

1000+

ITEMS ARE
PRICE LOCKED
OR AT NEW LOWERED PRICES

Look for these symbols in store



Sobeys

Buy 1 Get 1 FREE*

LARSEN or MAPLE LEAF Wieners 375 g starting at 6.99 ea

*of equal or lesser value

Scene+ MEMBER PRICING

4.99 /lb, 11.00/kg

with Scene+ Card

Members SAVE \$1 /lb

5.99 without Scene+ Card

Extra Lean Ground Beef Family Size

3.99 /lb

Fresh Pork Tenderloin Family Size cryovac 8.80/kg

Scene+ MEMBER PRICING

9.99

with Scene+ Card

Members SAVE \$3

12.99 without Scene+ Card

Prepared Fresh Daily In Store Fruit or Vegetable Trays 1-1.3 kg

3 PACK

4.99

Rainbow Peppers product of Canada or Mexico 3 pk

CHOOSE CANADIAN SEAFOOD

4 Day salmon sale! THUR 25 FRI 26 SAT 27 SUN 28

Scene+ MEMBER PRICING

10.99 /lb, 24.23/kg

with Scene+ Card

Members SAVE \$3 /lb

13.99 without Scene+ Card and Rest of Week

Fresh Atlantic Salmon Fillets Family Size product of Canada subject to availability

HOT PRICE

3.97

QUAKER Harvest Crunch Cereal or Selected Varieties 350-600 g, KELLOGG'S Premium Cereal selected 306-553 g or KELLOGG'S Cereal selected 210-435 g

HOT PRICE

2.49

ASTRO Yogurt 650-750 g, KRAFT Dip 227 g or INTERNATIONAL DELIGHT 473 mL

HOT PRICE

2/13

COCA-COLA or PEPSI Soft Drinks 12x355 mL

200 PTS when you buy 2

HOT PRICE

2.99

VILLAGGIO Bread 510-675 g or Buns 6-8 pk

HOT PRICE

3/6.99

CHRISTIE Ritz Crackers selected 180-200 g, Wheat Thins 175-200 g, Toppables 386 g or Triscuits 185-200 g

HOT PRICE

\$2

MCCAIN Regular Fries 800 g

Special Olympics Canada

Donate in store April 25th - May 5th to support athletes with intellectual disabilities in our community. And we will match your donation.*

Joaquin Smith Halifax, NS

*100% of the money raised will be donated to Special Olympics Canada with no administration fees retained by Empire Company Limited. No tax receipts will be issued for the donations made during this time. Empire Company Limited will match donations made in-store to a maximum of \$500,000 from April 25-May 5, 2024. For more information, please visit: www.specialolympics.ca

Prices and offers in effect April-May 2024 Newfoundland

THU 25 FRI 26 SAT 27 SUN 28 MON 29 TUE 30 WED 1

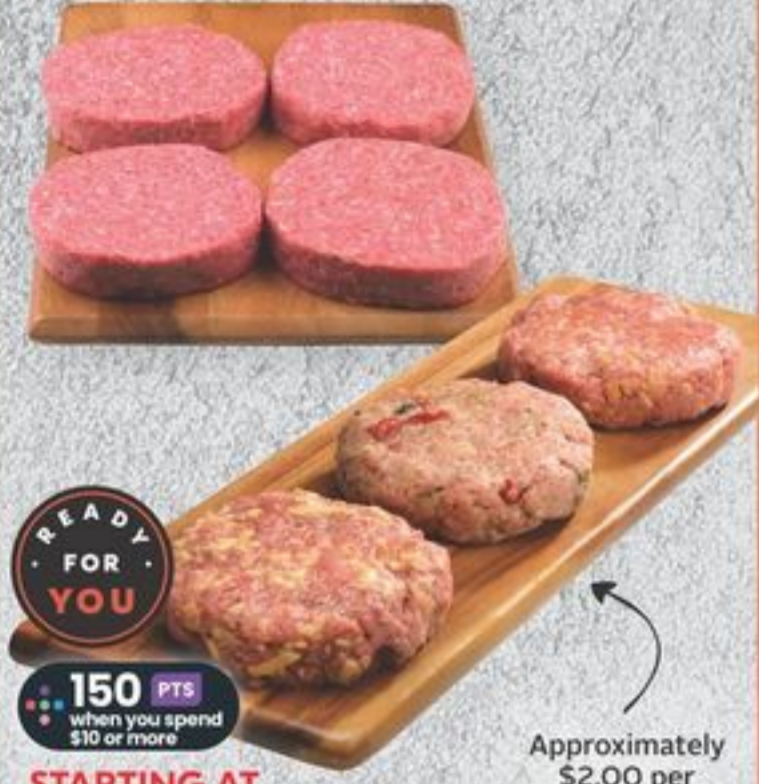
So many deals Scan here for our full digital flyer

