

FEED THE DREAM



Sobeys



3.88
/lb

Fresh Pork Tenderloin Family Size or Loin Back Ribs cryovac 8.55/kg



5.88
/lb

Fresh AIR-CHILLED Boneless Skinless Chicken Breasts Family Size 12.96/kg



11.99
1kg

COMPLIMENTS Thick Cut Bacon 1 kg



1.49
ea. /lb

From Canada
Long English Seedless Cucumbers or Tomatoes on the Vine product of Canada, Canada no 1 grade 3.28/kg



9.99
with Scene+ Card

12.99 without Scene+ Card
Prepared Fresh Daily In-Store Fruit or Vegetable Trays 1-1.3 kg



9.99
/lb, 22.02/kg with Scene+ Card
12.99
without Scene+ Card 28.64/kg

Members SAVE \$3/lb
Live Market Lobsters product of Atlantic Canada subject to availability



5.46
HOT PRICE

DANONE Activia 12 pk or OIKOS Greek Yogurt 650-750 g



4.94
HOT PRICE

DR. OETKER Giuseppe Rising Crust or Thin Crust Pizza 439-785 g



5.44
HOT PRICE

HÄAGEN-DAZS Ice Cream 400-450 mL or Novelties 3-4 pk



1.99
HOT PRICE

BULL'S-EYE BBQ Sauce 425 mL or DIANA Sauces 500 mL or Marinades 375 mL



4/\$5
HOT PRICE

CAMPBELL'S Tomato, Chicken Noodle, Cream of Mushroom or Vegetable Soup 284 mL



1.69
HOT PRICE

COMPLIMENTS Pasta Sauce 410-650 mL or BARILLA Pasta 410 g

4 DAYS ONLY • MAY 9-12

BUY \$200 IN SOBEYS GIFT CARDS & GET **1000 PTS** OR **25¢** /LITRE FUEL VOUCHER

That's like \$10 toward your groceries

Offer valid May 9 to May 12, 2024 at all Sobeys locations in New Brunswick and Nova Scotia. Gift card purchase must be in a single transaction and cannot be combined with other gift card offers. Offer is valid only on Sobeys gift cards. Sobeys gift cards cannot be purchased with other Corporate gift cards. No base Scene+ points earned. Limit of 5 offers per account number. Choose your reward is limited to one coupon per transaction and has no cash value. Digital or printed coupon is required. Scene+ physical or digital membership card must be presented. 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 Offer subject to change and may be withdrawn without notice.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.

Happy Mother's Day!

Prices and offers in THU 9 | FRI 10 | SAT 11 | SUN 12 | MON 13 | TUE 14 | WED 15
effect May 2024
Nova Scotia



So many deals

Scan here for our full digital flyer

SOBEYS_WK02_POI_ATL_NS



BUY MORE SAVE MORE

19⁹⁹

ea when you buy 2 or more

Premium Annuals Hanging Basket or Planter 11" 22.99 ea

Celebrate MOM!

Say I love you with blooms and treats!



22⁹⁹

Premium Ecuadorian Roses one dozen assorted colours



Scene+ MEMBER PRICING

8⁹⁹ with Scene+ Card

Members SAVE \$3

11⁹⁹ without Scene+ Card

LINDT Lindor Boxed Chocolates 156 g while supplies last



Scene+ MEMBER PRICING

9⁹⁹ with Scene+ Card

Members SAVE \$8

17⁹⁹ without Scene+ Card

LINDT Luxury Boxed Chocolate 193 g while supplies last



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



Minimum
21 Day
Aged

READY
FOR
YOU

CERTIFIED
TENDER
TENDRETÉ
CERTIFIÉE

TRY WITH
our in-store
BBQ, Whiskey
Marinade or
Three Pepper
Glaze from our
full service case!

14⁹⁹
/lb

STERLING SILVER Fresh Boneless
Top Sirloin Grilling Medallions
cut by your meat expert from
Canada AAA grade beef 33.05/kg

MIX &
MATCH

Get **500 PTS**
When you spend \$20 or more

That's like
\$5
toward your
groceries

Get **800 PTS**
When you spend \$35 or more

That's like
\$8
toward your
groceries

Get **2000 PTS**
When you spend \$50
or more on Sterling Silver
Top Medallions or
Nagano Pork.

That's like
\$20
toward your
groceries



Nagano

**RICH FLAVOUR.
REMARKABLY TENDER.
100% CANADIAN PORK.**

MAKE IT A NAGANO NIGHT.

STARTING AT
7⁹⁹
/lb

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



10⁹⁹

NAGANO Pork Ready To Heat
Entrées 535-600 g

So many deals!

