

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

SAFEGWAY

Sobeys

Scene+ MEMBER **4.99** /lb. 10.00/kg with Scene+ Card. **Members SAVE \$1.00** without Scene+ Card. **5.99** /lb. 13.20/kg. **value size**

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

value size

5.88 /lb

Earls
CARUN CHICKEN BREAST
POTRINE DE POULET CARUN

EARLS Cajun Chicken Breast
9.99/lb. 22.02/kg

10.99 1kg

COMPLIMENTS Thick Cut Bacon 1kg, **SWISS CHALET** Pork Back Ribs 600 g or **EARLS Kitchen + Bar BBQ Pork Back Ribs** 680 g

3/4.98

Large Avocados
product of Mexico

2/\$5

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

Raspberries or Blackberries product of USA or Mexico 170 g

3.29 /100 g

Wild Alaska Sockeye
Salmon Fillets previously frozen or frozen

HOT PRICE

4.99

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

2.27 /kg

HOT PRICE

3.27

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

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.

HOT PRICE

7.97

ARMSTRONG Cheese 600 g, Shreds 450-500 g or **SAPITO Mozzarella** 690 g

Scene+ **DIGITAL EXCLUSIVE** OFFER AVAILABLE APRIL 18-24, 2024. **500 PTS** when you load this offer in the Sobeys app or Safeway app or at MyGroceryOffers.ca.

SPEND \$50 OR MORE, GET 500 PTS WHEN YOU LOAD THIS OFFER

Card must be registered. Offer valid and available to be loaded April 18-April 24, 2024 at all Sobeys and Safeway locations in Western Canada. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded for registered Scene+ Card prior to transaction. Spending \$50.00 or more awards only one 500 Scene+ points allotment. Limit 1 offer per Scene+ Card. Offer includes items, delivery charges, all payments, service fees, credit fees, event tickets, gift cards. Excludes products in electronic registers, gift cards, special products and services. Western Canada. Not valid for items already purchased or items that require prior approval. Some items may be excluded. Excludes products, services, special financing, 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 IP Corporation used under license by Sobeys Capital Incorporated.

ABLMH_3K

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
1.22-1.36 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.*

That's like \$10 toward your groceries



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

SOBEYS_SAFERWAY_WKSFL01_WST_AB_HH_3K



**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 600 g
or Bagels 6 pk



3.49 /lb
Fresh Pork Shoulder Picnic Roast (bone removed) 7.69/kg

5.99 COMPLIMENTS Muffins 4-6 pk 400-600 g

3.99 or more when you buy 2 or more
Panini Buns 6 pk 250-480 g or Winnipeg Style Light or Light Rye Bread 450 g 4.39 ea

7.99 COMPLIMENTS Bay Scallops 80-120 ct per lb 340 g or MARINA DEL REY Wild Argentinian Raw Shrimp selected 300 g

11.99 SCHNEIDERS Smokies 900 g, MAPLE LEAF Prime Breaded Chicken-Wings, Strips, Nuggets, Burgers or Stuffed Chicken Cutlets or SCHNEIDERS Breaded Chicken or Pork Schnitzel 450-695 g

5.99 COUNTY BUTCHER Breakfast or Dinner Pork Sausages 375-500 g or SCHNEIDERS Juicy Jumbos or Stadium Size Footlong Wieners 375-450 g selected

3.99 COMPLIMENTS Baby Spinach, Baby Arugula or Spring Mix product of USA 142 g

88¢ with Scene+ Card
99¢ without Scene+ Card
Bulk Corn product of USA

3.49 /lb
No Artificial Preservatives or Colours

3.99 or more when you buy 2 or more
Baked in Store

Try our Slow Cooker Smokey Applewood Pulled Pork Sandwiches recipe at Sobeys.com or Safeway.ca

2/\$8 COCA-COLA or PEPSI Soft Drinks 6x710 mL

3/\$5 POWERADE 710 mL, PEACE TEA 695 mL, SPRINKLE 903 mL, SUNRISE Juice 900 mL or CADBURY King Size Bars 66-90 g