SOBEYS_WKS2_POL_LATL_NFLD



**Buy 1 Get 1
FREE**
of equal or lesser value

From Canada
COMPLIMENTS ORGANIC
Whole White Mushrooms
product of Canada 227 g
3.99 ea



READY FOR YOU
150 PTS when you spend \$10 or more
STARTING AT **6.49** /lb
Lean Ground Beef Burgers, Bacon & Cheddar, Jalapeño & Cheddar or Onion & Swiss or Medium Ground Beef Chuck Inclusion Burger starting at 14.31/kg
Approximately \$2.00 per patty

**It's time to
get grillin'**



**BUY 1 GET 1
50% off**
THE KEG, MONTANA'S, ST. LOUIS BAR & GRILL, EARL'S KITCHEN + BAR, BELMONT, CARDINAL ROADHOUSE, BUTTERBALL or COMPLIMENTS Burgers & More! 500 g-2.27 kg



**STARTING AT
5.99** /lb
STERLING SILVER Fresh Top Sirloin Beef Kabob with Assorted Vegetables or Boneless Skinless Chicken Breast or Thigh Kabobs or Pork Tenderloin Kabob starting at 13.21/kg



READY FOR YOU
15% off
Prepared Fresh Daily Roasters or BBQ Grillers assorted sizes

LOAD IT TO GET IT!

Get up to **1550** **PTS**

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

That's
like over
\$15
toward your
groceries



Get **1000** **PTS**
when you spend **\$30**

Marinated or Glazed Beef, Chicken or Pork
from the service case



Get **200** **PTS**
when you buy **2**

WERTHER'S ORIGINAL Candy
230-245 g



Get **150** **PTS**
when you buy **2**

MERCI Chocolate
100 g



Get **200** **PTS**
when you buy **2**

LOOP Kefir Water 355 mL



Offer valid April 25th to May 1st, 2024 at all Sobeys locations in Atlantic 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



Recipe of the Week:
**Warm Tuna
and Broccoli
Pasta Salad**

only
\$5 * per
serving
or
less

Get recipe

BARILLA
Farfalle Pasta
410 g



Hirros Cherry
Tomatoes product of
Canada or Mexico 255 g



Broccoli Bunches
product of USA or Mexico



Bulk Red Peppers
product of Canada or Mexico



**PRICE
LOCK**

CLOVER LEAF
Skipjack Tuna 170 g

*You can make this recipe for \$5 or less per portion, based on pricing in-store and in the April 25th to May 1st, 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

new
LOWER
PRICE

BUY
MORE
SAVE
MORE

2.99

ea when you
buy 3 or more
COMPLIMENTS Herbs 20-28 g
assorted varieties 3.29 ea



new
LOWER
PRICE

3.99

From Canada
COMPLIMENTS ORGANIC Sliced
Mushrooms product of Canada
227 g



new
LOWER
PRICE

75 PTS
when you buy 2

3.99

COMPLIMENTS Salads 426-454 g
regular potato, creamy coleslaw,
macaroni or other selected varieties



new
LOWER
PRICE

5.99

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



new
LOWER
PRICE

3.49

COMPLIMENTS Cookies
selected 300-350 g



new
LOWER
PRICE

4.99

HUNGRY-MAN Frozen Dinners
360-455 g



new
LOWER
PRICE

3.79

CAVENDISH FARMS Restaurant
Style Fries 540-750 g



BUDGET PLEASERS!