Grill up your favourite flavours all summer long



BUY 1 GET 2ND 50% off
 THE KEG, SHAO'S MEAT DISTRICT, JACK ASTOR'S, MONTANA'S, ST. LOUIS BAR & GRILL, EARL'S KITCHEN + BAR, BELMONT, CARDINAL ROADHOUSE, BUTTERBALL, COMPLIMENTS Burgers & More!
 500 g-2.27 kg starting at 10.99 ea



6⁹⁹ Extra Lean Ground Beef Family Size 15.41/kg



8⁹⁹ /lb, ea
 Wild Snow Crab Clusters previously frozen or frozen product of Canada 19.82/kg or COMPLIMENTS Extra Large Cooked Shrimp in ring with sauce 312 g



5⁹⁹ /lb
 Fresh Boneless Whole Beef Brisket cryovac cut from Canada AA grade beef while supplies last 13.21/kg



3⁴⁹
 Broccoli Bunches product of USA or Mexico



3⁴⁹
 COMPLIMENTS Baby Spinach, Baby Arugula or Spring Mix product of USA 142 g



3⁹⁹ ea when you buy 2 or more
 Butter Crust, Dutch Crunch, Soft Italia or Sesame Seed Topped Bread 450 g 4.29 ea



6⁹⁹
 BOURSIN 150 g or BOURSIN Cuisine 220 g



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



2/7⁵⁰ LAY'S Potato Chips 220-235 g, Poppables 130 g or Baked 177 g



7⁴⁹ without Scene+ Card
 BUBLY Sparkling Water 12x355 mL



3²⁷ Cream 5-10% 1 L brands vary by province or Whipping Cream 473 mL



2/\$7
 DUNKAROOS selected 168 g, NATURE VALLEY Trail Mix or Crunchy Bars, BETTY CROCKER Fruit by the Foot or KELLOGG'S Special K or Kashi Bars selected 144-200 g



9⁹⁹
 STARBUCKS K-Cup® Pods 10 pk or Roast and Ground Coffee 340 g, Cold Brew 946 mL, Instant 90 g or TETLEY Orange Pekoe Tea 216 pk



3/\$9 BEN'S ORIGINAL Bistro Express 240-250 g



40% off
 JAMIESON Vitamins or Supplements assorted varieties at select stores



10⁹⁹
 ROYALE Bathroom Tissue 24-48 rolls, Facial Tissue 12 pk or Paper Towel 6 pk



2/8⁵⁰
 CRACKER BARREL Cheese Slices 200-240 g or Snacks 168 g

SPEND \$100 IN BOSTON PIZZA OR UBER GIFT CARDS AND GET A \$10 BONUS

SOBEYS GIFT CARD

Offer valid during May 9 - 15, 2024. Sorry no rainchecks or price matching. Offer valid only on Uber \$15-\$500 VL, Boston Pizza \$20, Boston Pizza \$25-\$500 VL. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

It is our intention to have every advertised item in stock for all customers, so we reserve the right to limit quantities to reasonable family requirements while supplies last. We regret we are unable to provide large quantities to retail outlets. Occasionally an item may not be available due to unforeseen difficulties. In such cases, we'll issue you a rain check so you may buy the item at the advertised price when it becomes available, or if you prefer, we'll offer you a similar item at a comparable price. Text privacy for product size and type identification. We reserve the right to correct any typographical errors. Advertised prices do not include any applicable taxes or deposits. At 24 Hour locations prices effective from 8 am Thursday morning until midnight Wednesday evening. The Scene+ Loyalty Program is available at all participating Sobeys locations within Nova Scotia. No base Scene+ points earned. See weekly offers for current ways to earn Scene+ points. All weekly Scene+ offers exclude taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fluid dairy products in Atlantic regions, pre-paid cards, postal products and services. Western Union, McAfee/7-Eleven/Honolulu/Starbucks® products and services in select regions, 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. Redeem 1000 Scene+ points for \$10 towards your purchase up to a maximum of 50,000 Scene+ points (\$500) per day. For full Scene+ Terms & Conditions or to redeem your points, visit <https://www.sceneplus.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Scene Plus® Corporation used under license by Sobeys Capital Inc. © Sobeys Capital Inc. 2024. Please recycle where facilities exist. Printed with vegetable based ink. Nova Scotia. Supplement to The Telegraph Journal, The Daily Gleaner & The Chronicle Herald.

SOBEYS_WK02_OBC_ATL_N5



LOAD IT TO GET IT!

