



ADONIS Mediterranean market

HAPPY CANADA DAY

Québec strawberries
750 ml
reg. 6.99

60% SAVINGS
2.77 ea.



produit d'ici

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

UP TO 60% SAVINGS
1.99 /lb



english cucumbers or radish bunch
Québec
reg. 2.99

70% SAVINGS
88¢



produit d'ici

UP TO 50% SAVINGS
1.99 /lb

baladi squash or green zucchini
Canada
4.39/kg
reg. 2.99/lb - 6.59/kg
or 3.99/lb - 8.80/kg



produit d'ici

rib steak economic pack
26.43/kg
reg. 25.99/lb - 57.30/kg

54% SAVINGS
11.99 /lb



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

38% SAVINGS
7.99 /lb



HALAL

44% SAVINGS
9.99 /lb

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



40% SAVINGS
3.77 /lb



back attached chicken breasts economic pack
8.31/kg
reg. 6.29/lb - 13.87/kg

25% SAVINGS
11.99 /lb



cleaned octopus frozen or defrosted
26.43/kg
reg. 15.99/lb - 35.25/kg

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

28% SAVINGS
4.99 /lb



ADONIS ORIGINAL RECIPE

UP TO 39% SAVINGS
5.47

P'tit Québec block or shredded cheese
400 g, 320 g, selected varieties
reg. from 7.99 to 8.99



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

22% SAVINGS
3.27



20% SAVINGS
7.99 /lb



jumbo medjool dates
Mexico
17.61/kg
reg. 9.99/lb - 22.02/kg

Ritter Sport chocolate bar
100 g, selected varieties
reg. 5.99

33% SAVINGS
3.99



Puck creamy spread or labneh cheese
240 g, 400 g, selected varieties
reg. 7.79

43% SAVINGS
4.44



UP TO 57% SAVINGS
2.49 per 100 g



San Daniele prosciutto or Jarlsberg original cheese
11.29/lb
reg. from 4.29 to 5.59 per 100 g
from 19.46/lb to 26.26/lb

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

UP TO \$11 SAVINGS
17.99



biscottis
345 g, selected varieties
reg. 3.99

UP TO 50% SAVINGS
2/\$4
or 2.00 per unit



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

36% SAVINGS
3.49



UP TO 47% SAVINGS
2/\$4
or 2.00 per unit



De Cecco pasta or Cedar strained tomatoes
454 g, 690 ml, selected varieties
reg. from 3.49 to 3.79

Cedar or Solon extra virgin olive oil
2-2.8 L
reg. from 32.99 to 38.99

UP TO \$15 SAVINGS
23.99



Nestlé ice cream
4/1.40 ml-1.5 L, selected varieties
reg. 7.99

38% SAVINGS
4.94



Selection peanut butter
1 kg, selected varieties
reg. from 4.99 to 6.49

UP TO 31% SAVINGS
4.49



Hellmann's mayonnaise or Tucal harissa
340-455 ml, 788 ml, selected varieties
reg. 5.49

32% SAVINGS
3.75



UP TO 52% SAVINGS
5.99



WOW!
Adonis lemon zest & cumin or greek olive hummus
250 g
reg. 4.79
58% SAVINGS
1.99

NEW!

Halal BBQ Chicken served with mandi rice or french fries
reg. from 19.99 to 23.99
UP TO 37% SAVINGS
\$15

MANDI CHICKEN FAMILY SIZE

2 FOR 1
BUY 1 PRODUCT, SECOND FREE
2nd FREE

Coca-Cola soft drinks
6/222 ml, deposit
reg. 6.49