



ADONIS

Mediterranean market



OUR BEST PRICES OF THE YEAR!



53% SAVINGS
6⁷⁵ /lb

boneless beef chuck roast
14.88/kg
reg. 14.49/lb - 31.94/kg



Salud olive oil
1 L
reg. 14.99

41% SAVINGS
8⁷⁷

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

lean ground grain fed veal
11.00/kg
reg. 8.49/lb - 18.72/kg

Burnbrae eggs
30 un.
reg. 9.99



20% SAVINGS
7⁹⁹

boneless chicken thighs regular or marinated
15.41/kg
reg. 9.99/lb - 22.02/kg



33% SAVINGS
7⁹⁹ /lb

fresh salmon trout fillet
22.02/kg
reg. 17.99/lb - 37.66/kg

FREE CLEANING

fresh seabream
17.61/kg
reg. 11.99/lb - 26.43/kg



UP TO 50% SAVINGS
3⁹⁴ ea.

yellow onions, carrots or beets
Québec, 10 lb
reg. from 6.99 to 7.99



UP TO 48% SAVINGS
1²⁹ /lb

clementines, Paula Red or Sunrise apples
South Africa, Québec
2.84/kg
reg. 1.99/lb - 4.39/kg or 2.49/lb - 5.49/kg



40% SAVINGS
2⁹⁹ /lb

champagne grapes
U.S.A.
6.59/kg
reg. 4.99/lb - 11.00/kg



67% SAVINGS
99¢ ea.

romaine, green or red leaf lettuce
Québec
reg. 2.99



54% SAVINGS
3⁴⁷

Casa Di Mama or Dr. Oetker Ristorante pizza
325-410 g.
selected varieties
reg. 7.49



33% SAVINGS
4⁹⁹

rustic breads
12 un.
reg. 7.49



43% SAVINGS
3⁹⁹

Tre Stelle feta or Saputo bocconcini, or ricotta cheese
200-400 g. selected varieties
reg. 6.99



27% SAVINGS
7⁹⁹

Cedar halloom cheese
400 g
reg. 10.99



27% SAVINGS
7⁹⁹ /lb

large medjool dates
U.S.A.
17.61/kg
reg. 10.99/lb - 24.23/kg



44% SAVINGS
4⁴⁴

Selection regular bacon
375 g selected varieties
reg. 7.99



36% SAVINGS
6⁹⁹

Plaisirs Gastronomiques pie or quiche
840-880 g selected varieties
reg. 10.99



UP TO 20% SAVINGS
7⁹⁹

Coca-Cola, Sprite or Canada-Dry soft drinks
12/341-355 ml, selected varieties, deposit
reg. from 9.49 to 9.99



27% SAVINGS
5⁴⁹

Häagen-Dazs ice cream
450-3/88 ml, selected varieties
reg. from 6.99 to 7.49



UP TO 32% SAVINGS
18⁹⁹

William or Irresistible coffee beans
800-907 g, selected varieties
reg. from 25.99 to 27.99



36% SAVINGS
6⁹⁹

Cedar tahini
907 g
reg. 10.99



UP TO \$9 SAVINGS
18⁹⁹

Peroni or Sapporo beer
32/330-355 ml, selected varieties, deposit
reg. from 26.99 to 27.99



UP TO 38% SAVINGS
4⁹⁹

Heinz ketchup or Mag mayonnaise
750 ml-1 L, selected varieties
reg. from 6.99 to 7.99



UP TO 25% SAVINGS
5⁹⁹

St. Dalfour jam or Kraft peanut butter
225 ml-1 kg, selected varieties
reg. from 7.49 to 7.99



30% SAVINGS
13⁹⁹

Tilda basmati rice
4.54 kg
reg. 19.99



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 27TH TO WEDNESDAY, SEPTEMBER 2ND, 2026