Get up to 3000 PTS

Load offers in the Sobeys app or at [MyGroceryOffers.ca](https://www.MyGroceryOffers.ca)

That's like
\$3
toward your groceries



Get **2000 PTS**
when you buy 2

COMPLIMENTS Snack Crackers
200-225 g

Get **1000 PTS**
when you buy 1

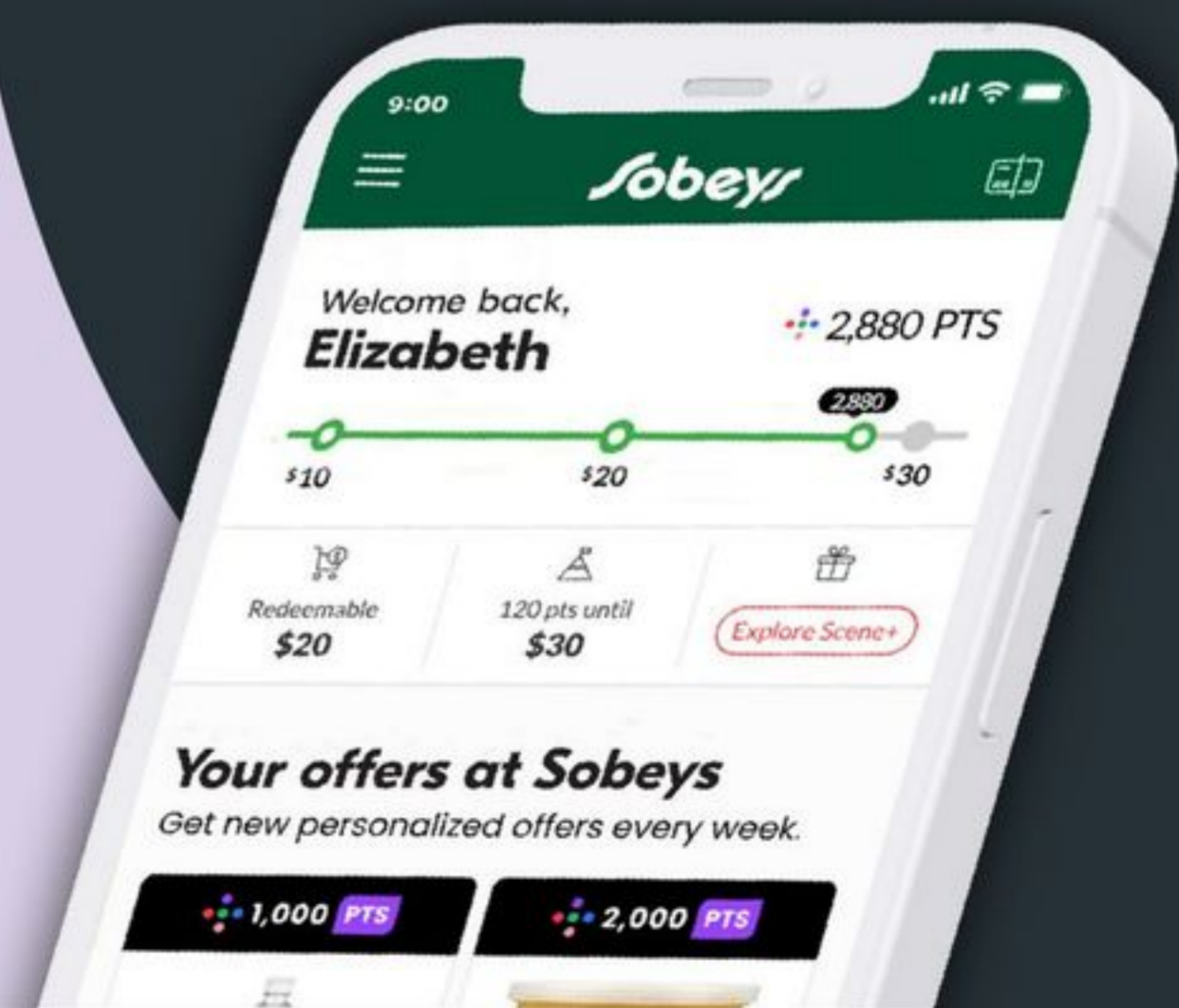
PANACHE British Isles Cheese
200 g

Scene+
DIGITAL EXCLUSIVE

Download on the
App Store

GET IT ON
Google Play

Sobeys



Offer valid May 9th to May 15th, 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.

Fresh picks

Grown right here at home



Stokdijk Farm

Located in beautiful Beaver Brook, Nova Scotia, this 67-year-old family farm is now in its third generation. The Stokdijk family is committed to ongoing sustainability, finding efficient ways to manage water, energy, and resources. It's part of their commitment to the environment and their place in the community.

Bringing our fresh grown to you!