2/4.50 PEPPERIDGE FARM Goldfish Crackers or Crisps 156-227 g

3.99 DAIRYLAND Chocolate Milk 1.89 L, LUCERNE Chocolate Milk 2 L or COFFEE MATE Coffee Creamers 828 or 946 mL

8.99 KELLOGG'S Jumbo Cereal selected 700 g-1.2 kg

12.99 NABOB Roast and Ground Coffee 915-930 g, COMPLIMENTS Whole Bean Coffee 907 g, Pods 30 pk or TWINNINGS Earl Grey or English Breakfast Tea 100 pk

4/\$5 CAMPBELL'S Tomato, Chicken Noodle, Cream of Mushroom or Vegetable Soup 284 mL

3.97 PHILADELPHIA Cream Cheese select varieties 227-250 g

3.49 DR. OETKER Momenti, Panini or Garlic Fingers 160-317 g

3.99 BECEL Margarine 427 g, Bricks or Plant-Based Sticks 454 g

STARTING AT 7.49 HEINZ Ketchup 1.5 L or KRAFT Miracle Whip 1.5 L

3/\$5 CLOVER LEAF Flavored Light Tuna 170 g or Flavored 85 g

3.99 DEL MONTE Fruit Cups 4 pk 107-112.5 mL

6.49 CHARMIN Bathroom Tissue 8-24 rolls or BOUNTY Paper Towels 2-4 pk

Scene+ **GET 500 PTS** FOR EVERY \$100 SPENT IN ONE 4 ALL GIFT CARDS! Offer valid during April 19 - 24, 2024. Sorry no rainchecks or price matching. Offer valid only on One4All \$25-\$500. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

LOAD IT TO GET IT!

Get up to **1050 PTS**

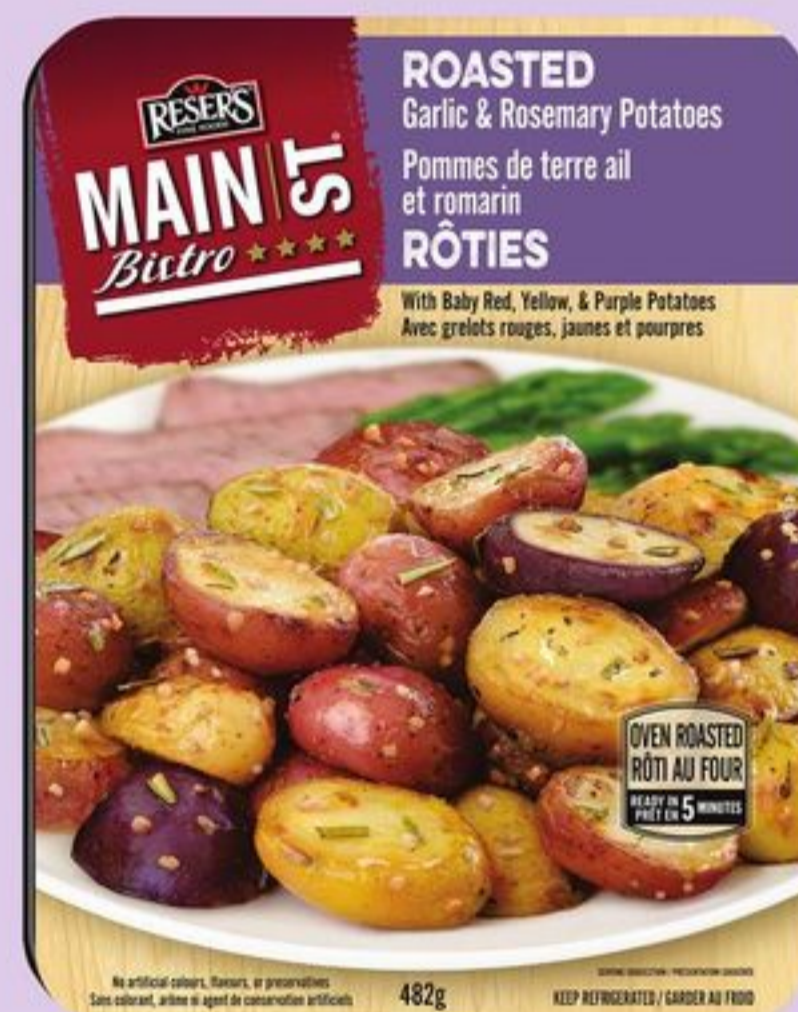
Load offers in the **Sobeys** or **Safeway** app
or at **MyGroceryOffers.ca**