Look for
these
symbols
while you
shop

special
OFFER

Extended
offer for
4+ weeks

BUY
MORE
SAVE
MORE

Save when
you stock up
on more

WEEKLY
SPECIAL

Spotlight on
weekly
specials

SAVE
this
week

Amazing
limited-time
price

Scene⁺

1000 = 10
in FREE
groceries

Scene⁺
MEMBER
PRICING

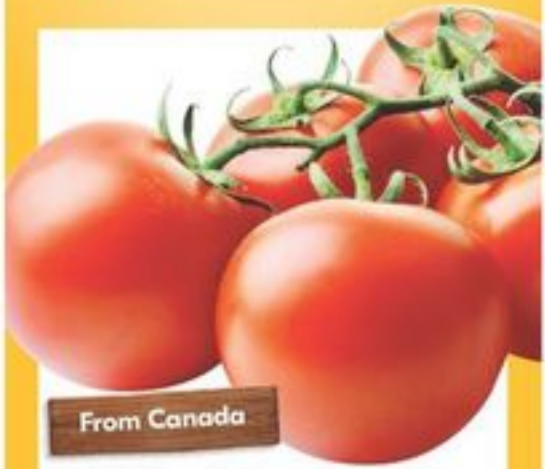
Reduced
pricing
for Scene⁺
members

compliments

Love it
or
it's free*

*For details see
Compliments.ca

Fresh picks



From Canada

3.49 Tomatoes on the Vine product of Canada no 1 grade 7.69/kg



From Canada

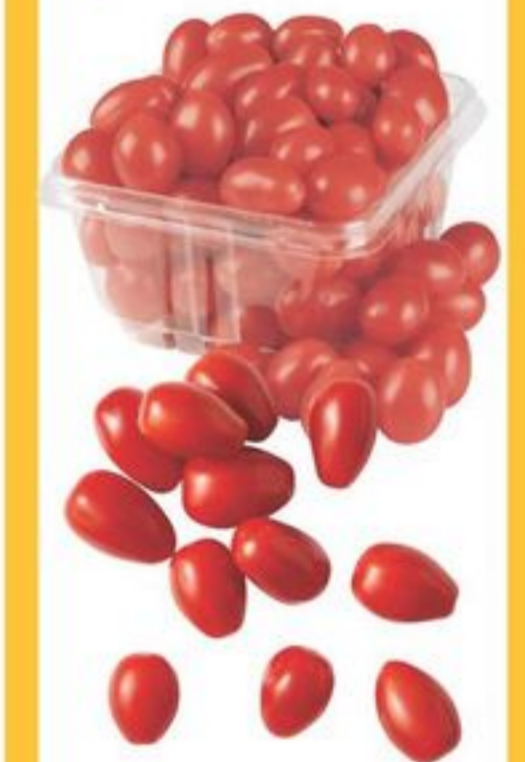
3.99 Mini Seedless Cucumbers product of Canada no 1 grade 6 pk



From Canada

3.49 Boston Lettuce product of Canada

Enjoy fresh hothouse produce!



4.79 Grape Tomatoes product of Canada or Mexico



6.49 Sweet Mini Peppers product of Mexico 454 g

Scene

PLUS UP

POINTS

ALL WEEK LONG!



+100 PTS when you buy 2

2/\$7

COMPLIMENTS Garden Salad 340 g or Cole Slaw 397 g product of USA



+50 PTS when you buy 1

5.99 French Green Beans product of Mexico or Guatemala 400 g



5.49

+100 PTS when you buy 1
SUMMI Asian Appetizers 240-350 g



9.99

+300 PTS when you buy 2
PROMISE Gluten-Free Loaves 400-480 g



+200 PTS when you buy 1

6.99 NOSSACK Sausage Rolls 4 pk 360 g

BAKED IN STORE

+100 PTS when you buy 2

5.99 Chocolate Chip, Oatmeal Raisin or Monster Cookies 310 g



+200 PTS when you buy 2

2.99 SCHNEIDERS Meat Pies 275 g



+100 PTS when you buy 2

3.99 CAVENDISH FLOUR CRISP Fries 454-750 g



BUY MORE SAVE MORE

+150 PTS when you buy 9

\$7 (or when you buy 9 or more) DANONE GO! 190 mL 1.79 ea



+100 PTS when you buy 2

4.99 ARMSTRONG Cheese Sticks 210 g or Combos 180 g



+100 PTS when you buy 2

4.29 MARS Multi-Packs 200-208 g



+150 PTS when you buy 2

2/\$6 PEPPERIDGE FARM Goldfish Crisps or Crisps 156-227 g



That's like \$4 toward your groceries

+400 PTS when you buy 4

19.99 LAY'S Potato Chips 220-235 g, Poppables 130 g or Baked 177 g



That's like \$5 toward your groceries

+500 PTS when you buy 2

19.99 MELITTA Whole Bean Coffee 907 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

74,000+ PTS

available in store April 25-May 1, 2024

That's \$740 of free groceries*

That's like \$4 toward your groceries

400 PTS when you buy 2

10.99

JANES Pubstyle Breaded Chicken or Turkey Strips, Nuggets, Burgers, Chicken Fries, Popcorn Chicken or Chicken Wings 600-700 g



STARTING AT 4.99

250 PTS when you buy 2

MAPLE LODGE FARMS Ultimate Chicken Franks, Chicken Bacon or ZABINA Halal Breakfast Chicken Strips selected 375-900 g

value size

1000 PTS when you buy 1 pkg

3.99

That's like \$10 toward your groceries

Pork Half Loin Bone-In Chops frozen 8.80/kg



500 PTS when you spend \$30 or more

11.99

CERTIFIED TENDER TENDRETÉ CERTIFIÉE



That's like \$5 toward your groceries

100 PTS when you buy 1

8.99

COMPLIMENTS NATURALLY SIMPLE Black Tiger Raw Shrimp 340 g or TOPPITS Ecuadorian Jumbo Cooked Shrimp 340 g