1.49 /lb
From Canada
Tomatoes on the Vine product of Canada no 1 grade 3.28/kg



3.49
From Canada
Mini Seedless Cucumbers product of Canada no 1 grade 6 pk



4.49
From Canada
Assorted Snacking Tomatoes product of Canada 255 g



5.99
Mini Peppers product of Mexico 454 g

Make your own



2.99 Boston Lettuce product of Canada
2.99 /lb Bulk Red Onions product of USA or Mexico 6.59/kg
1.99 /lb Bulk Vidalia Onions product of USA 4.39/kg
3.49 Celery product of USA or Mexico



3.99 COMPLIMENTS Salad Blends 284-340 g selected product of USA

Convenience



3.49 +50 PTS when you buy 1
From Canada
COMPLIMENTS ORGANIC Sliced Mushrooms product of Canada 227 g

Grab and go



15% off
Prepared Fresh Daily in Stores
Chicken Caesar Salads assorted sizes



4.99 Strawberries product of USA or Mexico 454 g
Something sweet for mom

6.99
DRISCOLL'S Heart Shaped Raspberries product of USA or Mexico 227 g
Celebrate Mom!

Fruity fresh...



2.29 without Scene+ Card
with Scene+ Card **2/\$4**
Large Red Mangoes product of Mexico



6.99 +100 PTS when you buy 1
COMPLIMENTS Navel Oranges product of Spain
79¢ Large Lemons product of South Africa
2.49 /lb Bartlett Pears product of Argentina extra fancy 5.49/kg
7.99 COMPLIMENTS Honeycrisp Apples product of Atlantic Canada 1.36 kg

Veggie love...



3.99 +75 PTS when you buy 2
From Atlantic Canada
COMPLIMENTS Mini Potatoes product of Atlantic Canada 680 g
6.49 +100 PTS when you buy 1
Avocados product of Mexico 5 pk



3.79 Green Kale product of USA or Mexico
4.99 MANN'S Snow Peas 170 g or Snap Peas 230 g product of USA or Mexico
10% off Prepared Fresh Daily Yogurt Parfaits assorted sizes
4.99 +50 PTS when you buy 1
WELL Juices 333 mL

5.99 Honeydew Melons product of Mexico
9.99 +200 PTS when you buy 2
H&H Dried Fruit 454 g
20% off ROYAL NUTS Tubs selected 240-400 g

GREAT GIFT IDEA! Our Gift Cards can be any amount.

value size

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

1000 PTS when you buy 1 pkg

6.99 /lb

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

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

11.99 /lb

STERLING SILVER Fresh Boneless Top Sirloin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Canada AAA grade beef 26.43/kg

CERTIFIED TENDER
TENDRETÉ CERTIFIÉE

3.79 /lb

Fresh Chicken Legs Family Size back attached 8.36/kg

200 PTS when you buy 1 pkg

5.99 /lb

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

250 PTS when you spend \$25 or more

5.99 /lb

Fresh Korean BBQ Marinated Pork Side Ribs breast bone removed sweet & sour cut 13.21/kg

250 PTS when you spend \$25 or more

4.99 /lb

Fresh Pork Side Ribs breast bone removed 11.00/kg

6.99 /lb

Fresh Bacon & Cheddar, Jalapeño & Cheddar or Onion & Swiss or Fresh Medium Ground Beef Chuck Burger 15.41/kg

150 PTS when you spend \$10*

5.99 /lb

Store-Made Sausage Stuffed Mushroom Caps honey garlic or sweet Italian or ground beef stuffed bell peppers 13.21/kg

150 PTS when you spend \$10*

10% off

FONTAINE FAMILY Veal Shank, Cutlets, Chops or Stew

11.99 /lb

Seasoned Lamb Loin Chops Greek & Lemon or Provençal Herbs 26.43/kg

So easy
READY FOR YOU Prepared in-store

Scene+
EARN POINTS ON ALL IN STORE MARINATED FRESH MEAT PRODUCTS

GET UP TO **1200 PTS**

That's like **\$12** toward your groceries

SPEND \$20-29.99, GET **500 PTS**

SPEND \$30 OR MORE, GET **1200 PTS**

quick & easy

150 PTS when you buy 2

5.99 BUTTERBALL Turkey Bacon or Rasher 300-375 g

7.99

MAPLE LEAF Smoked Sausages 375 g, SCHNEIDERS Juicy Jumbos Wieners regular or beef, Sausage Rings, Stadium Size Footlong Wieners or Smoked Sausages 250-450 g selected

300 PTS when you buy 2

15.99 MONTANA'S Texan BBQ Pork Back Ribs 650 g

9.99

CHRIS BROTHERS Bologna 1.5 kg

80 PTS when you buy 1

7.99 COMPLIMENTS Breaded Chicken Strips, Nuggets or Burgers 700 g

11.99 **120 PTS** when you buy 1

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

140 PTS when you buy 1

13.99 COMPLIMENTS Pork Back Ribs frozen 680 g

500 PTS when you buy 1

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

Scene+

EARN REWARDS FASTER WITH UP TO **7,500 BONUS SCENE+ POINTS*** with the Scotiabank® Scene+™ Visa® Card

Apply now at scotiabank.com/earnpointsfaster

*With minimum spend on everyday purchases in the first year. Conditions apply. Visa Inc. Licensed User. Offer subject to change. Offer effective May 1 - June 30, 2024.

