

1000+
ITEMS ARE
PRICE LOCKED
OR AT NEW LOWERED PRICES
Look for these symbols in store

Sobeys

Scene **MEMBER** **PLUS**

4.99 /lb. 11.00/kg
with Scene+ Card

5.99 /lb. 13.20/kg
without Scene+ Card

value size

Members SAVE \$1⁰⁰

Fresh Boneless Whole Beef Brisket
cryovac cut from Canada AA grade beef while supplies last



10.99

1kg

COMPLIMENTS Thick Cut Bacon 1 kg.
SWISS CHALET Pork Back Ribs 620 g or EARLS Kitchen + Bar BBQ Pork Back Ribs 680 g

5.88 /lb

COMPLIMENTS Fresh AIR-CHILLED Boneless Skinless Chicken Breasts
family size 12.96/kg



2/\$3

Large Avocados
product of Mexico

2/\$5

Raspberries or Blackberries
product of USA or Mexico 170 g



10.99 /lb

Fresh Rainbow Trout Fillets or Fresh Tilapia Fillets
product of Ontario subject to availability 24.23/kg

2.27 /kg

HOT PRICE

3.27

CLASSICO Pasta Sauce
218-650 mL or COMPLIMENTS Dry Pasta 2.27 kg

HOT PRICE

4.47

ARMSTRONG Cheese 400 g, Shreds 300-320 g or SAPUTO Mozzarella 500 g



HOT PRICE

3.99

CHAPMAN'S Premium Ice Cream, Frozen Yogurt, Sorbet or No Sugar Added Ice Cream 1-2 L.

200 PTS when you buy 2

HOT PRICE

6.99

TIDE Laundry Detergent 1.24-1.36 L, Pods 15-20 pk, BOUNCE or GAIN Sheets 60-120 pk or TIDE or DOWNY Rinse & Refresh 754 mL

Scene **DIGITAL EXCLUSIVE** OFFER AVAILABLE **APRIL 18-24, 2024**

SPEND \$50 OR MORE, GET 500 PTS WHEN YOU **LOAD THIS OFFER** in the Sobeys app or at MyGroceryOffers.ca

Card must be registered. Offer valid and available to be loaded April 18-April 24, 2024 at all Sobeys locations in Ontario. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded to registered Scene+ Card prior to transaction. Spending \$50.00 or more awards only up to 500 Scene+ points allocation. Limit 1 offer per Scene+ Card. Offer excludes taxes, delivery charges, gift payments, service fees, credit fees, event tickets, gift cards, food dairy products in Atlantic region, pet products, pet products and services, wireless devices, the Canada Travelers Club products and services, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery photo finishing, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Limit one. Visit <https://www.sobeys.ca/terms-and-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Scene Plus® Corporation used under license by Sobeys Capital Incorporated.

Scan QR code to download or open the app

Prices and offers in effect April 2024

THU 18 | FRI 19 | SAT 20 | SUN 21 | MON 22 | TUE 23 | WED 24

so many deals
Scan here for our full digital flyer

SOBEYS_MWSL_POL_ONT_ZONE4

Scene⁺
MEMBER
PRICING

2 Day sale THUR 18 FRI 19

1.99
 with Scene+ Card **Members SAVE \$1.50**

3.49 without Scene+ Card and Rest of Week
 LAY'S Potato Chips 220-235 g, Poppables 130 g or Baked 177 g

TURN POINTS INTO GROCERIES



FLEECY Fabric Softener
 122-136 L or Dryer Sheets
 80 pk

Get 1000 PTS

When you spend \$20 or more on any of these participating Fleecy, Colgate, Speed Stick, Irish Spring or Softsoap products.*

Photo the \$10
 toward your groceries

*before taxes

COLGATE Toothpaste, Toothbrush or Mouthwash
 70 mL-1 L or 1-4 pk.
 SPEED STICK 45-85 g, IRISH SPRING Bar Soap 6 pk or SOFTSOAP Hand Soap 332 mL selected

1000 Points = \$10 of free groceries



Good in
your belly,
peanut butter
and jelly!

5⁹⁹

KRAFT Peanut
Butter 750 g-1 kg



5⁹⁹

SMUCKER'S Pure
Jam 310-500 mL
(excludes raspberry)



3⁴⁹

NUTELLA Hazelnut
Spread 375 g

Perfect
on toast!



+200 PTS
when you buy 2

COMPLIMENTS
ORGANIC Peanut
Butter 500 g



2/\$6

DEMPSTER'S
Whole Grain
Bread 450-600 g
or Bagels 6 pk



LOAD IT TO GET IT!