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**



Offer valid April 18th to April 24th, 2024 at all Sobeys and Safeway locations in Western Canada. 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**

Only
\$5*
or less

Per Serving

Try this week's recipe
**Gnocchi
with
Caramelized
Cauliflower**

Get recipe

CAMPBELL'S Vegetable Broth 900 mL

COMPLIMENTS Gnocchi 350 g

PANACHE Parmigiano Reggiano product of Italy 200 g

Cauliflower product of USA or Mexico

Garlic

PRICE LOCK

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 LOWERED 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>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>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 signs throughout our store

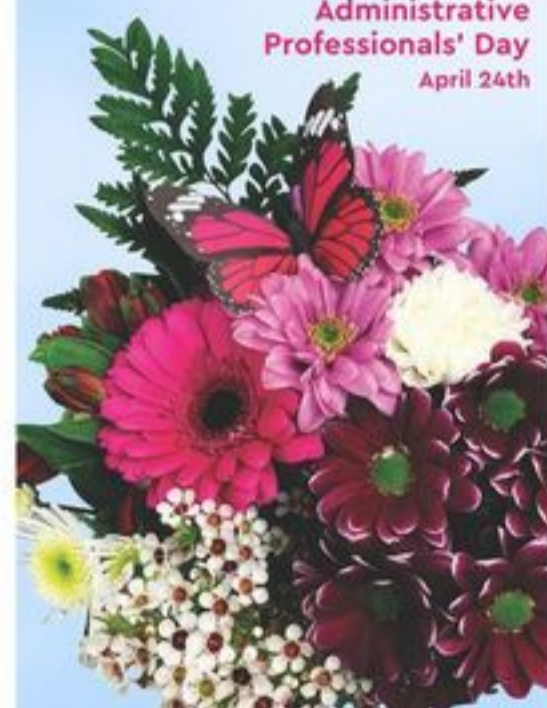
<p>special OFFER</p> <p>Extended offer for 4+ weeks</p>	<p>BUY MORE SAVE MORE</p> <p>Save when you stock up on more</p>	<p>WEEKLY SPECIAL</p> <p>Spotlight on weekly specials</p>	<p>SAVE this week</p> <p>Amazing limited-time price</p>	<p>Scene+</p> <p>1000 = \$10 in FREE groceries</p>	<p>Scene+ MEMBER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



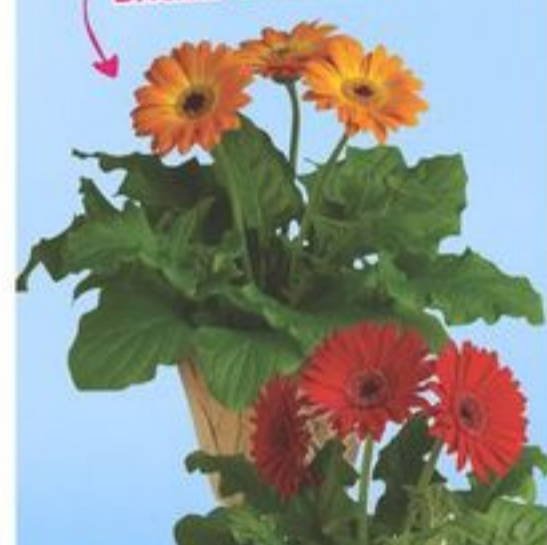
18⁹⁹
Sweet Petite Arrangements
assorted colours to choose from

Say thank you!
Administrative
Professionals' Day
April 24th



14⁹⁹
Administrative
Day Bouquets

Grown in
British Columbia



Gerbera
Plants
assorted
colours
6" pot

10⁹⁹



21⁹⁹
One Dozen Ecuadorian Roses
assorted colours

STARTING AT
14⁹⁹
Phalaenopsis
Orchids in Ceramic
selection may vary by store



SOBEYS_SAFERWAY_WEEKLY_SPECIAL_MIL_SK

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
/lb

COMPLIMENTS
Herbs 20-28 g
assorted varieties
2.79 ea



Fall off
the bone!



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

50 PTS
when you buy 2



family
size

3⁷⁹
/lb

COMPLIMENTS
Fresh
Chicken Legs
back attached
8.36/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!