SOBEYS_WW02_P01_ATL_N5_N6

First of the Season

Live or fresh cooked market lobsters!

Product of Atlantic Canada



Harvested from the cold clean waters on the East Coast of Canada - our lobsters are sweet & succulent.

Live or Fresh Cooked Market Lobsters
subject to availability

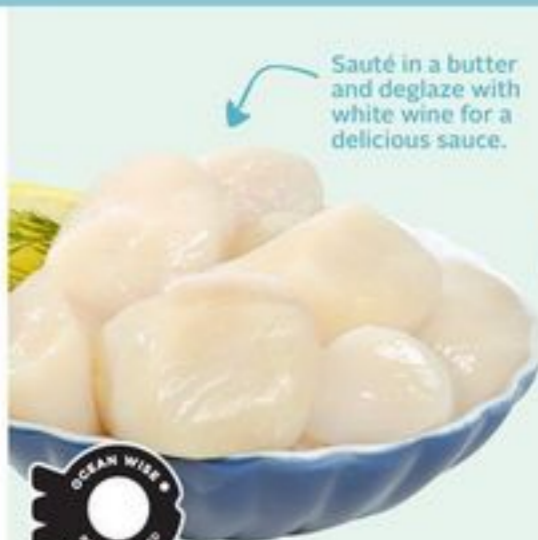
Celebrate Mom!

[Click here for the Lobster Seafood Boil Recipe](#)

seafood



10⁹⁹ COMPLIMENTS Smoked Sockeye, Steelhead, Atlantic Salmon or Gravlax 140-150 g



15⁹⁹ Jumbo Scallop Medallions 10-20 ct per lb product of USA frozen or previously frozen 35.25/kg



11⁹⁹ Coho Salmon Fillets frozen or previously frozen product of Chile 26.43/kg



13⁹⁹ COMPLIMENTS Cooked Shrimp in bag with cocktail sauce 680 g



2²⁹ Fresh Mussels product of Atlantic Canada 5.05/kg



9⁹⁹ Fresh Wild Haddock Fillets product of Atlantic Canada subject to availability 22.02/kg



10⁹⁹ COMPLIMENTS Breaded or Battered Haddock, Garlic & Herb Haddock, Salt & Malt Vinegar Cod, Lemon Pepper Sole or Mediterranean Pacific Salmon 460-680 g



8⁹⁹ TOPPITS Ecuadorian Jumbo Shrimp cooked or raw 340-680 g



13⁹⁹ JANES Ultimates Breaded or Battered Haddock or Cod 530-615 g



8⁹⁹ PANACHE Seafood Appetizers Assorted Shrimp or Calamari 340-355 g



10⁹⁹ TOPPITS Gluten-Free Breaded Premium Fish Fillets 400 g or Battered Shrimp 340 g



19⁹⁹ STAR OF THE SEA Cooked Lobster Meat Broken Tails Claws or Knuckles 200 g

deli



5⁹⁹ with Scene+ Card
6⁹⁹ without Scene+ Card BOTHWELL Squeak'rs 240 g



35% off
JARLSBERG works out to 4.08/100 g, ILE DE FRANCE works out to 3.24/100 g or CAMBOZOLA works out to 4.41/100 g



7⁴⁹ CASTELLO Havarti Slices 145-165 g or Havarti Blocks 170-200 g



8⁹⁹ TRE STELLE Mozzarella 340 g



11⁹⁹ LE SAUCIFLARD French Style Salami selected 300 g



3⁷⁹ Homestyle Roasts Hand-Tied Roasted Deli Meats selection varies by store



Get your deli meats custom cut
Get **500 PTS** When you spend \$20 or more on Panache Ham, Chicken, Turkey or Beef selection varies by store
That's like **\$5** toward your groceries



6⁹⁹ COMPLIMENTS Pizza Trio or Italian Sub Variety Packs 250-375 g selected



7⁹⁹ PANACHE Cheddar 2, 3, 4 or 5 year-old or Applewood Smoked 225-250 g



6⁹⁹ PANACHE Toppers 130 mL selected

Sign up for Sobey's E-Flyer & **SAVE \$5** off your next purchase of \$40 or more!
www.sobeys.com/getflyer

kitchen



200 PTS
when you buy 1
21⁹⁹
RANA Lasagna 1.1 kg



150 PTS
when you buy 1
Meatballs 10 Piece
available sauced or plain
hot or chilled 625 g

Mother's Day pasta offer!