Get up to **1050 PTS**

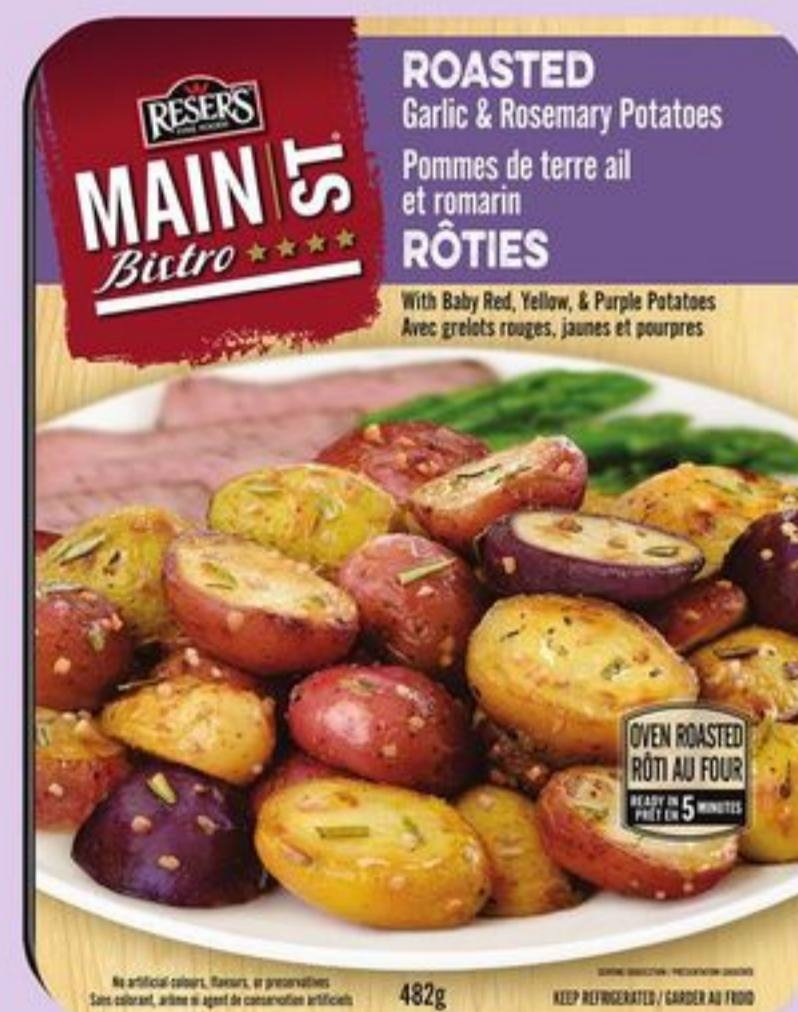
Load offers in the **Sobeys app** or at **MyGroceryOffers.ca**

That's like over **\$10** toward your groceries



Get **350 PTS** when you buy 2

NATREL Fine-Filtered Milk 2 L or Flavoured Creamers 1 L



Get **250 PTS** when you buy 2

RESER'S or Main Street Bistro Side Dishes 567-680 g



Get **200 PTS** when you buy 2

COMPLIMENTS Snack Crackers 200-225 g



Get **250 PTS** when you spend **\$15 or more**

Ready for You Seafood

Scene+ DIGITAL EXCLUSIVE

Download on the **App Store**

GET IT ON **Google Play**

Offer valid April 18th to April 24th, 2024 at all Sobeys locations in Ontario. Minimum qualifying purchase must be made in a single transaction. No base Scene+ points earned. Offer must be loaded to a registered Scene+ card prior to purchase. Limit one digital offer per Scene+ membership card. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

Serving
up
value



Recipe of the Week:
**Gnocchi with
Caramelized
Cauliflower**

only
\$5 * per
serving
or
less

Get recipe



COMPLIMENTS
Gnocchi 350 g

Cauliflower
product
of USA
or Mexico

PANACHE Parmigiano
Reggiano product of Italy
200 g

Garlic

PRICE
LOCK

CAMPBELL'S Vegetable
Broth 900 mL

new
LOWER
PRICE

*You can make this recipe for \$5 or less per portion, based on pricing in-store and in the April 18th to April 24th, 2024 weekly flyer. Stated cost does not include basic household pantry items. Stated cost is based on amount of each ingredient required in recipe.

LOOK FOR **1000+** ITEMS THAT ARE **PRICE LOCKED**
AND AT NEW LOWER PRICES
THROUGHOUT THE STORE

1000+

ITEMS ARE **PRICE LOCKED**
OR AT NEW LOWERED PRICES

<p>new LOWER PRICE</p> <p>BUY MORE SAVE MORE</p> <p>2.49 ea when you buy 3 or more</p> <p>COMPLIMENTS Herbs 20-28 g assorted varieties 2.79 ea</p>	<p>new LOWER PRICE</p> <p>3.49</p> <p>From Canada</p> <p>COMPLIMENTS ORGANIC Sliced Mushrooms product of Canada 227 g</p>
<p>new LOWER PRICE</p> <p>5.99 /lb</p> <p>PANACHE Flattened Chicken Lemon Greek, jerk or Portuguese 13.21/kg</p>	<p>new LOWER PRICE</p> <p>3.99</p> <p>75¢ when you buy 2</p> <p>COMPLIMENTS Salads 426-454 g regular potato, creamy coleslaw, macaroni or other selected varieties</p>
<p>new LOWER PRICE</p> <p>4.99</p> <p>HUNGRY-MAN Frozen Dinners 360-455 g</p>	<p>new LOWER PRICE</p> <p>3.49</p> <p>COMPLIMENTS Cookies selected 300-350 g</p>
<p>new LOWER PRICE</p> <p>12.99</p> <p>COMPLIMENTS All-Purpose Flour 10 kg</p>	<p>new LOWER PRICE</p> <p>3.79</p> <p>CAVENDISH FARMS Restaurant Style Fries 540-750 g</p>

BUDGET PLEASERS!

Look for these symbols while you shop

<p>special OFFER</p> <p>Extended offer for 4+ weeks</p>	<p>BUY MORE SAVE MORE</p> <p>Save when you stock up on more</p>	<p>WEEKLY SPECIAL</p> <p>Spotlight on weekly specials</p>	<p>SAVE this week</p> <p>Amazing limited-time price</p>	<p>Scene+</p> <p>1000 = \$10 in FREE groceries</p>	<p>Scene+ MEMBER PRICING</p> <p>Reduced pricing for Scene+ members</p>	<p>compliments</p> <p>Love it or it's free*</p> <p><small>*For details see Compliments.ca</small></p>
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Look what's blooming!



