



ADONIS Mediterranean market

OUR LOWEST PRICES OF THE YEAR

FRESHNESS

whole or cut watermelon
U.S.A., Mexico
reg. 1.99/lb - 4.39/kg or 17.99 un.

8 SAVINGS
9.99 ea.

giant size
average 16 lb

CUT
\$0.99/lb

37% SAVINGS
4.99 /lb

apricots
U.S.A.
11.00/kg
reg. 7.99/lb - 17.61/kg

50% SAVINGS
2.99 /lb

SEASONAL PICK

asparagus
Quebec
6.59/kg
reg. 5.99/lb - 13.21/kg

produit d'ici

romaine heart's lettuce
U.S.A., Mexico, 3 un.
reg. 6.99

EVERYDAY LOW PRICE
3.99 ea.

3 days only
jeudi, vendredi et samedi

JUMBO

cherries
U.S.A.
10.76/kg
reg. 9.99/lb - 22.02/kg

51% SAVINGS
4.88 /lb

FRESH

50% SAVINGS
8.99 /lb

fresh Atlantic salmon fillet
19.82/kg
reg. 17.99/lb - 39.66/kg

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

38% SAVINGS
7.99 /lb

HALAL

53% SAVINGS
6.77 /lb

boneless beef blade roast
14.93/kg
reg. 14.49/lb - 31.94/kg

400 G

38% SAVINGS
6.77

Cedar haloom cheese
400 g
reg. 10.99

UNCLEANED

50% SAVINGS
2.77 /lb

whole uncleaned whiting
6.11/kg
reg. 5.49/lb - 12.10/kg

strip loin steak or roast
26.43/kg
reg. 19.99/lb - 44.07/kg

40% SAVINGS
11.99 /lb

Halal or regular chicken leg with back
5.49/kg
reg. 4.99/lb - 11.00/kg

50% SAVINGS
2.49 /lb

HALAL

Watson Ridge breaded chicken burgers, nuggets or strips
800 g
reg. 9.99

4 SAVINGS
5.99

NOW FULLY COOKED

2 SAVINGS
5.99

Blue Tide cooked peeled white shrimps
61/70
340 g
reg. 7.99

43% SAVINGS
3.99

Saputo or Tre Stelle bocconcini cheese
200 g, selected varieties
reg. 6.99

21% SAVINGS
4.99

Selection sliced cheese
210-230 g, selected varieties
reg. 6.79

PIZZA MOZZARELLA

Adonis medium pizzas
474-654 g, selected varieties
reg. 8.99

22% SAVINGS
6.99

36% SAVINGS
5.97

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

24% SAVINGS
\$25

grilled chicken combo
reg. 32.99

HALAL

Miss Vickie's chips
190-200 g, selected varieties
reg. 5.49

Coca-Cola soft drink
6/222 ml, selected varieties, deposit
reg. 6.49

UP TO 46% SAVINGS
3.49 TX

Coca-Cola mini
6 x 222 ml (10.3 L)

UP TO 29% SAVINGS
19.99

Corona or Stella Artois beer
12/350-555 ml, selected varieties, deposit
reg. from 26.49 to 27.99

Nutella hazelnut cocoa cookies
276 g
reg. 7.99

13% SAVINGS
6.99

UP TO 41% SAVINGS
2/\$4

or 2.00 per unit

Divella pasta or Aurora strained tomatoes
500 g, 660 ml, selected varieties
reg. from 2.49 to 3.39

UP TO 36% SAVINGS
2/\$7

or 3.99 per unit

Tucal chili pepper puree
788 ml
reg. 5.49

UP TO \$9 SAVINGS
9.99

Mama Rosa Gallo extra virgin olive oil or Mama Rosa olive pomace oil
3 L, selected varieties
reg. from 13.99 to 18.99

UP TO 50% SAVINGS
9.99

Cedar rice 4 kg or Kubba basmati rice 4.54 kg
selected varieties
reg. from 11.99 to 19.99