BUY 1 COMPLIMENTS
Pasta 1 kg



GET 1
COMPLIMENTS
Family Size
Pasta Sauce
580 mL
50% off



100 PTS
when you buy 1
SOUP'S ON Plant-Based Soups 925 mL



3⁹⁹
FONTAINE SANTÉ Dips or
Hummus regular 250-260 g
or Topped Hummus regular
227-255 g



125 PTS
when you buy 2
STARTING AT
6⁷⁹
Flatbreads selected
varieties 230-365 g



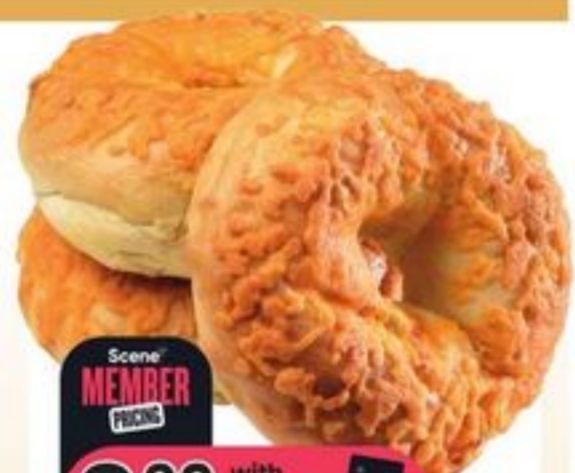
100 PTS
when you buy 2
5⁹⁹
COMPLIMENTS Salads
regular potato, creamy
coleslaw, macaroni or other
selected varieties 850-908 g

bakery

Mmmmm
**Cheese
please!**



6⁴⁹
Cheese Bread
485-615 g



Scene+ MEMBER
3⁶⁹
with
Scene+
Card
3⁹⁹ without
Scene+
Card
Cheddar Cheese or
Jalapeño Cheese
Bagels 4 pk 450 g



4²⁹
Focaccia Breads
315-340 g



50 PTS
when you buy 2
6²⁹
Gourmet Cheese
Buns 6 pk 425 g



5⁴⁹
COMPLIMENTS
Garlic Texas Toast
Regular or Parmesan 638 g



3⁹⁹ **200 PTS**
when you buy 4
3" Cheesecakes



STARTING AT
3⁹⁹ **100 PTS**
when you buy 2
Mini Croissants Plain or
Cheese 8 pk 250-260 g



6⁴⁹
Donuts 6 pk



22⁹⁹
Mother's Day Pink Love Dessert Cake 940 g or
Half Cake 470 g \$11.99 or Cake Slice 155 g \$3.99



16⁴⁹
Single Layer Shortcakes
Strawberry, Fresh Fruit or
Black Forest 905-950 g

Scene+ GET PERSONALIZED OFFERS
ON PRODUCTS YOU'LL LOVE.

Visit mygroceryoffers.ca
or the Sobeys app.

SOBEYS_WK02_POS_ATL_NS_NB_PEL_NFLD

meal makers

Scene MEMBER
with Scene+ Card
7.49
COMPLIMENTS
Fudge or Ice
Milk Bars 24 pk

100 PTS
when you buy 1
MICHELINA'S Pizza Snax 496 g

2/\$5
Chocolate Milk
1 L brands vary
by province

NEW
BUY MORE SAVE MORE
4.99
INTERNATIONAL DELIGHT
Coffee Creamers 946 mL or
Cold Foam 396 g 5.99 ea

7.99
SIMPLY PICKED
Frozen Vegetables
300 g

11.99
P.F. CHANG'S or
BERTOLLI Multi
Serve Meals 624 g

6.99
iÖGO Yogurt 16 pk

50 PTS
when you buy 1
7.49
LIBERTÉ Greek
Yogurt 900 g-1 kg

6.49
CHEEMO Perogies
2 kg

4.99
HEALTHY CHOICE Simply or
Gourmet Steamers 255-306 g or
MARIE CALLENDER'S Bowls
312-349 g

BUY MORE SAVE MORE
3.99
MINUTE MAID
Lemonade or
Fruit Punch
no sugar added
1.54 L 4.69 ea

7.99
GAY LEA Butter
Sticks 454 g

7.99
MCCAIN Symphony
Fries 2.27 kg

150 PTS
when you buy 2
COMPLIMENTS Frozen Entrées
selected 250-280 g

BUY MORE SAVE MORE
3.99
PILLSBURY Grands or Ready To
Bake Cookies 454-496 g
(excludes seasonal) 4.49 ea