value size

200 PTS when you buy 1

16.99

COMPLIMENTS NATURALLY SIMPLE Wild Pink Salmon or Cod 908 g



300 PTS when you buy 2

6.99

STEFANO Pasta Sauce 405-648 mL

That's like \$10 toward your groceries

1000 PTS when you buy 4

5.99

RIO MARE Tuna Salad 160 g



value size

50 PTS when you buy 1

12.49

COMPLIMENTS Steak Spice or Chicken Seasoning 675-825 g

That's like \$4 toward your groceries

400 PTS when you buy 8

2/2.50

JELLO Jelly Powders 10-85 g



300 PTS when you buy 2

7.99

SWIFFER Wet Jet 1.25 L Cloth 10-16 pk or Duster Kit selected

200 PTS when you buy 2

7.49

GLAD Kitchen Bags 26-52 pk or Compostable 10 pk



300 PTS when you buy 1

24.99

FRISKIES Canned Cat Food 24 pk 3.74 kg or BENEFUL Dry Dog Food 7 kg



1000+ ITEMS ARE PRICE LOCKED OR AT NEW LOWERED PRICES

new LOWER PRICE PRICE LOCK

Look for these symbols while you shop

3.49 /lb
Eggplant or Zucchini
Squash product of Mexico 7.69/kg

6.99 From Canada
SWEET SNAPS Pepper Medley
product of Canada 340 g

3.99 From Canada
50 PTS when you buy 2
THE LITTLE POTATO COMPANY
Potatoes Garlic Herb or Savoury Herb
Kits product of Canada 454 g

6.49 From Canada
COMPLIMENTS ORGANIC
Portabella Caps product of
Canada 170 g

5.99 ORGANIC
ANDY BOY
Romaine Hearts
product of USA or Mexico
3 pk

5.99 50 PTS when you buy 1
Large Pineapples or
Fresh Cored Pineapples
product of Costa Rica

2.99 /lb
Bulk Vidalia Onions
product of USA 6.59/kg

6.99 25 PTS when you buy 2
BIG MOUNTAIN Veggie Links or Bites 300 g,
Cauli Crumble Veggie Grounds 340 g or
Veggie Burger 400 g

2.99 50 PTS when you buy 1
SUNRISE Tofu extra
firm 350 g

Fresh for the grill!
Our cored pineapples save prep time at no extra cost!

Fruity fresh...

5.99 Strawberries product of USA or Mexico 454 g

6.49 100 PTS when you buy 1
Clementines product of Spain 907 g

5.99 HAPPY PLANET Clean Protein 900 mL
Made with 10 grams of plant protein, these delicious shakes help keep you going throughout your day!

2.49 ORGANIC 3.49 ea
COMPLIMENTS Baby-Cut Mini Carrots product of USA no 1 grade 340 g

6.99 COMPLIMENTS Baby Spinach or Spring Mix product of USA 312 g

25% off READY FOR YOU
BUY 1 GET 2nd Prepared Fresh Daily Yogurt Parfaits assorted sizes

15% off READY FOR YOU
Prepared Daily Mixed Melon, Watermelon, Honeydew or Cantaloupe Chunks assorted sizes

15% off COMPLIMENTS Tubs 250-500g selected varieties

Veggie love...

4.79 50 PTS when you buy 1
Green Kale product of USA or Mexico

3.99 Celery product of USA

floral available at most stores

16.99 Spring Celebration Bouquet

9.99 Farm to Table Bouquet

12.99 BUY MORE SAVE MORE
Premium Annuals 8" Decor Pot 14.99 ea

10.99 Ornithogalum "Star of Bethlehem" 4"

BUDGET PLEASERS! Look for these symbols while you shop

Scene 1000 pts = 10 in FREE groceries

Scene MEMBER Reduced pricing for Scene+ members

COMPLIMENTS

25
Sterling Silver

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 Inside Round Oven Roast or Marinating Steaks Family Size cut from Canada AAA grade beef 19.82/kg

17.99 /lb, 39.66/kg when you buy 2 pigs or more

CERTIFIED TENDER TENDRETE CERTIFIEE

STERLING SILVER Fresh T-Bone Grilling Steak cut from Canada AAA grade beef 19.99/lb, 44.07/kg

BUY MORE SAVE MORE

200 PTS when you buy 1

3.99 /lb

COUNTRY RIBBON Fresh AIR-CHILLED Whole Chicken 8.80/kg

9.99 /lb

BUTTERBALL Fresh Seasoned Raised Without Antibiotics Boneless Skinless Turkey Breast 22.02/kg

200 PTS when you spend \$20 or more

3.99 /lb

Fresh Pork Shoulder Blade Roasts or Steak Family Size 8.80/kg

4.99 /lb

Fresh Honey Garlic or Maple Chipotle Marinated Pork Tenderloin 11.00/kg

5.50 ea when you buy 2 or more

JOHNSONVILLE Ground Sausage 375 g, NOBLE PREMIUM BISON Lean Ground Bison 225 g or FONTAINE Lean Ground Veal 454 g starting at 6.99 ea

7.99 /lb

Store-Made Sausage Stuffed Portabella Mushroom Caps 17.61/kg

16.99 /lb

Fresh Canadian Lamb Loin Chops 37.46/kg

10% off

THOMAS FARMS Frozen Australian Lamb

Love it. Or it's free. 100% Satisfaction Guarantee

5.99 COMPLIMENTS Regular Wieners 1 kg

4.99 COMPLIMENTS Marinated Boneless Pork Chops 300 g or Pork Sirloin Kabobs 250 g 5.99 ea

5.99 COMPLIMENTS Asian Inspired Entrées 400-500 g or Stuffed Chicken Outlets 284 g

14.99 COMPLIMENTS Breaded Chicken 1.47-1.5 kg

value size

4.99 /lb

PINEHILL Seasoned Split Chicken Wings frozen 11.00/kg \$22 per 2 kg box

Check for this symbol in store!

