



ADONIS

Mediterranean market



50% SAVINGS
2.44
ea.

blueberries
Peru, U.S.A.,
Mexico, 170 g
reg. 5.99



50% SAVINGS
2.99
ea.

5-6 UN.

avocados
Mexico, 5-6 un.
reg. 5.99



55% SAVINGS
1.77
/lb

vine
tomatoes
Canada, Mexico
3.90/kg
reg. 3.99/lb -
8.80/kg



UP TO
40% SAVINGS
3/\$5
or 1.66
each

english cucumbers,
Nantes carrots 454 g
& broccoli crowns
reg. from 1.99 to 2.99



MORE THAN
40% SAVINGS
5.77
/lb

LEAN

lean ground beef
economic pack
12.72/kg
reg. 9.79/lb - 21.58/kg



MORE THAN
30% SAVINGS
5.99
/lb

boneless
chicken thigh
economic pack
13.21kg
reg. 8.99/lb - 19.82/kg



\$5/LB SAVINGS
8.99
/lb

Coho salmon
fillets defrost
or frozen
19.82/kg
reg. 13.99/lb -
30.84/kg



\$2/LB SAVINGS
8.99
/lb

ADONIS
AUTHENTIC
RECIPE

lamb and beef
merguez sausages
19.82/kg
reg. 10.99/lb - 24.23/kg



2nd
FREE

Stromboli pizza
346-422 g, selected varieties
reg. 6.99

2nd
FREE



L'Epi D'Or pasta
250-500 g, selected varieties
reg. 1.99



50% SAVINGS
2.99

Kiri cream
cheese
144-150 g
reg. 5.99



\$8 SAVINGS
14.99

2 LB

Blue Tide raw
shrimp 26-30
easy peel
907 g
reg. 22.99



MORE THAN
45% SAVINGS
9.99

St-Hubert
pork back
rib or frozen
chicken wings
frozen, 575-625 g,
selected varieties
reg. from 16.99
to 18.99



MORE THAN
25% SAVINGS
4.99

Adonis
classic
hummus
425 g
reg. 6.79



MORE THAN
35% SAVINGS
4.88

WOW!

UP TO
9
VARIETIES

Marc Angelo
cold cuts
85 g, selected varieties
reg. 7.99



40% SAVINGS
8.99

1L

Salud
extra
virgin olive oil
1 L
reg. 14.99



UP TO
44% SAVINGS
3.47

Oikos or
Liberté
greek yogurt
4/95-100-500 g,
selected varieties
reg. from 5.39 to 6.19



35% SAVINGS
5.97

Cracker
Barrel
cheese
block
400 g
reg. 9.29



\$8/KG SAVINGS
1.99
per 100 g

baladi
in brine cheese
9.03/lb
reg. 2.79 per 100 g - 12.66/lb

SMALL PRICES



MORE THAN
45% SAVINGS
1.25

Cedar tuna in oil or
legumes
170 g, 540 ml
reg. from 2.29 to 2.59



MORE THAN
30% SAVINGS
99¢

Unico
tomato paste
156 ml, selected
varieties
reg. 1.49



MORE THAN
30% SAVINGS
99¢

harissa
spicy sauce
70 g
reg. 1.49



UP TO
50% SAVINGS
4.99

St-Dalfour or
Mechaalany
spread
225 ml, 800 g,
selected varieties
reg. from 7.99 to 9.99



MORE THAN
40% SAVINGS
7.99

Alkanater
tahineh or halawa
900-907 g
reg. from 11.99 to 13.99



30% SAVINGS
8.99

4 KG

Cedar rice
4 kg
reg. 12.99



UP TO
\$10 SAVINGS
18.99

Moretti or Peroni beer
12/330 ml, selected varieties, deposit
reg. from 26.99 to 28.99

FROM THURSDAY, OCTOBER 22ND TO WEDNESDAY, OCTOBER 28TH, 2026