2.99
COMPLIMENTS
68% Vegetable Oil
Margarine 427 g or
I CAN'T BELIEVE
IT'S NOT BUTTER
427 g

Here for your budget and lifestyle

compliments **BEST BUY**

2.99
COMPLIMENTS
Frozen Waffles
8 pk 280 g

200 PTS
when you buy 2
COMPLIMENTS Classic
Crust Pizza 352-446 g

50 PTS
when you buy 1
COMPLIMENTS
Cottage Cheese 750 g

50 PTS
when you buy 2
1.79
BEST BUY Wafers
227 g

natural health



NEW
9.99
TOM'S OF MAINE
Deodorant 92 g

49.99
VEGA SPORT
Protein
801-837 g

100 PTS
when you buy 2
7.99
SIMPLY PROTEIN
Bar 4 pk

YOU CAN MAKE A DIFFERENCE
HELP US DONATE UP TO
\$100,000

SCAN TO LEARN MORE

200 PTS
when you buy 2
9.99
DAIYA Dairy-Free,
Gluten Free Pizza
or Flatbreads
346-550 g

7.79
AMY'S KITCHEN
Bowls or Entrées
241-284 g

200 PTS
when you buy 2
7.99
QUEEN STREET
BAKERY Superfood
Gluten-Free Bagels
464 g

2.99
SILK Dairy-Free
Creamers
450-473 mL

5.99
NATURE'S PATH
Granola assorted
sizes 325-350 g or
Cereal assorted
sizes 284-400 g

200 PTS
when you buy 2
3.99
KIJU ORGANIC
Beverages
1 L or 4 pk

4.49
BLUE DIAMOND
Nut-Thins 120 g

70 PTS
when you buy 2
4.99
FLOATING LEAF
Rice 400 g or
ORGANIC 120 g

Scene GET PERSONALIZED OFFERS ON PRODUCTS YOU'LL LOVE.

Visit mygroceryoffers.ca or the Sobeys app.