<https://www.sobeys.com/en/articles/turn-your-bbq-into-a-multifaceted-grill/>
or <https://www.safeway.ca/more-ways-to-use-your-bbq/>



7⁹⁹
MARIE
CALLENDER'S
Frozen Meals
680-875 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 6x330 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 signs
throughout
the store

**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!
Fresh Boneless Beef Brisket, Flat Top or Point cut (from Canada AA grade beef) 17.99/kg

7⁹⁹ /lb

Savoury pork belly!
Fresh Whole Skinless Pork Belly (cured) 11.00/kg

1000 Pts when you buy 1

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

4⁹⁹ /lb

value size

Mmmmm Tender!

Put it on a bun!
Coho Salmon Fillets (product of Chile or Wild Meshi) Fillets (product of Chile) frozen or previously frozen

2⁹⁹ /100 g

NOT MORE MORE BAKED IN STORE

3⁹⁹ Kaiser Buns 5 pk (1500 g) 4.29 ea

Smoke fish with flavoured wood chips!

4⁹⁹ /lb

value size

Fresh Pork Loin Back Ribs (cured) 11.00/kg

STARTING AT 1²⁵

FRESH CHOICE Oysters (subject to availability)

Sauce your ribs!

4⁴⁹ DEMPSTER'S Signature Hamburger or Sausage Buns 6-8 pk

3⁹⁹ STAGG Chili 425 g

9⁹⁹ BBQ PIT BOYS or CUSO'S Seasonings and Spices 142-408 g

4⁹⁹ CLUB HOUSE La Grille Wet Rubs 200 mL

6⁹⁹ GOOD FOOD FOR GOOD Ketchup or BBQ Sauce 250 mL

3⁹⁹ COMPLIMENTS ORGANIC Mustard 225-325 mL

5⁹⁹ BOUNTY Paper Towel 2-3 rolls or Napkins 200 pk

20% off HANDI-FOIL Roasters selected varieties

5⁹⁹ ALCAN Foil 50-100 ft or REYNOLDS Unbleached Parchment Paper 75 Sheets 40 pk or Air Fryer Liner 50 pk

1000+ ITEMS ARE PRICE LOCKED OR AT NEW LOWERED PRICES

Look for these symbols while you shop

LOWEST PRICE PRICE LOCK

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 English Seedless Cucumbers product of Western Canada, Canada 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...

 <p>2.49 Gala Apples product of USA fancy grade or Bartlett Pears product of Argentina 5.49/kg</p>	 <p>5.79 Limes product of Mexico 454 g</p>	 <p>6.49 Honeydew Melon product of Guatemala</p>
 <p>2/\$4 Large Red Mangoes product of Mexico</p>		

Veggie love...

 <p>Buy 1 Get 1 FREE Produce Reusable Bags</p>	 <p>5.99 Foil Potatoes product of USA 4 pk</p>
 <p>1.99 Assorted Squash product of Mexico 4.39/kg</p>	 <p>1.49 Green Cabbage product of Canada 3.28/kg</p>
 <p>5.49 HANDFUEL 120-150 g</p>	 <p>20% off ROYAL NUTS Tubs selected varieties 240-400 g</p>

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!

 <p>9.99 LOOP Wellness Shots 4x73 mL</p>	 <p>2/\$6 LOOP Iced Tea 355 mL</p>	 <p>2/\$6 LOOP Probiotic Soda 355 mL</p>	 <p>4.99 LOOP Cold-Pressed Juices or Smoothies 355 mL</p>
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LOOP FOUNDERS
DAVID CÔTÉ & JULIE POITRAS-SAILLIER



floral

April 22nd Celebrate Earth Day!

 <p>28.99 Assorted Tropical Plants in ceramic with wood stands</p>	 <p>8.99 Tulip Bunches assorted colours 10-stem bunches</p>	 <p>6.99 Happy Earthing Pot with Fern 2"</p>	 <p>8.99 Planets with Succulents</p>
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Grown in British Columbia

BUDGET PLEASERS! Look for these signs throughout the store





1000 pts = 10 in FREE groceries

Reduced pricing for Scene+ members

25
Celebrate 25 Years with Sterling Silver

HAND-SELECTED AAA BEEF
Well-marbled Aged to perfection
Cut from Canada AAA Beef
Exclusive to Sobeys or Safeway

