



ADONIS

Mediterranean market

2 days ONLY
Thursday and Friday

Burnbrae medium white eggs
30 un.
reg. 9.99

30 EGGS
7.44
rest of the week
TO **8.77**

WOW!



9 AVAILABLE MARINADES

ADONIS AUTHENTIC RECIPE

6.99
/lb

marinated boneless chicken breast
selected varieties
15.41/kg
reg. 10.99/lb - 24.23/kg

7.99
/lb

حلال
HALAL

fresh lamb shoulder
17.61/kg
reg. 12.99/lb - 28.64/kg

2.99

Zabiha or Selection sausages with chicken
450 g, selected varieties
reg. 4.49

\$6 SAVINGS
7.99

Marina Del Rey shrimp 20-40
300 g
reg. 13.99



whole and cut watermelon
U.S.A.
2.18/kg
reg. 1.99/lb - 4.39/kg or 17.99

\$8 SAVINGS
9.99
ea.

giant size
average 18 lb

CUT
0.99/lb
2.18/kg

UP TO **60% SAVINGS**
1.99
/lb

yellow peaches or nectarines
U.S.A.
4.39/kg
reg. 3.99/lb - 8.80/kg or 4.99/lb - 11.00/kg

corn cob
Québec
reg. 0.79 ch. or 29.99

SEASONAL PICK

produit d'ici

50% SAVINGS
10/3.99
or 0.40 per unit

\$10 SAVINGS
\$20
ea.

52% SAVINGS
1.44
ea.

celery or iceberg lettuce
Québec
reg. 2.99

produit d'ici

beef T-bone steak
economic pack
22.02/kg
reg. 22.99/lb - 50.67/kg

9.99
/lb

44% SAVINGS
9.99
/lb

fresh Atlantic salmon fillet or Coho defrost or frozen
22.02/kg
reg. 17.99/lb - 39.66/kg

ADONIS AUTHENTIC RECIPE

4.99
/lb

home made sausages
selected varieties
11.00/kg
reg. 6.99/lb - 15.41/kg

36% SAVINGS
5.97



Cracker Barrel cheese block
400 g, selected varieties
reg. 9.29

22% SAVINGS
3.27

Astro Original yogurt
650-750 g, selected varieties
reg. 4.19



UP TO **37% SAVINGS**
3.77



La Fournée Dorée burger or hot-dog buns
4-8 un.
reg. 5.79

\$10 SAVINGS
16.99



Krinos bulgarian white brined cheese
1 kg
reg. 26.99

UP TO **\$17 SAVINGS**
10.99



Maison Fayard cassoulet or Maple Leaf cold cuts
840 g, 375-400 g, selected varieties
reg. from 16.49 to 27.99

\$7 SAVINGS
15.99



Irresistible raw almonds or salted pistachios
850 g-1 kg
reg. 22.99

40% SAVINGS
5.99



Nuts To You peanut butter
750 g
reg. 9.99

UP TO **52% SAVINGS**
4/\$5
or 125 per unit



Cedar chick peas, red beans or fava beans
540 ml
reg. from 2.29 to 2.59

UP TO **56% SAVINGS**
4/\$4
or 125 per unit



Cedar whole corn, mushrooms or sardines
284-341 ml, 120 g, selected varieties
reg. from 1.99 to 2.29

28% SAVINGS
5.77



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

Heineken or Madri Excepcional beer
12/330-355 ml, selected varieties, deposit
reg. 26.99

\$9 SAVINGS
17.99



50% SAVINGS
3.99



Nestlé ice cream
4/140 ml-1.5 L, selected varieties
reg. 7.99

UP TO **41% SAVINGS**
13.99



Cedar or Chang jasmine rice
8 kg
to 23.99

40% SAVINGS
2.77



Leclerc cookies
240-350 g, selected varieties
reg. 4.99



BBQ TOUR 2026

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

JULY

4 : DOLLARD-DES-ORMEAUX
11 : SAINTÉ-CATHERINE
18 : GATINEAU
25 : PLACE-VERTU

AUGUST

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

FROM THURSDAY, JULY 23RD TO WEDNESDAY, JULY 29TH, 2026

