mexico, 5 un.



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, Italy, Greece, 600 g

FRESH FRUITS AND VEGETABLES



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



20% SAVINGS
7.99 /lb medjool dates
Mexico
17.61/kg



20% SAVINGS
3.99 ea. blackberries, raspberries or blueberries
Mexico, Argentina, Peru



50% SAVINGS
2/$5 red pomegranates
Egypt



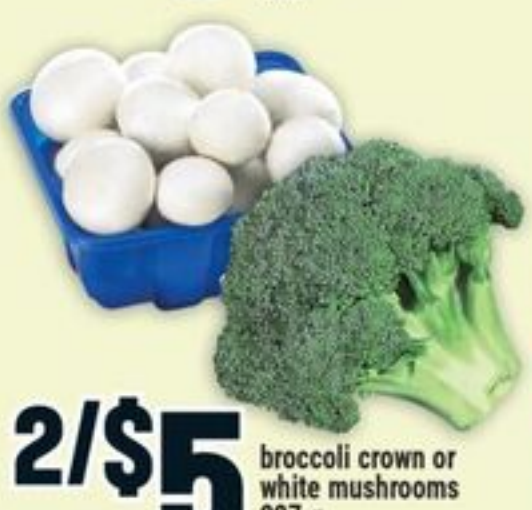
UP TO 33% SAVINGS
3/$5 green onions, english cucumbers or coriander
Canada, U.S.A., Mexico



44% SAVINGS
3/$5 red mangoes
Brazil



UP TO 37% SAVINGS
2/$5 dill or spinach bunch
U.S.A., Mexico



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



25% SAVINGS
2.99 /lb black plums
Spain, Italy
6.59/kg



20% SAVINGS
3.99 /lb red, green or black seedless grapes
Peru
8.80/kg



20% SAVINGS
3.99 ea. carrots, beets or red onions
Canada, 3-5 lb



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



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



UP TO 33% SAVINGS
1.99 /lb Royal Gala, granny smith or red delicious apples
Canada, U.S.A.
4.39/kg