19⁹⁹

Passionette Vase Arrangement selection may vary by store



14⁹⁹

Administrative Professionals' Day Bouquet selection may vary by store



3/21

Mix and Match choose from a large selection of cut flower bunches or 8.99 ea



9⁹⁹

Assorted Blooming Thank You Plants



STARTING AT 11⁹⁹

Phalaenopsis Orchid in Ceramic selection may vary by store

Break out the smoker and get cooking!

Master classic ribs!

7⁹⁹ /lb

Fresh Beef Back Ribs cut from Canada AA grade beef 17.61/kg

BUY MORE SAVE MORE

2⁴⁹

COMPLIMENTS Herbs 20-28 g assorted varieties 2.79 ea



3⁴⁹ THE LITTLE POTATO COMPANY Potatoes Garlic Herb and Savory Herb Kit product of Canada 454 g

Fall off the bone!



family size

3⁷⁹ /lb

Fresh Chicken Legs back attached 8.56/kg



Buy 1 get 1 FREE

COMPLIMENTS Fresh Pasta 1 kg or Sauce 580 mL

BOURSIN Cuisine 220 g

5 EASY WAYS to turn your BBQ into a multifaceted grill!

www.sobey.com/en/articles/turn-your-bbq-into-a-multifaceted-grill/



7⁹⁹ MARIE CALLENDER'S Frozen Meals 680-870 g



4⁹⁹ NATREL Mochi Ice Cream 210 mL



2⁴⁹ LACTANTIA Flavoured Butter 125 g 2.99 ea



2/\$6 GAY LEA Sour Cream 425-500 mL



200 PTS when you buy 2 NESTLE or PEACE TEA 12x341-355 mL



2/17 PERRIER 8x330 mL or SAN PELLEGRINO Sparkling Water 6x330 mL



150 PTS when you buy 2 COMPLIMENTS Soft Drinks 12x355 mL



150 PTS when you buy 3 COMPLIMENTS Kettle Chips 200 g

BUDGET PLEASERS!

Look for these symbols while you shop

WEEKLY SPECIAL Spotlight on weekly specials

BUY MORE SAVE MORE Save when you stock up on more

SAVE this week Amazing limited-time price

SPECIAL OFFER Extended offer for 4+ weeks

Time to enjoy all-natural smoky flavoured, tender and juicy meat and fish.

Bring on the brisket!

7⁹⁹ /lb
Fresh Boneless Beef Brisket Pot Roast or Portions cut from Canada AA grade beef 17.61/kg

1000 PTS when you buy 1

That's like **\$10** toward your groceries

4⁹⁹ /lb
Fresh Whole Skinless Pork Belly cryovac 11.00/kg

Minimum tender!

Put it on a bun.

3⁹⁹ /doz
Kaiser Buns 6 pk \$2.00 or 4.29 ea

11⁹⁹ /lb
Coho Salmon Fillets product of Chile or Wild Mink Salmon product of Alaska previously frozen 25.43/kg

4⁹⁹ /lb
Fresh Pork Loin Back Ribs cryovac 11.00/kg

125 /doz
FRESH CHOICE Oysters subject to availability

Sauce your ribs!

<p>4⁴⁹ DEMPSTER'S Signature Hamburger or Sausage Buns 6-8 pk</p>	<p>3⁹⁹ STAGG Chili 425 g</p>	<p>9⁹⁹ BBQ PIT BOYS or CUSO'S Seasonings and Spices 142-408 g</p>
<p>4⁹⁹ CLUB HOUSE La Grille Wet Rubs 200 mL</p>	<p>6⁹⁹ GOOD FOOD FOR GOOD Ketchup or BBQ Sauce 250 mL</p>	<p>3⁹⁹ COMPLIMENTS ORGANIC Mustard 225-325 mL</p>
<p>5⁹⁹ BOUNTY Paper Towel 2-3 rolls or Napkins 200 pk</p>	<p>20% off HANDI-FOIL Roasters selected varieties</p>	<p>5⁹⁹ ALCAN Foil 50-100 ft or REYNOLDS Unbleached Parchment Paper 75 ft Sheets 40 pk or Air Fryer Liner 50 pk</p>

1000+ ITEMS ARE PRICE LOCKED OR AT NEW LOWERED PRICES

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PRICE LOCK

NEW LOWER PRICE

Make your own salad

 <p>2.49 Romaine, Green or Red Leaf Lettuce product of USA or Mexico</p>	 <p>1.99 Bunched Radishes product of USA or Mexico</p>	 <p>2.99 Bunched Carrots product of USA</p>	 <p>1.99 Roma Tomatoes product of Mexico no 1 grade 4.39/kg</p>
 <p>1.79 Long English Cucumbers product of Ontario no 1 grade</p>	 <p>3.49 COMPLIMENTS ORGANIC Sliced Mushrooms product of Canada 227 g</p>	 <p>2.71/2 TAYLOR FARMS Chopped Salad Kits product of USA 312-383 g</p>	 <p>15% off Prepared Daily Chicken Caesar Salad or Regular or Tropical Fruit Salad assorted sizes</p>

Fruity Fresh...



2.49
Gala Apples product of USA fancy grade or Bartlett Pears product of Argentina 5.49/kg



4.79
Limes product of Mexico 454 g

5.99
Honeydew Melon product of Guatemala or Canary Melon product of Brazil



2/\$4
Large Red Mangoes product of Mexico

Veggie love...



Buy 1 Get 1 FREE
Produce Reusable Bags



4.49
Foil Potatoes product of Canada 4 pk

1.99
Assorted Squash product of Mexico 4.39/kg

1.19
Green Cabbage product of Canada 2.62/kg



5.49
HANDFUEL 120-150 g

20% off
ROYAL NUTS Tubs selected varieties 240-400 g

FIGHTING FOOD WASTE HAS NEVER TASTED THIS GOOD!