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

6.99 /lb
COMPLIMENTS Fresh AIR-CHILLED Split Chicken Wings family size 15.41/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 Provençal 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

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

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

READY FOR YOU
We do the prep so you have the time.
Discover convenient food solutions that are ready to eat, heat or cook.

quick & easy

100 PTS when you buy 2

9.99 /lb
LILYDALE Oven Roasted Chicken or Turkey 300 g

2.49 /lb
MAPLE LODGE FARMS Chicken Wieners 450 g \$2.99 ea

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

6.99 /lb
HARVEST Double Smoked Farmers Sausage, Mini Farmer Sausages or Cooked Bratwurst 300-375 g

Buy 2 Get 1 FREE

6.99 /lb
BEYOND MEAT Plant-Based Ground Beef, Burgers, Breakfast or Dinner Sausages or Chickenless Tenderloins or Nuggets 226-678 g starting at 8.99

110 PTS when you buy 1

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

500 PTS when you buy 1

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

5 toward your choice

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

1000+ ITEMS ARE PRICE LOCKED OR AT NEW LOWERED PRICES

Look for these symbols while you shop

LOW PRICE **PRICE LOCK**

SOBEYS_SAFEWAY_WKS1_PDL_WST_AB_HB_SX

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.



STARTING AT
125
ea

CHOOSE CANADIAN SEAFOOD
Fresh Choice Oysters
product of Atlantic Canada
subject to availability

This fish's population is healthy. The various fishing methods utilized limit habitat damage and impacts to marine life.



