



Supermarché

Du 20 Août Au 26 Août 2026
From August 20th To August 26th, 2026



ATLANTIS

(450)238-5856
www.marcheatlantis.com

HEURES D'OUVERTURE / OPERATING HOURS
LUN-MER 8H00 - 20H00 / MON-WED 8AM - 8PM
JEU-VEN 8H00 - 21H00 / THU-FRI 8AM - 9PM
SAM-DIM 8H00 - 19H00 / SAT-SUN 8AM - 7PM

4305 boulevard Samson, Laval, Québec, H7W 2G8

Les spéciaux hebdomadaires sont valables jusqu'à épuisement des stocks. / Aucun bon de réduction différé. Weekly specials are valid while quantities last. / No rainchecks. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



1.77
ea/ch



9.77
ea/ch



10.97
ea/ch



0.97
each



7/1.77



1.77
ea/ch



0.77
ea/ch



0.67
lb \$1.48 /kg



1.77
lb \$3.90 /kg



1.77
lb \$3.90 /kg



5.47
lb \$12.05 /kg



11.97
lb \$26.35 /kg



6.97
lb \$15.37 /kg



12.97
lb \$28.59 /kg



16.97
each



6.97
lb \$15.37 /kg



2.97
each



2.47
lb \$5.45 /kg



8.97
lb \$19.78 /kg



3.47
each



3.47
each



3.97
each



2.47
each



7.97
ea/ch



3.97
each



3.97
each



1.97
each

LOUX BOISSONS GAZEUSES 1.5L CARBONATED DRINKS

MISKO PATES BLE ENTIER 500G WHOLE WHEAT PASTA

BARBA STATHIS FONDS D'ARTICHAUTS 600G ARTICHOKE BOTTOMS

ALFA MINI PATES FEUILLETTE AUX EPINARDS ET AUX FROMAGE 450G SPINACH & CHEESE MINI PUFFS

MYLOS VINAIGRETTE GRECQUES 350ML GREEK SALAD DRESSINGS

UNICO LASAGNE 375-500G

POISSONNERIE / BOUCHERIE

DORADE ROYALE NETTOYÉE FRAIS
FRESH CLEANED SEA BREAM (TSIPOURA)

8⁹⁷
lb \$19.78

LOUP DE MER NETTOYÉ FRAIS
FRESH CLEANED SEA BASS (LAVRAKI)

8⁹⁷
lb \$19.78

CREVETTE 61/70 CUITES
340GR AEGEAN SHRIMP 61/70 COOKED

7⁴⁷
each

MYLOS CROQUETTES DE CALMAR ET AU POULPE
350G CALAMARI & OCTOPUS CROQUETTE

7⁹⁷
each

BIFTECK COTE DE BOEUF 'A' FRAIS
FRESH RIB STEAKS

17⁹⁷
lb \$39.61

POULET ENTIER FRAIS
FRESH WHOLE CHICKEN

3⁴⁷
lb \$7.88

FILETS DE PORC FRAIS
FRESH PORK FILLETS

4⁶⁷
lb \$10.86

FOIE DE BOEUF FRAIS
FRESH BEEF LIVER

5⁹⁷
lb \$13.16

PORC HACHE FRAIS
FRESH GROUND PORK

2⁹⁷
lb \$6.55

CHARCUTERIE / SURGELÉS

CHELMOS FROMAGE FUME 'KASSERI'
SMOKED CHEESE

11⁹⁷
lb \$26.29

MASTRO MASTRO SALAMI HONGROIS
HUNGARIAN SALAMI

10⁹⁷
lb \$24.18

DELSTAR ROTI DE BOEUF
ROAST BEEF

9⁹⁷
lb \$21.98

OLIVES GREC NOIRE SEC 'THROUBES'
DRIED BLACK OLIVES

5⁴⁷
lb \$12.66

CHELMOS FROMAGE GREC 'SAGANAKI'
GREEK CHEESE

7⁹⁷
lb \$17.87

MELONA MELONA BARRE DE GLACE
8X70ML ICE BARS

5⁹⁷
each

FROSTY FARMERS FROSTY FARMERS FRUITS SURGELLE
750G FROZEN FRUITS

3⁹⁷
each

KATAIFI KATAIFI SHREDDED DOUGH

2⁴⁷
each

DR. OETKER RISTORANTE PIZZA
340-410G

5⁴⁷
each

LILAS PATE EN FILAMENTS
454G 'KATAIFI' SHREDDED DOUGH

2⁴⁷
each

ÉPICERIE

UNICO PATE DE TOMATE
156ML TOMATO PASTA

0⁹⁷
each

CLASSICO CLASSICO SAUCE POUR PATES
400-600ML PASTA SAUCE

5⁹⁷
each

CLOVER LEAF CLOVER LEAF THONS DANS L'EAU
170G TUNA IN WATER

1⁷⁷
each

GRISOL PAIN BAGUETTES
120G

2⁹⁷
each

WOLSKI WOLSKI CHOUCROUTE
796ML SAUERKRAUT

2⁹⁷
each

PLANTERS PLANTERS ARACHIDES
454-475G PEANUTS

3⁹⁷
each

DOUBLE FRUITS DOUBLE FRUITS CONFITURES DE FRUITS
500ML FRUIT JAMS

6⁴⁷
each

DEL MONTE DEL MONTE JUS DE NECTAR
960ML FRUIT NECTAR JUICES

1⁷⁷
each

BOULANGERIE / LAITIER

PAIN BAUGETTE
300G

1⁹⁷
each

VILLAGGIO VILLAGGIO PAIN TRANCHE
675G SLICED BREAD

3²⁷
each

ELMONT PAIN TRANCHE PUMPERNICKEL
560G SLICED BREAD

3²⁷
each

TO MANNA BISCUITS AU HUILE D'OLIVE
290G OLIVE OIL BISCUITS

5⁵⁷
each

TRE STELLE TRE STELLE FROMAGE A CREME
200G CREAM CHEESE

3⁷⁷
each

OIKOS OIKOS YOGOURTS
4X100G YOGURTS

3⁴⁷
each

KOZYSHACK KOZYSHACK POUDING AU RIZ
625G & 4X113G RICE PUDDINGS

3⁶⁷
each

LACTANCIA LACTANCIA ULTRAPUR LAITIER DE PROTEINES
1.5L PROTEIN DAIRY

5⁷⁷
each

FRUITS / LÉGUMES

ANANAS PINEAPPLES
PRODUIT COSTA-RICA

1³⁷
each

POIRES 'BARTLETT' PEARS
PRODUIT ARGENTINA

1³⁷
lb \$3.32

CITRONS LEMONS
PRODUIT ARGENTINA

7/2⁹⁷

COURGETTES VERT GREEN ZUCCHINI
PRODUIT QUEBEC

1²⁷
lb \$2.80

AUBERGINES EGGPLANTS
PRODUIT QUEBEC

1²⁷
lb \$2.80

OIGNONS VERT GREEN ONIONS
PRODUIT QUEBEC

2/0⁹⁷

CHOU FLEUR CAULIFLOWER
PRODUIT QUEBEC

1⁷⁷
each

CANTALOUPS / CANTALOUPE
PRODUIT QUEBEC

1⁷⁷
each