Discover LOOP Mission Cold-Pressed Juices and Probiotic Sodas. Perfectly good fruits and veggies that would normally go to waste are rescued and transformed into super nutritious and delicious products.

MADE IN CANADA
MISSION GOOD FOR YOU & THE PLANET TOO!



9.99 LOOP Wellness Shots 4x73 mL

2/\$6 LOOP Iced Tea 355 mL

2/\$6 LOOP Probiotic Soda 355 mL



7.99 with Scene+ Card

8.99 without Scene+ Card

LOOP Cold-Pressed Juices or Smoothies 947 mL-1 L



floral

April 22nd Celebrate Earth Day!

 <p>27.99 Succulent Garden in ceramic</p>	 <p>2/\$6 Hens & Chicks 4" pot</p>	 <p>6.99 Mini Rose Aroma 4" pot</p>	 <p>14.99 Farm Fresh Bouquet</p>
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BUDGET PLEASERS!

Look for these symbols while you shop

Scene+ MEMBER 1000 = 10 in FREE groceries

Scene+ MEMBER Reduced pricing for Scene+ members

25
Celebrate 25 Years with Sterling Silver

So tender
HAND-SELECTED AAA BEEF
Well-marbled • Aged to perfection
Cut from Canada AAA Beef
Exclusive to Sobey's

8.99 /lb
STERLING SILVER Fresh Boneless Sirloin Tip Oven Roast or Marinating Steak family size cut from Canada AAA grade beef 19.82/kg

9.99 /lb
Fresh Boneless Top Sirloin Grilling Steak or Premium Oven Roast family size cut from Canada AA or USDA Select grade beef while supplies last 22.02/kg

200 PTS when you buy 1 pkg

6.49 /lb
COMPLIMENTS Fresh AIR-CHILLED Split Chicken Wings family size 14.31/kg

5.99 /lb
PANACHE Flattened Chicken Lemon Greek, Jerk or Portuguese 13.21/kg

Fully cooked!

150 PTS when you buy 1 pkg

9.99 /lb
ARBUTUS FARMS KITCHEN Carrot & Roasted Garlic or Caramelized Onion & Roasted Garlic Cooked Potatoes 1 kg

2.99 /lb
Fresh Pork Hock 6.59/kg

150 PTS when you spend \$10

5.99 /lb
Store Made Sausage Stuffed Mushroom Caps Honey Garlic or Sweet Italian or Stuffed Bell peppers with Lean ground beef 13.21/kg

100 PTS when you spend \$10

4.99 /lb
Cornish Hens frozen grade A 11.00/kg

4.99 /lb
Regular Ground Beef family size 11.00/kg

17.99 /lb
Seasoned Lamb Loin Chops Greek & Lemon or Provencal Herbs 26.43/kg

bison
GROWN AND RAISED by Canadian Ranchers
Raised without Antibiotics

11.99 /lb
NOBLE PREMIUM BISON Top Sirloin Steak 226 g

9.99 /lb
NOBLE PREMIUM BISON Steak Cubes or Inside Round Steak 226 g

14.99 /lb
NOBLE PREMIUM BISON Ribeye Steak or Striploin Steak 226 g

5.99 /lb
Fresh BBQ Whiskey or Honey Garlic Marinated Pork Loin Back Ribs 13.21/kg

400 PTS when you spend \$15

8.99 /lb
STERLING SILVER Fresh Boneless Sirloin Tip Roast Royale seasoned with prime rib fat added cut from Canada AAA grade beef 19.82/kg

quick & easy

100 PTS when you buy 2

9.99 /lb
LILYDALE Oven Roasted Chicken or Turkey 300 g

2.49 ea
MAPLE LODGE FARMS Chicken Wieners 450 g

8.99 /lb
PILLER'S Turkey Bites, Mini Pepperoni or Salami Sticks 300-500 g

2.49 /lb
BOB'S Bacon 375 g

Buy 2 Get 1 FREE
BEYOND MEAT Plant-Based Ground Beef, Burgers, Breakfast or Dinner Sausages or Chickenless Tenderloins or Nuggets 226-678 g starting at 8.99

6.99 /lb
SCHWEIDERS Individual Meat Pies, Quiche or Mini Sizzlers, Oktoberfest Sausages or Sausage Rounds frozen 330-400 g

110 PTS when you buy 1

10.99 /lb
COMPLIMENTS Beef, Chicken or Vegetable Lasagna or Mac & Cheese or Chili 907 g-1 kg or PANACHE Fisherman's Pie 800 g

500 PTS when you buy 1

24.99 /lb
YES! DELICIOUS Oven Roasted Style Chicken Wings with Sweet or Bold BBQ Sauce minimum 23 wings, 1.5 kg or HEAT DISTRICT Steakhouse Marinated & Seasoned Chicken Wings 1.36 kg

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PRICE LOCK
NEW LOWER PRICE

WISE CHOICES KEEP ROLLING IN

Look for the Ocean Wise® recommended logo in our stores for an Ocean Friendly Choice.



Oyster farming is associated with a host of ecosystem services and ecological benefits to water quality, nutrients, provision of habitat and shoreline stabilization.

Ontario Rainbow Trout is produced with excellent management plans and strict standards for environmental impacts and fish health.