299
/100 g

Wild Icelandic Cod Fillets previously frozen or frozen



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



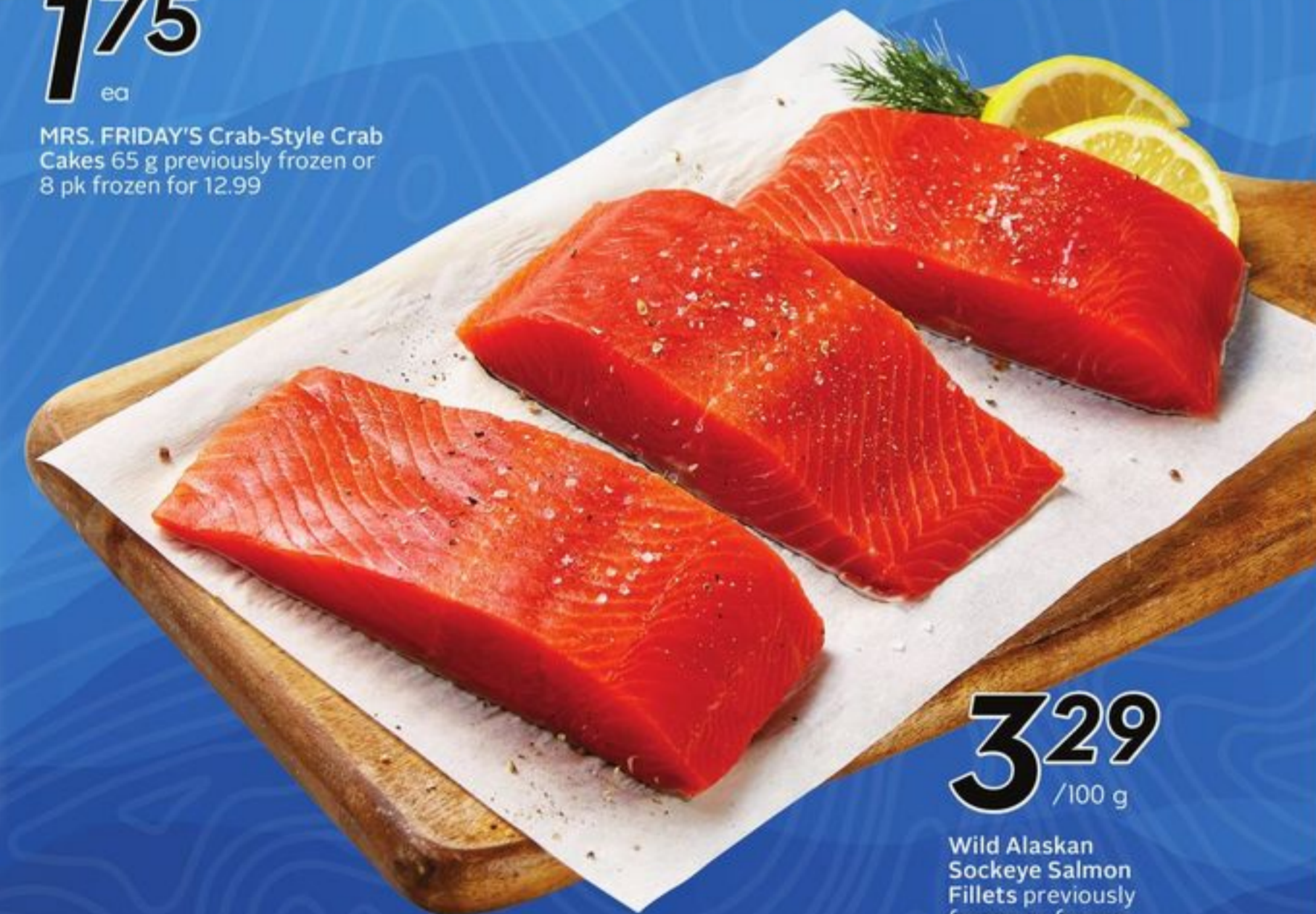
680 g 568 g ... 112 g

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.

175
ea

MRS. FRIDAY'S Crab-Style Crab Cakes 65 g previously frozen or 8 pk frozen for 12.99

The Alaskan Sockeye population is resilient to fishing pressures and part of a well-managed fishery.



329
/100 g

Wild Alaskan Sockeye Salmon Fillets previously frozen or frozen



STARTING AT
799

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

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>1.75 MRS. FRIDAY'S Crab-Style Crab Cakes 65 g previously frozen or 8 pk frozen for 12.99</p>	<p>5.99 ANCHOR'S BAY Cooked Mussel or Clam Meat or Seafood Medley 340-360 g or COMPLIMENTS Crab Flavoured Seafood 454 g</p>	<p>4.99 COMPLIMENTS Naturally Simple Cod or Haddock Loins 227 g <small>Buy 2 or more 5.99 ea</small></p>
<p>\$4 Wild Sockeye Salmon Burger Spinach & Feta or Tomato & Basil frozen or previously frozen 113 g or 2 pk for \$8</p>	<p>3.99 Fresh Wild Pickerel Fillets product of Canada /100 g</p>	<p>14.99 JANE'S 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 <small>125 PTS when you buy 2</small></p>	<p>3.99 COMPLIMENTS Salads 426-454 g regular potato, creamy coleslaw, macaroni or other selected varieties <small>75 PTS when you buy 2</small></p>	<p>2.49 PULLED Chicken or Pork <small>STARTING AT</small></p>
<p>5.99 with Scene+ Card <small>6.99 without Scene+ Card</small> Snack Box chicken, egg, tuna, protein, mediterranean or hummus</p>	<p>Family meal deal! BUY 1 +1 Whole Assorted Dagwood Sandwich 1.15 kg for only 18.99 <small>250 PTS when you buy 1 Family meal deal</small> Feed a family of 4 for \$4.75 ea.</p>		

deli

<p>35% off 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 <small>200 PTS when you buy 2</small></p>	<p>6.29 BOURSIN Minis 130 g <small>300 PTS when you buy 2</small></p>	<p>30% off COMPLIMENTS Provolone works out to 2.72/100 g</p>	<p>7.79 MONSIEUR GUSTAV Cheddar 200-250 g or AGROPUR Grand Cheddar 200 g <small>500 PTS when you buy 2</small></p>
<p>2.99 MASTRO Salami or SAN DANIELE Prosciutto selected varieties <small>STARTING AT</small></p>	<p>3.79 COMPLIMENTS Roast Beef, Corned Beef, Pastrami or Montreal Smoked Meat selection may vary by store <small>STARTING AT</small></p>	<p>1.49 OH SNAP! Pickles selected 90 mL <small>75 PTS when you buy 2</small></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>3.99 Mini Fruit Filled Strudel 4 pk 280 g <small>100 PTS when you buy 2</small></p>	<p>5.99 100% Butter Danish 4 pk 420 g</p>
BAKE SHOP		
<p>17.99 6" Fresh Fruit or Strawberry Topped Cheesecakes 650-775 g <small>175 PTS when you buy 1</small></p>	<p>17.99 Fresh Fruit Flan 590 g</p>	<p>3.99 Butter Crust, Dutch Crunch, Soft Italia or Sesame Seed Topped Bread 450 g, 4.29 ea <small>BUY MORE SAVE MORE</small></p>
<p>4.49 with Scene+ Card 4.99 without Scene+ Card Garlic Bread 540 g <small>Scene MEMBER SAVE</small></p>		

