



ADONIS

Mediterranean market

The Laughing Cow
La Vache qui rit

MADE IN
FAIT AU
CANADA

MADE WITH
REAL CHEESE
WITH NO ARTIFICIAL
FLAVORS OR PRESERVATIVES
Produit avec du véritable
fromage suisse à pâte pressée
cuite à l'eau

24 ORIGINAL

the laughing cow
regular or light cheese
400 g
reg. 10.59

46% SAVINGS
5.77

marinated chicken breasts

see variety in store

13.21/kg

reg. 10.99/lb - 24.23/kg

UP TO
48% SAVINGS
5.99
/lb

coho salmon fillets
frozen or defrost

22.02/kg

reg. 13.99/lb - 30.84/kg

29% SAVINGS
9.99
/lb

Marina Del Rey wild caught
Argentinian shrimps

20/30 or 20/40, 300 g

reg. from 10.99 to 13.99

UP TO
6\$ SAVINGS
7.99



Oka or
Saint-Paulin
cheese

11.29/lb

reg. from 4.99/100 g - 22.63/lb
to 5.59/100 g - 25.36/lb

UP TO
55% SAVINGS
2.49
/100 g



41% SAVINGS
4.99
/lb

lean ground grain-fed veal

11.00/kg

reg. 8.49/lb - 18.72/kg

green, red or black seedless grapes

South Africa

6.11/kg

reg. 5.99/lb - 13.21/kg

53% SAVINGS
2.77
/lb



62% SAVINGS
1.88
ea.

blackberries

U.S.A. and Mexico, 150-170 g

reg. 4.99

White
mushrooms

Canada, 227 g

reg. 2.99

49% SAVINGS
1.50
ea.



red, yellow, orange
or green peppers

Mexico, U.S.A and Honduras

6.11/kg

reg. from 3.99/lb - 8.80/kg
to 5.49/lb - 12.10/kg

49% SAVINGS
2.77
/lb



RAMADAN'S BEST PRICES

رمضان كريم

Cedar
extra virgin
olive oil
2.8 L
reg. 32.99

9\$ SAVINGS
23.99



Cedar halloom cheese
400 g
reg. 10.99



29% SAVINGS
7.77

Cedar plain
yogurt
Halal
650 g,
assorted choice
reg. 3.69

47% SAVINGS
1.97



Yergat vine
leaves
454 g
reg. 15.99

44% SAVINGS
8.99



Daia branched dates
1 kg
reg. 10.99
Castle Farms
sukkari ruttab date
850 g
reg. 12.99

UP TO
5\$ SAVINGS
7.99



Cedar legumes
540 ml,
assorted choice
reg. from 2.29 to 2.59

52% SAVINGS
4/5\$
or 1.25\$
per unit



39% SAVINGS
2/4\$
or 2\$
per unit

Molisana
pasta
or Unico
tomatoes
450 g, 796 ml,
assorted choice
reg. 3.29



41% SAVINGS
7.99

Maatouk coffee
450 g
reg. 13.49



45% SAVINGS
8.77

Mazola corn
or canola oil
2.84 L
reg. 15.99

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