10⁹⁹
/lb

Fresh Rainbow Trout Fillets product of Ontario subject to availability 24.23/kg

STARTING AT
125
ea



Fresh Choice Oysters product of Atlantic Canada subject to availability



14⁹⁹

COMPLIMENTS Cooked Shrimp in bag with cocktail sauce 680 g

compliments PACIFIC WHITE SHRIMP WITH COCKTAIL SAUCE
CREVETTES BLANCHES DU PACIFIQUE AVEC SAUCE COCKTAIL



680 g 568 g ... 112 g



3⁵⁰
ea

The Crab Cakes are made with Certified Maryland "True Blue" Crab Meat, which is harvested in a sustainable manner and are Ocean Wise recommended.

Authentic Maryland Crab Cakes 120 g frozen or previously frozen or 2 pack of cakes for \$7

Our COMPLIMENTS shrimp are sourced from regions with strong management practices, meaning they're able to greatly limit impacts on the surrounding environment and ecosystem.



STARTING AT
7⁹⁹

COMPLIMENTS Cooked or Raw Shrimp 71-90 ct per lb 340 g



FRESH AND IN SEASON

12⁹⁹
/lb

Fresh Wild Pickerel Fillets product of Ontario subject to availability 28.64/kg



Pickeral in the Great Lakes are highly adaptable: they are resilient to fishing pressures and tolerant of a wide variety of environmental conditions.

Let's do OurPart™ for future generations.

[Learn more](#)

seafood

<p>STARTING AT 7.99 COMPLIMENTS Raw Shrimp 71-90 per lb 340 g</p>	<p>3.50 Authentic Maryland Crab Cakes 120 g frozen or previously frozen or 2 pack of cakes for \$7</p>	<p>6.99 VASCO & CO Smoked Atlantic Salmon 120 g</p>	<p>4.99 COMPLIMENTS NATURALLY SIMPLE Cod or Haddock Loins 227 g 5.99 ea</p>
<p>\$3 TRUE NORTH Atlantic Salmon Burgers 130 g frozen or previously frozen or 2 pk burgers for \$6</p>	<p>12.99 Fresh Wild Pickerel Fillets product of Ontario subject to availability 28.64/kg</p>	<p>14.99 JANES ULTIMATES Breaded or Battered Haddock or Cod 530-615 g</p>	<p>14.99 COMPLIMENTS Cooked Shrimp in bag with cocktail sauce 680 g or CATCH OF THE DAY Pacific Salmon Filets 680 g</p>

kitchen

<p>STARTING AT 5.79 WHOLLY GUACAMOLE Classic, Avocado Verde Salsa 212-284 g or 4 pk Minis 227 g</p>	<p>6.79 Donair Wrap or Select Varieties 219-290 g</p>	<p>3.99 COMPLIMENTS Salads 426-454 g regular potato, creamy coleslaw, macaroni or other selected varieties</p>	<p>STARTING AT 2.49 Pulled Chicken or Pork</p>
<p>5.99 with Scene+ Card 6.99 without Scene+ Card Snack Box chicken, egg, tuna, protein, mediterranean or hummus</p>	<p>BUY 1 +1 Whole Assorted Dagwood Sandwich 1.15 kg 18.99 for only COMPLIMENTS Salad 850-908 g regular potato, creamy coleslaw, macaroni or other select varieties</p>		

deli

<p>35% off 200 PTS when you buy 2 6.29 ILE DE FRANCE Brie works out to 3.24/100 g, Cambozola works out to 4.41/100 g or Jarlsberg works out to 4.08/100 g</p>	<p>300 PTS when you buy 2 6.29 BOURSIN Minis 130 g</p>	<p>30% off COMPLIMENTS Provolone works out to 3.21/100 g</p>	<p>500 PTS when you buy 2 7.79 MONSIEUR GUSTAV Cheddar 200-250 g or AGROPUR Grand Cheddar 200 g</p>
<p>2.99 MASTRO Salami or SAN DANIELE Prosciutto selected varieties</p>	<p>3.49 COMPLIMENTS Roast Beef, Corned Beef, Pastrami or Montreal Smoked Meat selection may vary by store</p>	<p>75 PTS when you buy 2 1.49 OH SNAP! Pickles selected 90 mL</p>	<p>\$5 MAIN STREET DELI Sliced Deli Meats selected 250-300 g</p>

<p>15.99 Single Layer Shortcakes strawberry, fresh fruit or black forest 905-950 g</p>	<p>100 PTS when you buy 2 3.99 Mini Fruit Filled Strudel 4 pk 280 g</p>	<p>5.99 100% Butter Danish 4 pk 420 g</p>
BAKE SHOP		
<p>175 PTS when you buy 1 17.99 6 Fresh Fruit or Strawberry Topped Cheesecakes 650-775 g</p>	<p>60 PTS when you buy 2 17.99 6 Fresh Fruit Flan 590 g</p>	<p>60 PTS when you buy 2 4.49 Butter Crust, Dutch Crunch, Soft Italia or Sesame Seed Topped Bread 450 g</p>
<p>4.99 without Scene+ Card 4.49 with Scene+ Card Garlic Bread 540 g</p>		

BUDGET PLEASERS! Look for these symbols while you shop

Scene+ MEMBER 1000 pts = 10 in FREE groceries

Scene+ MEMBER Reduced pricing for Scene+ members

So.local

Made right here
at home

Get **100 PTS**

When you buy any 1
of the local products
on this page.