BUDGET PLEASERS! Look for these signs throughout the store

Scene MEMBER 1000 pts = 10¢ in FREE groceries Reduced pricing for Scene+ members

Life tastes **good** around here.



2/\$5

FARMERY Malted Soda
assorted 473 mL



FROM
MANITOBA



2/\$5

RONNIE'S
Sunflower
Seeds
assorted
210 g



7.99

SPENST Pizza
assorted
646-701 g

frozen & dairy

<p>3.99 BUY MORE SAVE MORE 80 when you buy 2 or more MINUTE MAID Lemonade, FIVE ALIVE, NESTEA or FRUITOPIA 1.5L-1.75 L 4.69 ea</p>	<p>4.99 CRACKER BARREL Slices 200-240 g or Combo 3 pk</p>	<p>4.99 BUY MORE SAVE MORE +100 PTS when you buy 2 LIBERTÉ Kefir 1 L 6.99 ea</p>	<p>5.49 MEMBER with Scanner Card 5.99 without Scanner Card COMPLIMENTS Cottage Cheese 750 g</p>
<p>3.49 BUY MORE SAVE MORE 80 when you buy 2 or more JELL-O Refrigerated Pudding or Gels or HERSHEY'S Pudding 4 pk 4.49 ea</p>	<p>5.99 PARKAY Margarine 850 g or 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 NESTLÉ 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 80 when you 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 COMPLIMENTS Cozy Coop Large White Eggs 12 pk</p>	<p>4.99 +50 PTS when you buy 1 COMPLIMENTS Greek Yogurt 650 g</p>	<p>4.99 BUY MORE SAVE MORE 80 when you 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 +100 PTS when you buy 1 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 80 when you buy 2 or more SILK Beverages 1.75L-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>

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LOWEST PRICE PRICE LOCK

Tasty stir-frys start here!



STARTING AT
77¢
/lb

Fresh Boneless Pork Loin Centre Stir-Fry Strips or Fresh Beef Hip Stir Fry Strips boneless cut from Canada AA grade beef 1711/kg



44¢

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



89¢

KIKKOMAN Soy Sauce less sodium 591 mL available in selected stores



29¢

COMPLIMENTS Sauce 350 mL or Soya Sauce 450 mL selected varieties



64¢

KIKKOMAN Stir-Fry Sauce 290 mL available in selected stores



44¢

THAI KITCHEN Fish Sauce 200 mL available in selected stores



47¢

THAI KITCHEN Curry Paste selected varieties 112 g

39¢

EIGHT TREASURES Sesame Oil 185 mL





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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 NESTLE 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>1.29 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/\$7 DEMPSTER'S English Muffins 6 pk</p>	<p>5.99 COMPLIMENTS Canola Oil 946 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

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<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>12.99 value size COMPLIMENTS All-Purpose Flour 10 kg</p>

BUDGET PLEASERS! Look for these signs throughout the store

<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 PUREX 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 without 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¢

50 DAYS FRESH

5.49 MILK-BONE CELEBRATION 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 3.1-3.4 L

health, beauty & baby

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

1.00 REVLOV CARES Leak Free Underwear 1 pk available in selected stores

Scene+ Buy More, Get More!
Get 150 PTS when you spend \$10
Get 300 PTS when you spend \$25
Get 1000 PTS when you spend \$100 or more on baby products

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

9.99 CABOO Bamboo Wipes 213 pk

1.25 BABY BELLIES ORGANIC Snacks 8-12 g ea
or when you buy 4 or more 1.49 ea

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

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

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

pharmacy

Only available at Pharmacy Locations
*Select products only available when a pharmacist is on duty.

15% off ALLEGRA Allergy Relief 30 pk or 36 pk*

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 Doses†

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Baby days are here!

