



PROMARCHE
Partenaire Inter~~mar~~ché

THE HEALTHY

FROM THU. JAN 16TH TO SUN. JAN 26TH

Flyer

FAUBOURG SAINT JEAN / BAABDA SQUARE / HAZMIEH MAR TAKLA / MAKSEH CHTAURA ZONE GATE / BROUMANA

 promarche   promarchelb



Fruits & Vegetables



Parsley bunch
Local

9.490
LBP



Rocca bunch
Local

16.990
LBP



Hindbeh
Local / kg

49.990
LBP



Mint bunch
Local

23.990
LBP



Swiss chard
Local / kg

39.990
LBP



Radish bunch
Local

19.990
LBP



Lettuce romaine
Local / pc

37.990
LBP

From 16th Jan. to 19th Jan. 2025

OFFER VALID WHILE STOCKS LAST



Fruits & Vegetables



Iceberg
Local / pc

51^{.990}
LBP



Tomato
Local / kg

84^{.990}
LBP



Mango
Imported / kg

699^{.990}
LBP



**Avocado
Pinkerton**
Local / kg

237^{.990}
LBP



Orange navel
Local / kg

49^{.990}
LBP



Strawberry
Local / pack

249^{.990}
LBP



Kiwi basket
Imported

239^{.990}
LBP

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Butchery



Beef
Escaloppe 1kg **10.49**
USD



Kebbe
Bi sayniyeh **11.99**
USD



Chicken
Fajita 1kg **7.99**
USD



Chicken
Cordon bleu 1kg **9.99**
USD



Shrimps
30/40 large **9.99**
USD



Shrimps
8/12 extra large **16.50**
USD

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Delicatessen



Moni
Mozzarella 200gr
~~3.40 USD~~
2.99 USD



Calveley
Red cheddar 200gr
~~2.70 USD~~
2.39 USD



Hard cheese
200gr
~~3.90 USD~~
3.39 USD



Chamois d'or
Cheese 200gr
~~10.00 USD~~
8.39 USD



Vieux pané
Camembert 200gr
~~9.70 USD~~
8.39 USD



Premier choix
Smoked turkey breast
200gr
~~2.75 USD~~
2.45 USD



L'exquis
Goat cheese truffle 200gr
~~7.40 USD~~
6.39 USD



L'exquis
Goat cheese plain, ash, garlic 200gr
~~4.30 USD~~
3.79 USD



Monells
Jambon shoulder
200gr
~~2.00 USD~~
1.79 USD

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Healthier Essentials



Nabat
Organic Chia seeds
black 500gr

~~4.50~~
USD

3.99
USD



Nabat
Organic Chia
seeds black 150gr

~~2.10~~
USD

1.95
USD



Nabat
Organic Chia seeds
packets 4gr x 40

2.10
USD



Nabat
Jumbo oat flakes
450gr

1.35
USD



Nabat
Himalayan Pink
Salt Fine 1kg

~~1.60~~
USD

1.35
USD



Nabat
Iodized himalayan
Pink Salt Fine 1kg

~~1.71~~
USD

1.45
USD



Nabat
Organic powdered
erythritol 500gr

~~4.82~~
USD

4.35
USD



Nabat
Organic stevia
sweetener 80gr

~~2.62~~
USD

2.35
USD



Nabat
Golden monk fruit
sweetener 340gr

~~7.99~~
USD

6.99
USD

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Healthier Pantry



Naturemate
Peanut butter crunchy,
smooth, sweet coco sugar
350gr

~~4.00 USD~~
3.60 USD



Bee flower
Honey 500gr, 250gr, 125gr

save 20%



Perfect earth
Organic pasta 225gr assorted

save 15%



Bjorg
Almond milk barista 1L,
Oat barista 1L

3.30 USD



Bjorg
Boisson soja douceur 1L
+ 250ml free

4.20 USD



Alpro
Assorted

save 15%

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Healthier Sips

save 15%



La tinsanière
Assorted 20s

~~4.79~~ USD

3.95 USD



McCoy

Tea bags assorted 20s



Lipton

Red fruit, vanilla
caramel

~~2.11~~ USD

1.89 USD



Pagès

Anis vert, 5 plantes
bio 20s

~~3.99~~ USD

2.99 USD



save 25%

Auga

Organic curry bowl 280gr / minestrone,
tomato, beetroot soup 400gr



Domo

Hot choco light dark, caramel,
milk, hazelnut 150gr

~~3.79~~ USD

2.95 USD

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Healthier Bites



~~2.75~~
USD

1.99
USD

Snatt's
Chips Sour cream 75gr,
Lentil 85gr, bbq 75gr



save
25%

Al Rifai
Sugar free bars
assorted 40gr



save
10%

Kwiikeez
Crispy apple bites / with cinnamon
35gr



Abonett
Crackerbread
assorted 100gr

~~1.99~~
USD **1.35**
USD



save
15%

Taqa
Assorted

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OFFER VALID WHILE STOCKS LAST

Salty Snacks & Beverages



save 25%

save 25%



Rice chips
Assorted 60gr

~~1.29 USD~~
0.99 USD



Al Rifai
Healthy & fitness doypacks
assorted 160gr



Al Rifai
Trail mix assorted 30gr



5.79 USD

Prime
Assorted 500ml



New arrival

10.29 USD

Mas+
Mami punch 500ml



save 14%

Rim sparkling
Can plain & lemon 250ml



~~1.42 USD~~
1.38 USD
~~1.56 USD~~
1.32 USD
~~1.44 USD~~
1.20 USD

PROMARCHE
Water 2L, 500ml, 330ml



save 50%

Le pré
Juice assorted



Cashback 15%

Gatorade
Juice zero blue,
orange 250ml

0.99 USD



La bergère
Whole milk 1L

~~1.37 USD~~
1.25 USD

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Personal Care & Detergents



Lagoon kids ~~2.75 USD~~
Shampoo 2 in 1 400ml x2 **2.16 USD**



Top budget ~~0.92 USD~~
Qtips x200 **0.65 USD**



Labell ~~1.35 USD~~
Makeup remover discs x110 **0.99 USD**



Labell ~~2.16 USD~~
Toilet paper double thickness white x6 **1.59 USD**



Best choice ~~0.79 USD~~
Paper cups 4oz 50cups **0.69 USD**



Best choice ~~1.39 USD~~
Paper cups 9oz 50cups **0.99 USD**



Best choice ~~1.29 USD~~
Trash bag black 100L **1.19 USD**



Best choice ~~1.12 USD~~
Trash bag black 30L **0.89 USD**



Best choice ~~0.68 USD~~
Trash bag white 15L **0.49 USD**

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