ADONIS Mediterranean market

Yalla! GO BACK-TO-SCHOOL TIME!

2 FOR 1

BUY 1 PRODUCT, GET THE SECOND ONE **FREE**

Zabiha Halal breaded chicken portions
800 g
reg. 14.99
2nd FREE

Primo pasta or Tucal concentrated tomato paste
700-900 g, 369 ml, selected varieties
reg. from 2.99 to 3.49
2nd FREE

local strawberries
Québec, 750 ml
reg. 6.99
57% SAVINGS
2.99 ea.
produit D'ICI

avocados
Mexico, Peru, bag 6 un.
reg. 5.99
50% SAVINGS
2.99 ea.
6 UN.

cactus pears
Mexico
reg. 19.99
$10 SAVINGS
9.99 ea.
16-22 UN.

romaine hearts lettuce
Québec, 3 un.
reg. 4.99
60% SAVINGS
1.99 ea.
produit D'ICI

beef T-bone steak
economic pack
22.02/kg
reg. 22.99/lb - 50.67/kg
56% SAVINGS
9.99 /lb

marinated chicken breasts
selected varieties
15.41/kg
reg. 10.99/lb - 24.23/kg
36% SAVINGS
6.99 /lb

stewing beef
economic pack
17.61/kg
reg. 11.69/lb - 25.77/kg
31% SAVINGS
7.99 /lb

pork tenderloin
8.80/kg
reg. 7.99/lb - 17.61/kg
50% SAVINGS
3.99 /lb

fresh Atlantic or Coho salmon fillets
defrost/frozen
22.02/kg
reg. 17.99/lb - 39.66/kg
$8/LB SAVINGS
9.99 /lb

fresh sardines
13.21/kg
reg. 7.99/lb - 17.61/kg
$2/LB SAVINGS
5.99 /lb

Plaisirs Gastronomiques BBQ or maple pork back ribs or Irrésistible Artisan smoked meat
400-740 g
reg. from 14.99 to 18.99
UP TO $9 SAVINGS
9.99

Saint-Paulin, Oka original or raclette cheese or San Daniele prosciutto
13.56/lb
reg. 4.29 per 100 g - 19.46/lb or 5.69 per 100 g - 25.81/lb
UP TO 47% SAVINGS
2.99 per 100 g

Astro Original or lögo yogurt
650-750 g, selected varieties
reg. from 4.19 to 4.29
UP TO 24% SAVINGS
3.27

WOW!
Fletcher's extra lean cooked ham
4.49/lb
reg. 2.49 per 100 g - 11.29/lb
60% SAVINGS
99¢ per 100 g

Cleopatra extra virgin olive oil
3 L
reg. 32.99
$9 SAVINGS
23.99
LARGE FORMAT

Cedar green or black olives
2.84 L
reg. 17.99
33% SAVINGS
11.99
2.84 L

Al-Rabih tahini or halva
907 g, selected varieties
reg. from 11.99 to 12.49
UP TO 36% SAVINGS
7.99

Irrésistible walnuts
750 g
reg. 16.99
$5 SAVINGS
11.99

LUNCHBOX ESSENTIALS

Val Nature granola bars or Betty Crocker fruit snacks
130-226 g, selected varieties
reg. from 4.19 to 5.29
UP TO 60% SAVINGS
2/$5 or 2.50 per unit

Dare Bear Paws cookies
168-210 g, selected varieties
reg. 5.49

Pepperidge Farm Goldfish crackers
180-200 g, selected varieties
reg. 3.99

Cedar chunk light tuna in oil
170 g
reg. 1.99
UP TO 37% SAVINGS
4/$5 or 1.33 per unit

Adonis classic hummus
250 g
reg. 4.79
37% SAVINGS
2.99

Pom tortillas, bagels or english muffins
6-10 un., 340-510 g
reg. from 4.49 to 4.99
UP TO 44% SAVINGS
2.77

Kellogg's céréals
300-400 g, selected varieties
reg. from 6.49 to 7.49
UP TO 56% SAVINGS
3.33

Danone yogurt or Babybel mini cheese
16/100-120 g
reg. from 5.29 to 8.49
UP TO 53% SAVINGS
3.99

BBQ TOUR 2026

GRILLS & TASTINGS EVERY SATURDAY FROM 11:00 TO 16:00

AUGUST
1 : BROSSARD
8 : CURÉ-LABELLE
15 : GRIFFINTOWN
22 : ANJOU
29 : SAUVÉ

FROM THURSDAY, AUGUST 20TH TO WEDNESDAY, AUGUST 26TH, 2026