Big format Big value

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

1000 PTS when you buy 1

6.99 /lb

STERLING SILVER Fresh Whole Boneless Eye of Round cryovac cut from Canada AAA grade beef 15.41/kg

quick & easy

300 PTS when you buy 2

9.99

SCHNEIDERS Pepperettes 300-375 g or MAPLE LEAF Natural Shredded Chicken 250 g selected

6.99 ea when you buy 2 or more

MAPLE LEAF Natural Bacon, Ready Crisp or Fully Cooked Breakfast Sausages 65-375 g selected 7.99 ea

11.99 STARTING AT

JACK DANIEL'S BBQ Entrées 425-454 g

13.99

OLYMEL Waxed Style Bologna 1.6 kg

90 PTS when you buy 1

8.99

MARCANGELO Sausages Mild or Hot Italian or Bacon Wrapped 500-675 g

11.99

ST-HUBERT, SWISS CHALET or MONTANA'S Frozen Pot Pies or Mozzarella Sticks frozen 510-800 g

120 PTS when you buy 1

11.99

COMPLIMENTS Beef Cabbage Rolls or 5 Cheese Cannelloni 907 g-1 kg

150 PTS when you buy 1

14.99

SWISS CHALET Chicken Strips or Nuggets 700 g

1000+ ITEMS ARE PRICE LOCKED OR AT NEW LOWERED PRICES

Look for these symbols while you shop

new LOWER PRICE

PRICE LOCK



Celebrate 25 Years with Sterling Silver®

So tender

HAND-SELECTED AAA BEEF

Well-marbled • Aged to perfection
Cut from Canada AAA Beef
Exclusive to Sobeys

*Certified by the Canadian Beef Grading Agency

13.99 /lb

STERLING SILVER Fresh Boneless Top Sirloin Grilling Medallions cut from Canada AAA grade beef 30.84/kg

TRY WITH

our in-store BBQ Whiskey Marinade or Three Pepper Glaze!



Minimum 21 Day Aged

PORC • PORK Nagano

Remarkably tender cuts!



NEW

STARTING AT 7.99 /lb

NAGANO Premium Fresh Pork Loin Hotel Cut Chop, Tenderloin, Back Ribs or Pork Shank Hammer Style starting at 17.61/kg

MIX & MATCH

Get 500 PTS

When you spend \$20 or more

OR

Get 800 PTS

When you spend \$30 or more

OR

Get 2000 PTS

When you spend \$50 or more on Sterling Silver Top Medallions or Fresh Nagano Pork.

That's like \$5 toward your groceries

That's like \$8 toward your groceries

That's like \$20 toward your groceries

MAKE IT A NAGANO NIGHT.

RICH FLAVOUR. REMARKABLY TENDER.

100% CANADIAN PORK.

So easy

What a catch!

READY FOR YOU

Ready for you seafood

Our marinated Atlantic Salmon fillets boast beautifully marbled orange flesh that's ideal for grilling, pan searing or roasting. A delicious dinner for any night - just cook and serve!



THUR 25 | FRI 26 | SAT 27 | SUN 28

Scene+ MEMBER PRICING

4 Day sale!

11.99 /lb 26.43/kg

with Scene+ Card

14.99 /lb 33.05/kg

without Scene+ Card and Rest of Week

Marinated Fresh Atlantic Salmon Fillets subject to availability

5.99

Prepared In-store Cooked or Raw Garlic Shrimp Grillers previously frozen 280 g or Imitation Crab Platter with Cocktail Sauce 450 g



Prepared in store by our seafood experts, our Salmon roasts are easy enough for a weeknight meal idea or fancy enough to serve for company!

13.99 /lb

Fresh Atlantic Salmon Roasts with Imitation Crab and Seafood Stuffing 30.84/kg



Look for Ready For You products in our Meat, Seafood, Kitchen, Produce, and Deli departments.

seafood

BUY MORE SAVE MORE
2.49
 80 when you buy 2 or more
COMPLIMENTS Crab or Lobster-Flavoured Alaskan Pollock 227 g 2.99 ea

6.99
CEDAR BAY Planked Atlantic Salmon applewood orange or hickory maple 141 g or sugar and spice 544 g

7.99
HIGH LINER Breaded or Battered Pollock 500-700 g or Signature Cuts Breaded or Battered Haddock 350 g

18.99
COMPLIMENTS NATURALLY SIMPLE Raw Black Tiger Shrimp 8-12 ct per lb 454 g or Wild Scallops 340 g

So easy Ready for you seafood
 Prepared in store by our seafood experts our salmon roasts are easy enough for a weeknight meal idea or fancy enough to serve for company!