9.99
RAWCOLOGY
Granola 200 g



7.99
NANASHAKE
Nanapops
240 mL



10.99
FIRECRACKER
Authentic
Trinidadian
Pepper Sauce
200 mL

3.99
TONICA
Beverage
355 mL



3.89
BETTER BEARS
50 g



13.49
CRAFTY
Ramen Bowls
520 g

frozen & dairy

 <p>3.99 Buy more save more Buy 2 or more MINUTE MAID Lemonade, FIVE ALIVE, NESTEA or FRUITOPIA 1.54-1.75 L 4.49 ea</p>	 <p>4.99 CRACKER BARREL Slices 200-240 g or Combo 3 pk</p>	 <p>4.99 Buy more save more Buy 2 or more +100 PTS when you buy 2 LIBERTE Kefir 1 L 6.99 ea</p>	 <p>5.49 with Scanner Card 5.99 without COMPLIMENTS Cottage Cheese 750 g</p>
 <p>3.49 Buy more save more Buy 2 or more JELL-O Refrigerated Pudding or Gels or HERSEY'S Pudding 4 pk 4.49 ea</p>	 <p>5.99 LACTANTIA Premium Butter 250 g</p>	 <p>5.49 +200 PTS when you buy 2 KRAFT Philadelphia Dips 340 g</p>	 <p>5.99 DANONE Activia Drinkable Yogurt 8 pk</p>
 <p>4.99 HUNGRY-MAN Frozen Dinners 360-455 g</p>	 <p>6.99 +200 PTS when you buy 2 PILLSBURY Pizza Pops 8 pk or Pizza Bites 50 pk</p>	 <p>5.49 NESTLE ParLOUR Frozen Dessert 1.5 L or Novelties 12 pk selected varieties</p>	 <p>3.79 +100 PTS when you buy 2 CHEEMO Perogies 815-907 g</p>
 <p>\$6 Buy more save more Buy 2 or more HEALTHY CHOICE Power or Zero Bowls 262-280 g 7.49 ea</p>	 <p>2/\$4 SWANSON Pies 200 g</p>	 <p>6.99 MCCAIN Regular Fries 1.5 kg</p>	 <p>3.79 CAVENDISH FARMS Restaurant Style Fries 540-750 g</p>

Love it. Or it's free.
For details see COMPLIMENTS.ca

 <p>4.99 +50 PTS when you buy 1 COMPLIMENTS Cozy Coop Large White Eggs 12 pk</p>	 <p>4.99 COMPLIMENTS Greek Yogurt 650 g</p>	 <p>4.99 Buy more save more Buy 2 or more COMPLIMENTS Traditional Crust Pizza 352-446 g 5.99 ea</p>	 <p>2.79 +150 PTS when you buy 3 COMPLIMENTS Frozen Waffles 8 pk 280 g</p>
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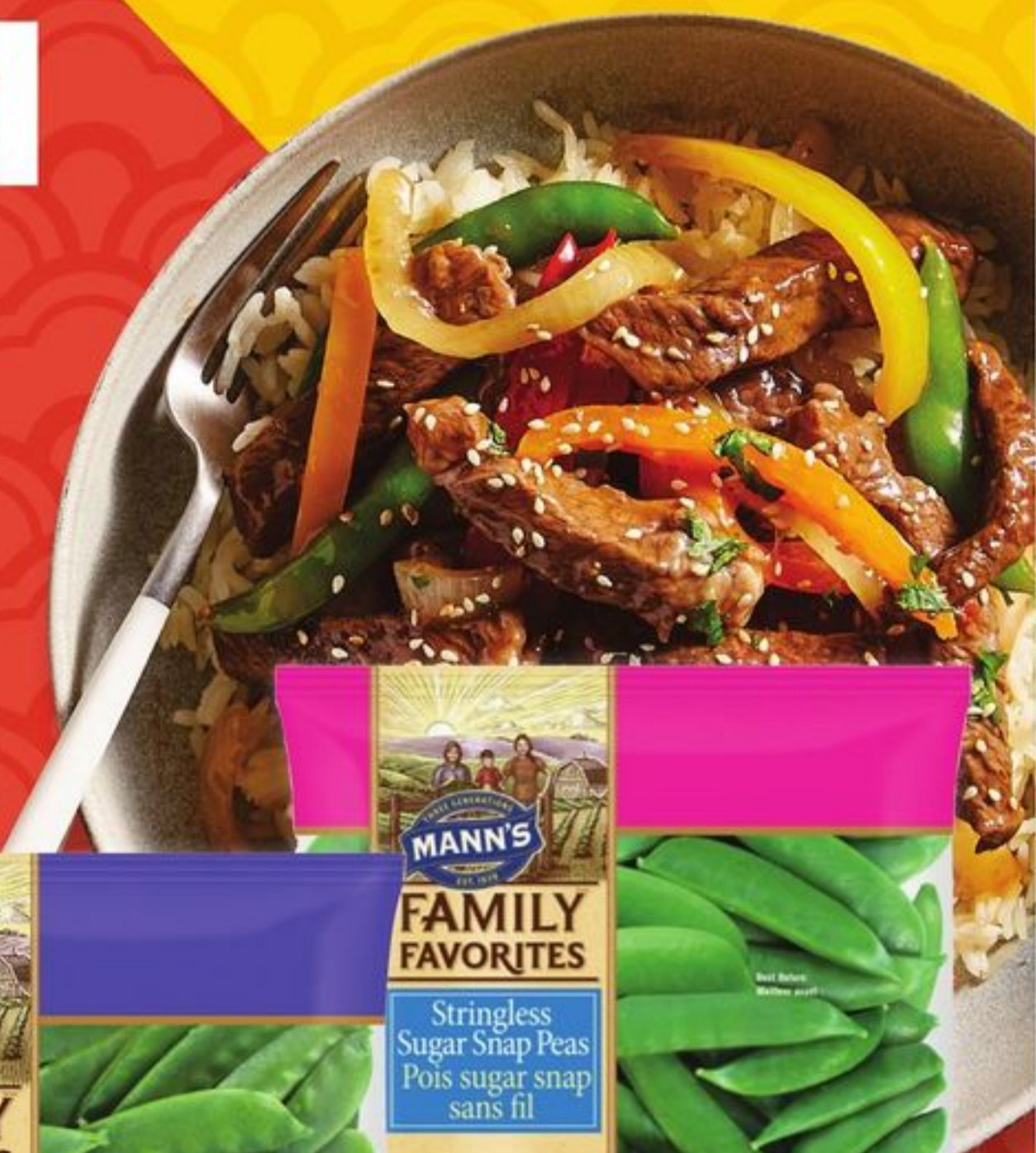
natural health