ONT

FRESH MEAT SPECIALS

FRESHLY PREPARED BY YOUR BUTCHER



28% SAVINGS

17.99 /lb

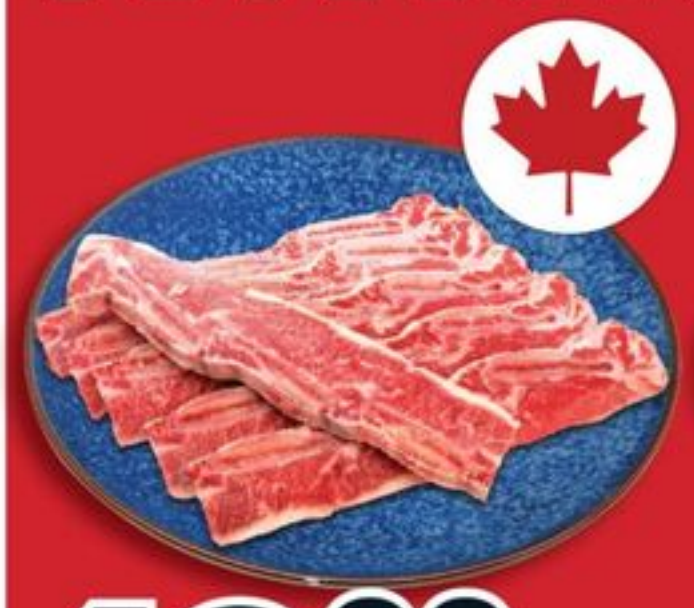
beef rib eye steak Halal
39.65/kg



20% SAVINGS

11.99 /lb

top sirloin beef steak Halal
26.43/kg



13.99 /lb

beef short rib steak Halal
30.84/kg



18.99 /lb

milk fed veal cubes Halal
41.85/kg



11.99 /lb

beef cutlets Halal
26.43/kg



3.99 /lb

whole chicken Halal
8.80/kg



8.99 /lb

marinated shish taouk cubes Halal
19.81/kg



5.99 /lb

marinated chicken wings Halal
13.21/kg



12.99 /lb

marinated lamb shoulder chops Halal
28.64/kg



12.99 /lb

beef shawarma Halal
28.64/kg



8.49 /lb

beef soujok sausages Halal
18.71/kg

OUR FROZEN SELECTION



Irrésistible battered mozzarella cheese sticks with marinara sauce
375 g, frozen

14% SAVINGS

5.99



Irrésistible jalapeño poppers stuffed with cream cheese
400 g, frozen

19% SAVINGS

6.49



Irrésistible battered mozzarella and jalapeño cheese sticks
325 g, frozen

14% SAVINGS

5.99



Zabiha Halal chicken fries
800 g, frozen

17% SAVINGS

9.99



13.99

Zabiha Halal beef burgers
678 g, frozen



Zabiha Halal Buffalo style popcorn chicken
800 g, frozen

23% SAVINGS

9.99

ONT

FRESH FROM FISH AND SEA



$4/LB SAVINGS
11.99 /lb
whole red snapper
26.43/kg



6% SAVINGS
7.49 /lb
fresh sardines
16.51/kg



EVERYDAY LOW PRICES
15.99 /lb
fresh Atlantic salmon fillets
natural or marinated
35.25/kg



$5/LB SAVINGS
12.99 /lb
tuna steaks defrost, frozen
28.64/kg



$2/LB SAVINGS
4.99 /lb
Basa fillets defrost, frozen
11.00/kg

FREE CLEANING SERVICE



1% SAVINGS
6.49 /lb
pompano thawed or frozen
14.31/kg



$2/LB SAVINGS
6.99 /lb
squid tube
15.41/kg



Blue Tide mix seafood
350 g
$1 SAVINGS
6.99



Dom Norway smoked salmon
70 g
$1 SAVINGS
4.99



Irresistible raw shrimp 31-40
340 g
18% SAVINGS
$9



Ocean Jewel whole frozen cleaned seabass
640 g
$2 SAVINGS
12.99

OUR FRESH PRODUCTS



UP TO 30% SAVINGS
6.49
Lactantia salted or unsalted butter
454 g or
Cracker Barrel cheese block
400 g

Lactantia PurFiltre milk
2 L
selected varieties
UP TO 15% SAVINGS
5.49



Astro yogurt
650-750 g
13% SAVINGS
2/$7



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



22% SAVINGS
6.99
lögo yogurt
16/100 g



UP TO 25% SAVINGS
3.99
Danone Oikos yogurt
4/95 g



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



Earth's Own beverage
1.75-1.89 L
20% SAVINGS
3.99



Selection 10% coffee cream
1 L
13% SAVINGS
3.49



Milk 2Go milk
310 ml
33% SAVINGS
3/$5



Philadelphia cream cheese spread
340 g
13% SAVINGS
6.99



Beatrice sour cream
500 ml
39% SAVINGS
2.99



Kiri cream cheese
150 g or
The Laughing Cow cheese dippers
140 g
27% SAVINGS
3.99



Life Smart Naturalia egg white
1 kg
11% SAVINGS
7.99

ONT

DISCOVER OUR SELECTION OF COLD CUTS



20% SAVINGS
2.79 per 100 g
Solmaz turkey breast Halal
selected varieties
12.66/lb



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



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



41% SAVINGS
2.99 per 100 g
Marc Angelo prosciutto cotto
13.56/lb



19% SAVINGS
6.49
Marc Angelo cold cuts
85 g



Solmaz hot or mild beef salami Halal
200 g
20% SAVINGS
5.99



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



13% SAVINGS
3.49
Breton pâté
150 g, selected varieties

DISCOVER OUR SELECTION OF CHEESES



UP TO 38% SAVINGS
4.99

Castello blue, brie or camembert cheese
125 g



UP TO 23% SAVINGS
4.99
Alexis de Portneuf camembert or brie, Saputo cheese petals or Woolwich goat cheese
113-125 g



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



15% SAVINGS
2.99 per 100 g
kashkaval Balkan cheese
13.57/lb



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



25% SAVINGS
2.99 per 100 g
Irrésistible german emmental cheese
13.57/lb

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





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

ONT

OUR SELECTION OF FRESHLY PREPARED DISHES

ADONIS AUTHENTIC RECIPE



24.99

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



5.99 ea.

freshly made falafel sandwich
un.



12.99 ea.

kafta (2 skewer, pot,rice,sal)
1 un.



12.99 ea.

creamy pasta with chicken
un.



14.99 ea.

grilled salmon served with rice
un.



7.99 ea.

ready to enjoy salads (beets, chickpeas, greek, mixed beans)
350-550 g



9.99 12 un.

Halal baked hot dog, zaatar or mouhamar pie
12 un.



4/$5

assorted small bites (Halal, meat or cheese sambousik, medium meat or vegetarian kebbeh, assorted samosa)
12 un.