Score these deals for your little one

BUY MORE
SAVE MORE

3.39

ea when you buy 2 or more

200 PTS
when you buy 3 or more

LITTLE GOURMET ORGANIC
Snack Bars and Bites 23-42 g
4.49 ea



BUY MORE
SAVE MORE

3.19

HOT-KID Baby Mum-Mum 50-60 g 3.49 ea



21.99

HUGGIES Wipes 560-704 pk



That's like \$5 toward your groceries

39.99

500 PTS
when you buy 1

PAMPERS Super Econo Plus Huge Diapers 66-160 pk

Scene
Buy More, Get More!

Get **150 PTS**
when you spend \$15-24.99
in baby department

Get **300 PTS**
when you spend \$25-49.99
in baby department

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



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

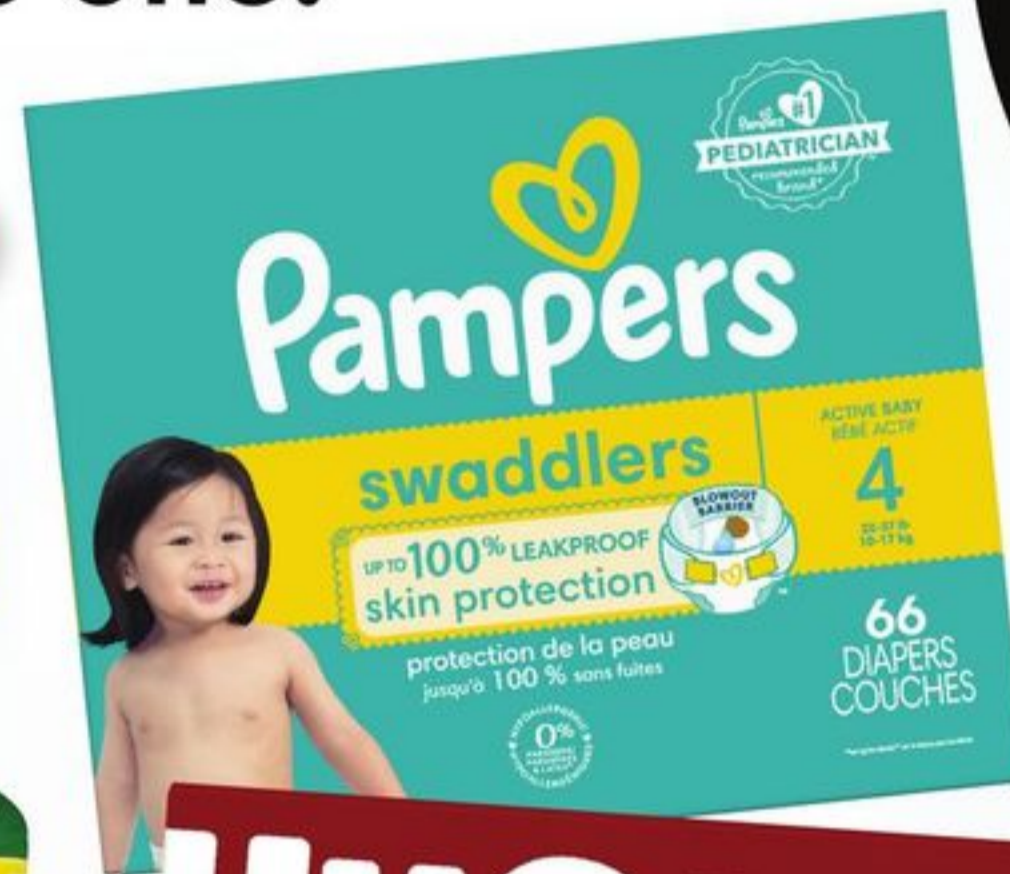
Score more deals for your little one!



BUY MORE SAVE MORE

7.99

ea when you buy 4 or more
NESTLÉ Gerber ORGANIC Pouches 99-128 mL 2.49 ea



350 PTS when you buy 1
24.99

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



28.99

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



Scene
Buy More, Get More!

Get **150 PTS** when you spend \$15-24.99

Get **300 PTS** when you spend \$25-49.99

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



BUY MORE SAVE MORE

3.25

ea when you buy 2 or more
NESTLÉ Gerber Snacks 42-155 g 3.79 ea



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240G



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& fine herbs
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