 <p>10.99 +250 PTS when you buy 2 MUSCLE MILK Protein Shake 4 pk</p>	 <p>2/\$5 RX Bars 52 g</p>	 <p>18.99 +250 PTS when you buy 1 CENTRUM Gummies 90-150 pk</p>	 <p>15% off TOM'S OF MAINE Toothpaste or Mouthwash 85-473 mL</p>
 <p>8.49 THE PLANT-IT FOOD CO. Buddha Bowl 325 g</p>	 <p>5.99 RIVIERA Vegan Delights 500 g or 4 pk 460 g</p>	 <p>4.49 Buy more save more Buy 2 or more SILK Beverages 1.75-1.89 L 5.49 ea</p>	 <p>8.99 +100 PTS when you buy 1 JUST EGG Plant-Based Egg 500 g</p>
 <p>10.99 KICKING HORSE Ground Coffee 284 g</p>	 <p>9.99 NATURE'S PATH Eco Pac Assorted Products 650-907 g</p>	 <p>7.49 SCHÄR Gluten-Free Chocolate Dipped Cookies 150 g</p>	 <p>3.49 +150 PTS when you buy 4 ANNIE'S Macaroni & Cheese 149-170 g</p>

1000+ ITEMS ARE PRICE LOCKED OR AT NEW LOWERED PRICES
Look for these symbols while you shop

PRICE LOCK
Now LOWER PRICE

Taste a world of stir-frys!



STARTING AT
7⁹⁹
/lb

Fresh Boneless Pork Loin Centre Stir-Fry Strips or Fresh Beef Hip Stir Fry Strips boneless cut from Canada AA grade beef 17.61/kg



4⁴⁹

MANN'S Snow Peas 170 g or Snap Peas 227 g product of USA or Mexico



8⁹⁹

KIKKOMAN Soy Sauce less sodium 591 mL available in selected stores



2⁹⁹

COMPLIMENTS Sauce 350 mL or Soya Sauce 450 mL selected varieties



6⁴⁹

KIKKOMAN Stir-Fry Sauce 290 mL available in selected stores



4⁴⁹

THAI KITCHEN Fish Sauce 200 mL available in selected stores



4⁷⁹

THAI KITCHEN Curry Paste selected varieties 112 g

3⁹⁹

EIGHT TREASURES Sesame Oil 185 mL





Love it. Or it's free.*

*For details see COMPLIMENTS.ca

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PRICE LOCK
4.99
COMPLIMENTS
Ice Cream 1.5 L

drinks & snacks

<p>3.99 without Scene+ Card TWIZZLERS Licorice Candy 311-454 g</p>	<p>1.25 with 100 PTS when you buy 4 NESTLÉ Singles 38-60 g</p>	<p>2.99 BUY MORE SAVE MORE MAYNARDS Candy 150-154 g 3.69 ea</p>	<p>2/\$7 NATURE VALLEY Trail Mix or Crunchy Bars 130-230 g or BETTY CROCKER Fruit By The Foot 128-141 g</p>
<p>2/\$9 DORITOS Tortilla Chips 210-280 g</p>	<p>50 PTS when you buy 2 PEPSI Soft Drinks select flavours 12x355 mL</p>	<p>19.99 FOLGERS or TIM HORTONS Coffee K-Cup® Pods 30 pk</p>	<p>4.99 OCEAN SPRAY Cranberry Juice or Cocktail 1.89 L</p>
<p>2/\$9 MISS VICKIE'S Kettle Chips 190-200 g</p>	<p>5 BUY MORE SAVE MORE CHRISTIE Family Size Cookies selected 303-488 g 5.49 ea</p>	<p>4.99 CHRISTIE Family Size Crackers 350-354 g or Premium Plus Crackers 450-500 g</p>	<p>3 BUY MORE SAVE MORE DARE Breton or Vinta Crackers selected 135-225 g, BOULANGERIE GRISSEL Melba, Canage or Baguettes 120-200 g 3.49 ea</p>

meal makers

<p>1.49 without Scene+ Card MR. NOODLES Cups 64 g</p>	<p>1.99 COMPLIMENTS Beans 398 mL</p>	<p>2/\$5 COMPLIMENTS Flaked Meat 156 g</p>	<p>4.29 FRANK'S RedHot or Thick Sauce 354 mL</p>
<p>2.77 QUAKER Instant Oatmeal 168-344 g, Quick or Old Fashioned Oats 1 kg selected varieties</p>	<p>3.97 KELLOGG'S Cereal selected varieties 210-435 g</p>	<p>2/\$6 DEMPSTER'S English Muffins 6 pk</p>	<p>3.99 KRAFT Salad Dressing 425-475 mL</p>
<p>2.99 KRAFT Marshmallows Jet-Puffed 400 g</p>	<p>3.49 COMPLIMENTS Premium Baking Mixes 432-500 g</p>	<p>2.99 HOSTESS Snacks 121-262 g</p>	<p>3.99 GOLDEN DRAGON Sauces 455 mL selected varieties</p>

