



ADONIS

Mediterranean market



3 days ONLY
Thursday • Friday • Saturday

Flamingo frozen young turkey
Cat. A 5.7 kg
3.86/kg
reg. 3.99/lb - 8.80/kg



fresh cranberries
Québec, 340 g
reg. 3.99

64% SAVINGS
1.45



fresh lamb shoulder Halal
17.53/kg
reg. 12.99/lb - 28.64/kg

MORE THAN 35% SAVINGS
7.95



Irrésistible cooked or raw shrimps 31-40
340 g
reg. 5.99

\$2 SAVINGS
7.95



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

MORE THAN 40% SAVINGS
5.75



back attached chicken legs
economic pack
4.96/kg
reg. 4.99/lb - 11.00/kg

MORE THAN 50% SAVINGS
2.25



coho salmon fillets
defrost or frozen
19.73/kg
reg. 13.99/lb - 30.84/kg

\$5/LB SAVINGS
8.95



marinated lamb chops
24.14/kg
reg. 15.99/lb - 35.25/kg

MORE THAN 30% SAVINGS
10.95



raspberries
U.S.A., Mexico, 170 g
reg. 4.99

51% SAVINGS
2.45



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

51% SAVINGS
1.95



red pomegranates
U.S.A.
reg. 3.99

39% SAVINGS
2.45



hard squash or flat green cabbage
Québec, selected varieties
2.09/kg
reg. 1.99/lb - 4.39/kg ou 2.49/lb - 5.49/kg

UP TO 62% SAVINGS
0.95



MORE THAN 20% SAVINGS
2.55



UP TO 4 PEOPLES
grilled chicken combo
served with potatoes, salad (medium size) and sauce
reg. 32.99

Cedar frozen vegetables
1.75 kg, selected varieties
reg. from 7.99 to 8.99

MORE THAN 30% SAVINGS
5.95



Irrésistible walnut halves & pieces
750 g
reg. 16.99

\$5 SAVINGS
11.95



Andalos kaak
selected varieties
reg. 5.99

34% SAVINGS
3.95



Phoenicia or Cedar labneh
500 g
reg. 6.49

30% SAVINGS
4.45



Phoenicia or Cedar halloum cheese
8.85/lb
reg. 2.79/lb - 12.66/lb

30% SAVINGS
1.95



Al'ard olives
907 g
reg. 18.99

MORE THAN 35% SAVINGS
11.95



Heineken or Madri Exceptional beer
12/330-355 ml, selected varieties, deposit
reg. from 26.99 to 28.99

UP TO \$10 SAVINGS
18.95



Solon extra virgin olive oil
2 L
reg. 38.99

UP TO \$10 SAVINGS
26.95



UP TO 50% SAVINGS
4.95



selected laundry products
6-8 un., 946 ml-1.31 L, 16-80 un.
reg. from 5.99 to 9.99

Delphi honey or Yamama molasses
1 kg, 750 ml, selected varieties
reg. from 7.49 to 12.49

MORE THAN 50% SAVINGS
5.95



MORE THAN 45% SAVINGS
4.97

P'tit Québec cheese block or grated
320-400 g, selected varieties
reg. 7.99

Nescafé instant coffee
100-170 g, selected varieties
reg. 9.29

35% SAVINGS
6.49



BEST PRICE!



Liberté greek or Mediterranean yogurt
650-900 g, selected varieties
reg. 8.69

20% SAVINGS
6.97



Hellmann's mayonnaise
710-890 ml, selected varieties
reg. 7.99

25% SAVINGS
5.97

FROM THURSDAY, OCTOBER 1ST TO WEDNESDAY, OCTOBER 7TH, 2026