1.25
 Marinated Raw Shrimp Skewers 45 g previously frozen

13.99
 Fresh Atlantic Salmon Roasts with Imitation Crab & Seafood Stuffing 30.84/kg

5.99
 Prepared In-store Cooked or Raw Garlic Shrimp Grillers previously frozen 280 g or Imitation Crab Platter with Cocktail Sauce 450 g

8.99
 Stuffed Mushroom Caps with Imitation Crab and Seafood Stuffing or Imitation Crab and Seafood Salad 19.82/kg

kitchen

100 PTS
 when you buy 2
4.29
SUMMER FRESH Dips or Hummus 200-227 g

2.19
 /100 g
Greek Style Pasta with Feta Salad or Seven Grain Salad available in our service case

5.49
OLIVIERI Regular and Skillet Gnocchi 280-350 g

200 PTS
 when you buy 1
1.49
 PLUS add one 1-litre Coca-Cola product

So easy Flatbread meal deal
 Feed a family of 3 for \$6 ea.

BUY 3
 Flatbreads selected varieties 230-305 g
for \$18
200 PTS
 when you buy 1 Flatbread meal deal

deli

100 PTS
 when you buy 400 g or more
30% off
COMPLIMENTS Double Cream Brie works out to 2.79/100 g

200 PTS
 when you buy 2
14.49
COMPLIMENTS Sliced Cheese 440 g

200 PTS
 when you buy 2
7.99
ROUSSAS Authentic Greek Feta 100% Sheep's Milk or Barrel Aged 200 g

200 PTS
 when you buy 1
STARTING AT 10.99
AGROPUR Grand Cheddar 400 g, Jarlsberg 250 g or L'EXTRA Triple Cream Brie 300 g

SLICED FRESH
STARTING AT 2.29
COMPLIMENTS Bologna or Cooked Ham /100 g

SLICED FRESH
STARTING AT 3.99
MAPLE LEAF Natural Selections Turkey or Ham /100 g

200 PTS
 when you buy 1
STARTING AT 6.99
COMPLIMENTS Pizza Trio or Italian Sub Variety Packs 250-375 g

9.99
MASTRO Charcuterie Trio 150-250 g selected

40 PTS
 when you buy 2
3.29
 White or 100% Whole Wheat Bread 450 g

4.49
Artisan Breads 375 g

4.99
 80 when you buy 2 or more
STUYVER'S Ciabatta or Portuguese Buns 4 pk 340-400 g 5.29 ea

BAKE SHOP

200 PTS
 when you buy 1
13.99
Real Cream Layered Cakes 610-725 g

120 PTS
 when you buy 2
STARTING AT 3.99
Mini Croissants plain or cheese 8 pk 250-260 g

5.99
100% Butter Pastries chocolate, raisin or cherry Greek yogurt 320-400 g

11.49
 with Scene+ Card
12.99
 without Scene+ Card
PANACHE Cheesecakes frozen 600 g

BUDGET PLEASERS!

Look for these symbols while you shop

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

COMPLIMENTS

So easy

READY FOR YOU

Grab & Go
charcuterie boards

STARTING AT
17⁹⁹

200 PTS
when you buy 1

Grab & Go Charcuterie Board classic, smoke & fire or fruit & cheese
468-508 g

READY FOR YOU

Family meal deal

250 PTS
when you buy 1
Family meal deal

Hot Roast Chicken
OR
Full Rack of Back Ribs

Any 2 Sides

Large Potato Wedges or
COMPLIMENTS Salad
426-454 g

4 Butter Topped Buns

CHOOSE
CHICKEN
OR
RIBS



149
ea.

PLUS add one 1-litre
Coca-Cola product

4 Can Dine for **\$19⁹⁹**

Look for Ready For You products in our Meat, Seafood, Kitchen, Produce, and Deli departments.

frozen & dairy



6.99
DR. OETKER Tradizionale,
The Good Baker or Giuseppe
Easy Pizzi 300-600 g



2/\$7 COMPLIMENTS
Cream Cheese or
Spread 227-250 g



5.49 with Scene+ Card
5.99 without Scene+ Card
COMPLIMENTS Cottage
Cheese 750 g



4.99 CRAVE or KRAFT
Frozen Dinner
Entrées 200-340 g



2.29 MINUTE MAID
Frozen Orange
Juice 295 mL



3.99 COMPLIMENTS
Cheddar Flavour
Slices 400 g



3.99 OIKOS Greek
Yogurt 4 pk
4.99 ea
BUY MORE SAVE MORE



3.49 PILLSBURY
Pizza Pops 4 pk



5.49 BEN & JERRY'S
Ice Cream 473 mL



4.99 KOZY SHACK
Pudding 6 pk



9.99 iOGO Yogurt 2 kg
value size

drinks & snacks



10.99 WELCH'S Fruit
Snacks 616 g



2/\$8 TOSTITOS
Tortilla Chips
205-300 g



2/8.50 CHEETOS 170-285 g or RUFFLES
Potato Chips 180-200 g



3.99 with Scene+ Card
4.99 without Scene+ Card
ROLD GOLD Pretzels
189-370 g



3.49 VOORTMAN
No Sugar Added
Cookies or Wafers
142-320 g



1.49 MAYNARDS
Candy Singles
44-64 g 2.49 ea
BUY MORE SAVE MORE



1.89 HERSCHEY'S King Size
Bars 62-85 g



3.49 with Scene+ Card
3.99 without Scene+ Card
TWIZZLERS Licorice Candy
311-454 g