OUR SELECTION OF PASTRY AND BAKERY



29.99

Ferrero Rocher cake 8"
serves 10-12 people, in store baked



25.99

black & white cake 7"
6-8 people, in store baked



4.49 ea.

triangle greek baklava or wardet el sham



9.99 /lb

osmaliyeh kashta
prepared in store
22.02/kg



2/$7

Adonis pita chips
225 g



Dempster's sliced bread 675 g, bagel 450 g or muffin 6 un.

2/$6



4.99

Crispy Cake Rusk original
550 g

ONT

SAVE ON ESSENTIALS

Cedar white vinegar
4 L
2.99

3.49
Cedar couscous dish
907 g

2.99
Aoun white coarse bulgur
900 g

99¢
Cedar iodized table salt
1 kg

Nutella biscuits
276 g
6.99

4.49
Loacker wafer
200 g

3.99
McVitie's digestive cookies
400 g

3.49
Cedar butter cookies
350 g

Nandos peri-peri sauce
250 ml, selected varieties
5.99

St-Dalfour spread
225 ml, selected varieties
4.99

Dececco pasta
454 g
2/$5

Selection pasta sauce
650 ml
2.99

Mechaalany turnips
500 ml
3.49

Irrésistible breadcrumb
227 g
2.49

Selection olive
398 ml
2/$5

Selection beets
750 ml
3.49

Irrésistible herbal tea
20 un.
2.99

Maatouk ground coffee
200-250 g
5.49

Campbell's broth
900 ml
2.49

Adonis dressing
480 ml
5.99

OUR BEVERAGES

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

Selection soft drink bottle
2 L
1.49

Hellmann's mayonnaise
890 ml
6.99

Sunchips or Ruffles chips
205 g
2/8.50

Pepsi soft drinks
12/355 ml
8.49

Allen's juice
1 L
1.79

2/$5
Selection parchment paper or aluminum foil
10 m

5.49
Selection paper towel
6 un.

OUR FROZEN PRODUCTS

Kellog's frozen waffle
280-330 g
3.99

Cavendish Farms potatoes
1.2 kg
5.99

Elzymi
600 g, selected varieties
5.99

Sicilian ice cream
1.65 L, selected varieties
6.99

Selection French Fries
2 kg
4.99

ONT

CHRISTMAS DELIGHTS



Bauducco panettone 680 g **8.99**



1.29 Selection Christmas cane 120 g



5.99 Gigi Torrone nougat with almonds 175 g



7.99 Gigi Nocciolato 200 g



Festa Classico box panettone 908 g **10.99**



Irrésistible sponge toffee 200 g **3.99**



Irrésistible candy 350 g **4.99**



Novi chocolate bags 150 g **6.99**



Classic, chocolate or roasted figs 250 g **6.99**



8.99 Irrésistible fruit cake 450 g



9.99 Irrésistible chocolate 330 g



9.99 Irrésistible shortbread cookies 500 g



13.99 Irrésistible gingerbread 1 kg

SWEET TREATS TO SHARE



5.99 Ferrero Kinder Surprise 100 g



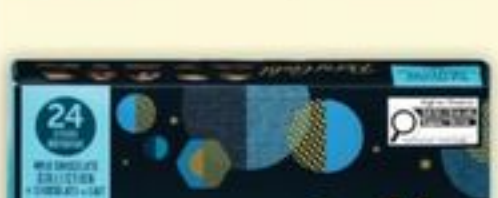
8.99 Ferrero collection chocolate box 118 g



Ferrero Kinder Plush 116 g **12.99**



12.99 Ferrero chocolate box 375 g



6.99 Pot of Gold chocolate 244 g



6.99 Nestlé After Eight chocolate 200 g



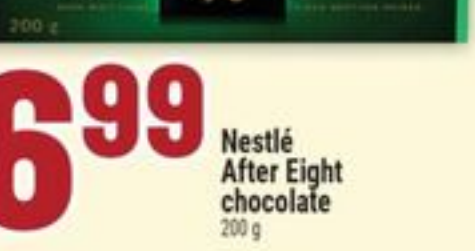
Nestlé Turtles chocolate box 300 g **11.99**



17.99 Nestlé Quality Street chocolate 650 g



2.99 Toffifee chocolate bites 123 g



3.99 Ritter Sport chocolate bars 100 g, selected varieties



4.99 Walkers cookie 150 g



12.99 Cadbury chocolate box 353 g



Lindt Swiss chocolate bar 100 g **3.99**



Lindt chocolate 150 g **8.99**



9.99 Lindt Swiss chocolate bar 300 g



11.99 Lindt chocolate box 156 g

ONT