compliments Love it. Or it's free.* 100% MONEY BACK GUARANTEE

*For details see COMPLIMENTS.ca

<p>2.29 BUY MORE SAVE MORE COMPLIMENTS Potato Chips or Extraa! Flavour Chips 200 g 2.99-3.19 ea</p>	<p>3.99 COMPLIMENTS Lemonade or Iced Tea 2.84 L</p>	<p>6.99 50 PTS when you buy 1 COMPLIMENTS Confetti Cookie Bites 400 g while supplies last</p>	<p>3.49 COMPLIMENTS Cookies selected 300-350 g</p>
<p>3.99 COMPLIMENTS Tortillas 10" 366-610 g</p>	<p>2.49 COMPLIMENTS Croutons 145 g</p>	<p>2.49 COMPLIMENTS Granola Bars 131-192 g</p>	<p>14.99 value size COMPLIMENTS All-Purpose Flour 10 kg</p>

BUDGET PLEASERS! Look for these symbols while you shop

<p>WEEKLY SPECIAL Spotlight on weekly specials</p>	<p>BUY MORE SAVE MORE Save when you stock up on more</p>	<p>SAVE THIS WEEK Amazing limited-time price</p>	<p>SPECIAL OFFER Extended offer for 4+ weeks</p>
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home & pet care



8.99 CASHMERE Bathroom Tissue 8-16 Rolls or SPONGE TOWELS 2 pk



7.99 BEST BUY Jumbo Paper Towels 6 pk



5.29 ZIPLOC Food Storage Bags 10-90 pk



7.99 with Scene+ Card
COMPLIMENTS Waste Bags 20-40 pk selected varieties



12.99 FEBREZE Plug-Ins 2 pk
Buy one Febreze refill get the warmer for 99¢



5.49 MILK-BONE CELEBRATE YOUR FUR-EVER FRIEND!
MILK-BONE Biscuits Dipped, Stacked or Celebration varieties 250-500 g



19.99 GAIN Laundry Detergent 4.55 L



14.99 FINISH Dish Tabs 40-60 pk or Jet Dry 9-46 mL



11.99 GAIN Laundry Detergent 2.6-2.72 L, Flings 35 pk, DOWNY Softener 1.89-3.06 L, BOUNCE or GAIN Sheets 120-200 pk, Beads 379 g or TIDE Simply 3.3-3.4 L

health, beauty & baby



6.99 CREST Pro-Health Rinse or 3D White Toothpaste, ORAL-B Toothbrushes or FIXODENT 65 mL-1 L, 57-66 g or 1-2 pk selected



1.00 REVOL CARES Leak Proof Underwear 1 pk available in selected stores



8.99 CREST 3D White or Pro-Health Rinse or ORAL-B Toothbrushes 52 mL-1 L or 1-3 pk selected



9.49 U BY KOTEX Pads or Liners 28-129 pk selected



6.49 OLD SPICE 473-532 mL or IVORY 1.035 L Body Wash or CLAY Bar 4 pk selected



20% off GARNIER Skincare 50 mL selected

Baby Days are here!

Big offers on baby essentials



1.25 BABY BELLIES ORGANIC Snacks 8-12 g 1.49 ea



62.99 ENFAMIL A+ Ready To Feed Formula selected 18x237 mL

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- Get **150 PTS** when you buy 2 or more
- Get **300 PTS** when you spend \$25 or more
- Get **1000 PTS** when you spend \$50 or more on baby products

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- Get **500 PTS** when you spend \$15 or more



9.99 CABOO Bamboo Wipes 21.3 pk

NESTLE Gerber Baby Food 99-162 mL, Cereal 227 g or Snacks 42-155 g ORGANIC bundle excluded

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15% off CLARITIN Allergy Relief 40-50 pk or AERIUS 30 pk*



15% off POISE Pads or DEPEND Underwear selected



15% off ADVIL 24-50 pk selected or VOLTAREN 30-50 g



15% off Children's ADVIL Liquid 24-100 mL or Tablets 20 pk



20% off FLONASE Allergy Relief Spray 60 Doses¹

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3.19
 ea when you buy 2 or more
 HOT-KID Baby Mum-Mum 50-60 g 3.49 ea

BUY MORE SAVE MORE
200 PTS
 when you buy 3 or more
3.39
 ea when you buy 2 or more
 LITTLE GOURMET ORGANIC Snack Bars and Bites 23-42 g 4.49 ea

BUY MORE SAVE MORE
1.99
 ea when you buy 3 or more
 BABY GOURMET Fruit or Veggie Based Purées 113-128 mL selected 2.49 ea

21.99
 HUGGIES Wipes 560-704 pk

That's like \$5 toward your groceries
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39.99
 PAMPERS Super Econo Plus Huge Diapers 66-160 pk

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- Get **300 PTS** when you spend \$25-49.99 in baby department
- Get **1000 PTS** when you spend \$50 or more in baby department

More big offers

on baby essentials!



350 PTS
when you buy 1

24⁹⁹

PAMPERS Super Pack Diapers 42-120 pk or HUGGIES Giga Diapers 38-120 pk



BUY MORE SAVE MORE

3²⁵

ea when you buy 2 or more

NESTLE Gerber Snacks 42-155 g 3.79 ea



BUY MORE SAVE MORE

7⁹⁹

ea when you buy 4 or more

NESTLE Gerber ORGANIC Pouches 99-128 mL 2.49 ea

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Buy More, Get More!

Get **150 PTS** when you spend \$15-24⁹⁹

Get **300 PTS** when you spend \$25-49⁹⁹

Get **1000 PTS** when you spend \$50 or more



28⁹⁹

HUGGIES Giga Pack Pull-Ups or Goodnites 28-74 pk



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