3.99 KELLOGG'S Cheez-It Crackers,
Snap'd or Town House 213-391 g
4.49 ea
BUY MORE SAVE MORE



10.49 TETLEY Orange Pekoe Tea 144 pk
or Green Tea 80 pk



3.49 GRAVES Apple
Juice 1.36 L
3.99 ea
BUY MORE SAVE MORE



3.99 SUNNY D or NESTEA Iced Tea
1.89 L, PURE LIFE Splash Water
6x500 mL or ESKA Natural Spring
Water 12x500 mL or PURITY
Syrups 750 mL

Here for your budget and lifestyle Compliments Panache

150 PTS
when you buy 1

6.49 COMPLIMENTS
Flatbread Pizza
310 g

50 PTS
when you buy 1

6.79 COMPLIMENTS Omega-3 Free
Run Large White Eggs 12 pk

150 PTS
when you buy 2

3.99 COMPLIMENTS
Frozen Vegetables
500-750 g

200 PTS
when you buy 2

4.49 PANACHE Cookies
300 g

100 PTS
when you buy 2

6.99 COMPLIMENTS
S'Mores Kit 500 g
while supplies last

300 PTS
when you buy 2

4.99 COMPLIMENTS
Iced Tea 1 kg

100 PTS
when you buy 2

COMPLIMENTS Snacks
265-300 g, Kettle-Cooked
Peanuts 275 g, Pretzel Sticks
320-400 g or Ready To Eat
Popcorn 190-250 g

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5⁹⁹

Dragon Fruit
product of Ecuador



4⁹⁹ ea

Bok Choy or Nappa Cabbage
product of USA



5⁹⁹

SIWIN Dumplings or
Potstickers 454-500 g
selected varieties
and stores



3⁴⁹

PATAK'S Ready-to-Heat
Meals selected varieties
285 g



2/7⁵⁰

LAY'S Potato Chips
Asian flavours 165 g
available in
selected stores



STARTING AT
3⁹⁹

AL' FEZ Meal Kits 150-200 g,
Marinades 156-157 mL or
Sauces 400 mL
selected varieties



5⁹⁹

CHALO! Basmati Rice
1.81 kg available in
selected stores



3⁹⁹

KIKKOMAN Rice Vinegar
selected varieties 296 mL

meal makers

Scene MEMBER PICKS
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2.79 without Scene+ Card
COMPLIMENTS English Muffins 6 pk

2/\$7
JOS LOUIS Oh Caramel! VACHON Snacks 248-336 g

3.99
DEMPSTER'S Tortillas 240-340 g

2.99
OLD EL PASO Taco Shells 125 g, Flour Tortillas large 334 g or Tangy Chipotle Seasoning 110 g

4.99
BICK'S Pickles 500 mL

4.29
CATELLI Pasta 900 g
25 PTS when you buy 1

4.99
MARIO'S Cooked Ham or Corned Beef 340 g

8.49
KRAFT Pizza Kit 850 g

4.49
BETTY CROCKER Cake, Cookie, Brownie or Bisquick Mix selected 337 g-1.13 kg
150 PTS when you buy 3

4.49
HERSHEY'S Chipits 180-270 g

3.79
COMPLIMENTS Assorted Chocolate Chips 225-300 g

4.79
CROSBY'S Molasses 675 g

5.99
KELLOGG'S Family Size Cereals selected varieties 480-650 g

4.50
PEARL MILLING COMPANY Pancake Mix 905 g or Syrup 710 mL 4.99 ea
Buy more save more

6.99
HEINZ Picnic Pack 375 mL

10.99
DAINTY Jasmine or Basmati Rice 1.6 kg
Starting at

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

3.99 COMPLIMENTS Whipped Dressing 890 mL or Rubs 275 mL

20% off COMPLIMENTS Baking Nuts 400 g (excludes pine nuts 400 g)

50 PTS when you buy 1
4.49 COMPLIMENTS Raisin Bread 600 g

300 PTS when you buy 2
\$5 COMPLIMENTS Bagged Jumbo Cereal 400-794 g

natural health

50 PTS when you buy 1
3.99
RISE Kombucha or Botanicals Beverage 414 mL

7.49
ELMHURST Oat Creamer 473 mL or Unsweetened Almond or Oat Milk 946 mL

8.49
GARDEIN Plant-Based Meat Alternatives 397-425 g

5.29
OLYMPIC ORGANIC Yogurt 650 g
Starting at

40 PTS when you buy 1
3.99
MADE GOOD Bars, Mini or Rice Crisps 120-150 g

10.99
FLOURISH Pancake Mix 430 g

200 PTS when you buy 3
4.29
MUIR GLEN Tomatoes 796 mL

Gluten Free
3.99
COMPLIMENTS GLUTEN-FREE Brown Rice Pasta 340 g

300 PTS when you buy 2
30% off
WEBBER Vitamins assorted

3.49
GRENADE or DIESEL Protein Bars 50-60 g

1.99
KIND Bars 40 g Caddy at 21.99

9.99
COMPLIMENTS ORGANIC Roast and Ground Coffee 275-300 g

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SAVE this week
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home & pet care



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4.79 CLOROX Bleach 1.27 L or Cleaners 887-946 mL



100 PTS when you buy 2
6.99 ARM & HAMMER Laundry Detergent 1.42-1.63 L



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22.99 CASCADE Dishwasher Tabs 51-67 pk



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7.99 GLAD Cling Wrap 152 m or Press 'N' Seal 140 ft



2.79 COMPLIMENTS Parchment Paper 35 ft or Foil Wrap 25 ft



20.99 CHARMIN Bathroom Tissue 12=48 pk or BOUNTY Paper Towels 4-6 pk



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3.49 FORTHGLADE Grain Free Wet Dog Food 395 g



15% off NATURE'S MIRACLE Litter or Litter Box Cleaner 496 g



15.49 WHISKAS Perfect Portions Wet Cat Food 75 g 12 pk or PURINA Cat Chow 3.2-4 kg



15% off CUISINART Oceanware Kitchen Tools selected varieties

health, beauty & baby



100 PTS when you buy 2
6.49 SENSODYNE or Pronamel 110-135 mL selected



STARTING AT 3.99 AXE Hair Care 473 mL or DEGREE Deodorant 48-85 g selected



200 PTS when you buy 2
9.99 HEAD & SHOULDERS Shampoo or Conditioner 100-613 mL selected



400 PTS when you buy 2
10% off TAMPAX Tampons 22-36 pk selected



STARTING AT 7.99 OGX Hair Care or Styling 100-385 mL, 172 g or Body Wash 577 mL selected



10% off GARNIER Whole Blends 250-370 mL, L'OREAL Hair Expertise 150-385 mL Hair Care selected



100 PTS when you buy 1
4.49 SPEED STICK Deodorant 45-85 g selected



100 PTS when you buy 2
20% off GARNIER Micellar Water 400 mL or Wipes 25 pk



15% off THE HONEST CO. Baby Toiletries 118-355 mL



100 PTS when you buy 2
6.49 JOHNSON'S Baby Care 400-600 mL or 623 g



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5.29 80 when you buy 2 or more
 BABY GOURMET Cereal or Fruit Squoosh Snacks 5.99 ea

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 TREAT: Apply POLYSPORIN to help prevent infection.
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300 PTS when you buy 2
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200 PTS when you buy 1
15% off REACTINE Allergy Relief 24-36 pk or BENADRYL Caplets 25 mg 100 pk†

200 PTS when you buy 2
15% off ZARBEE'S Baby or Children's Cough Syrup 59 mL or 118 mL

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21.99

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39.99

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when you spend \$25-49.99 in baby department

Get 1000 PTS

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on baby essentials!



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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
NESTLÉ Gerber Snacks 42-155 g 3.79 ea



BUY MORE SAVE MORE

7⁹⁹

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

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28⁹⁹

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



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4.99 COMPLIMENTS Shredded Cheese 226-320 g

6.49 GARDEIN Meat Alternatives 190-390 g

2.49 HUNT'S Thick & Rich Pasta or Tomato Sauce 680 mL, 2.99 ea

50 PTS when you buy 1

COMPLIMENTS Pasta 900 g

Knorr **1.77**

KNORR Dry Sauces or Gravies 26-32 g selected varieties 2.29-2.69 ea

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4.99 HELLMANN'S Mayonnaise 340-445 mL

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PEPSI Mini Cans
6x222 mL

2/\$5 GATORLYTE 500 mL,
GATORADE G Fit 828 mL
or GATORADE 710 mL

100 PTS
when you buy 2

2/13 MONTELLIER
10x355 mL

NEW

7up
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BRISK
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2/13 PEPSI Soft Drinks
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Cinco de Mayo

100 PTS
when you buy 2

4⁹⁹ OLD EL PASO Mexican Kits
250-510 g or Salsa 650 mL

8⁷⁹ OLD EL PASO Value
Size Seasoning Mix
Canister 177 g

3⁹⁹ OLD EL PASO Taco
Squeeze Sauce 243 mL

4⁹⁹ OLD EL PASO
Tacos for Two Kits
155-194 g

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