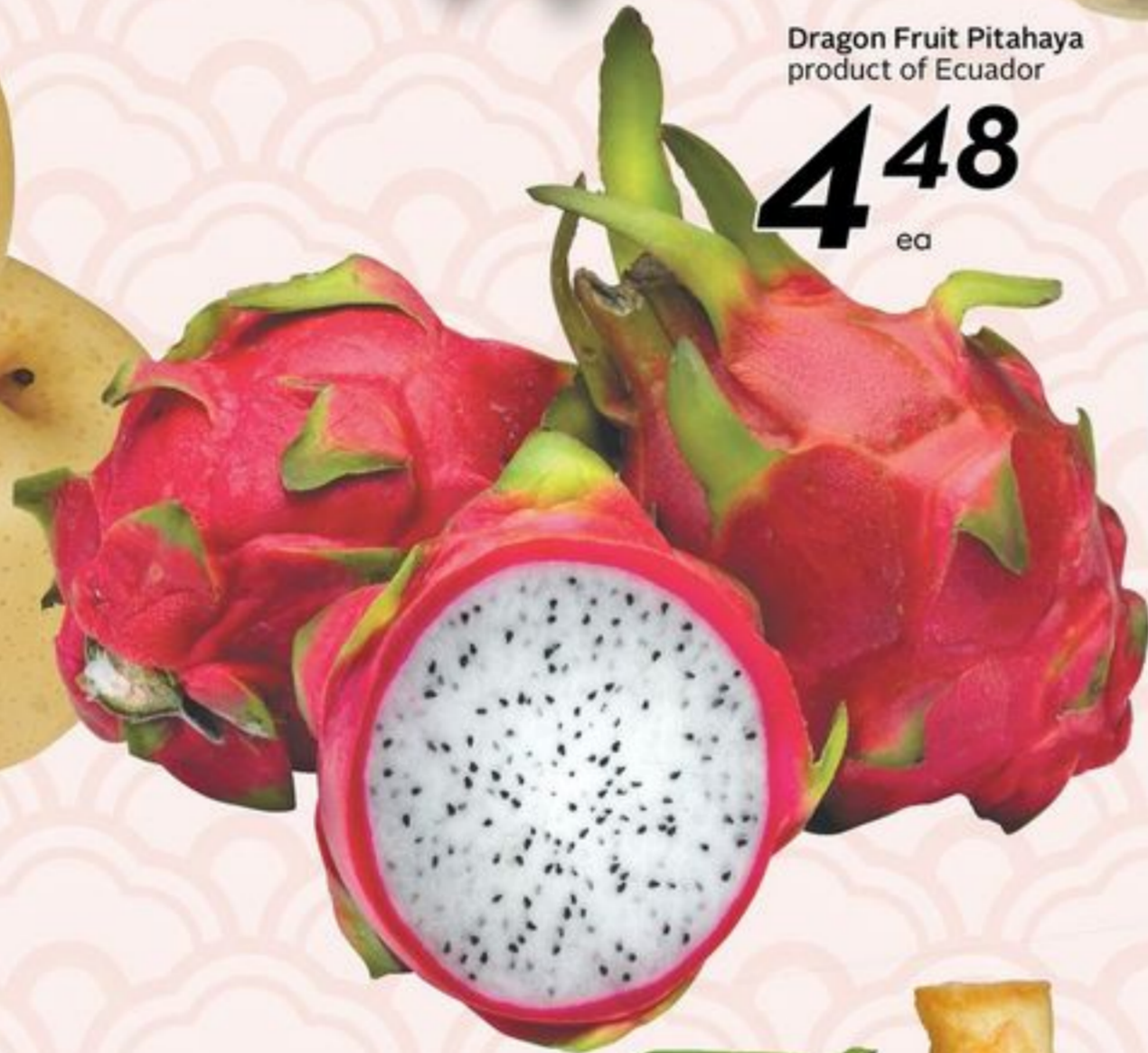
端午節快樂
Happy
Dragon Boat
Festival

Nappa Cabbage
product of USA
3⁹⁹
ea



Dragon Fruit Pitahaya
product of Ecuador

4⁴⁸
ea



1⁷⁹
/lb

Yellow Asian Pear
product of China
3.95/kg



4⁹⁹

BLUE DRAGON
Sushi Nori 22 g
available in selected stores

3⁹⁹

BLUE DRAGON
Spring Roll Wrappers 134 g
available in selected stores



3⁴⁹

SABZU Sriracha or Sweet
Chili Sauce 450 mL
available in selected stores



1⁹⁹

DIAMOND
Instant Noodles 400 g



3⁹⁹

KIM PHAT
Udon Noodles 4 pk
available in selected stores



So Local

Made right here
at home



From
New Brunswick

7.99

STEEVES Sugar
Free Maple Syrup
1 L



Nutrition Facts Valeur nutritive	
Per 1 wiener (75 g) pour 1 saucisse fumée (75 g)	
Calories 220	% Daily Value*
Fat / Lipides 20 g	Saturated / saturés 7 g
Trans / trans 0.1 g	Carbohydrate / Glucides 3 g
Fibre / Fibres 0 g	Sugars / Sucres 0 g
Protein / Protéines 8 g	Cholesterol / Cholestérol 2 mg
Sodium 890 mg	Potassium 225 mg
Calcium 40 mg	Iron / Fer 0.75 mg



Nutrition Facts Valeur nutritive	
Per 1 wiener (38 g) pour 1 saucisse fumée (38 g)	
Calories 110	% Daily Value*
Fat / Lipides 10 g	Saturated / saturés 3.5 g
Trans / trans 0.1 g	Carbohydrate / Glucides 2 g
Fibre / Fibres 0 g	Sugars / Sucres 0 g
Protein / Protéines 4 g	Cholesterol / Cholestérol 29 mg
Sodium 440 mg	Potassium 125 mg
Calcium 20 mg	Iron / Fer 0.3 mg

5.49

From
Nova Scotia

TONY'S Traditional
Hot Dogs jumbo or
original 375 g



From
Nova Scotia

3.49

MAMA T'S
Protein Cookies
100 g



rum & cola
non-alcoholic craft beverage
boisson artisanale non-alcool

355 mL
0.2% alc/vol



lime
vodka soda
non-alcoholic craft beverage
boisson artisanale non-alcoolique

355 mL
0.3% alc/vol

From
Nova Scotia

2.79

CHILL ST
Mocktails
355 mL



gin fizz
non-alcoholic craft beverage
boisson artisanale non-alcoolique

355 mL
0.2% alc/vol

drinks & snacks

<p>200 PTS when you buy 2 2/\$9 MISS VICKIE'S Kettle Chips 190-200 g</p>	<p>2/\$9 DORITOS Tortilla Chips 210-280 g</p>	<p>4/\$5 MONTELLIER Sparkling Water or AQUAFINA Water 1 L</p>	<p>100 PTS when you buy 2 2.49 with Scene+ Card 2.99 without Scene+ Card OASIS Juice or ARIZONA Iced Tea 960 mL or DEL MONTE Nectar 960 mL</p>
<p>100 PTS when you buy 1 9.99 FRITO-LAY Multipacks 16 pk</p>	<p>200 PTS when you buy 2 PEPSI Mini Bottles 8x355 mL</p>	<p>12.99 CORONA Sunbrew or HEINEKEN Non-Alcoholic Beer 6x330 mL</p>	<p>100 PTS when you buy 2 3.49 MONSTER Energy Drinks 444-473 mL</p>
<p>2.49 COMPLIMENTS Potato Chips or Extraa! Flavour Chips 200 g</p>	<p>BUY MORE SAVE MORE 5.50 JACK LINK'S or LORISSA'S KITCHEN Jerky 63-81 g 5.99 ea</p>	<p>200 PTS when you buy 2 NESTEA or PEACE TEA Tea 12x341-355 mL</p>	<p>200 PTS when you buy 2 3.49 GRAVES Apple Juice 1.36 L or Apple (Less Sugar) 1.36 L</p>
<p>13.99 QUAKER Dippys or Chewy Bars Club Pack 935-960 g</p>	<p>10.99 SUNKIST Fruit Snacks assorted flavours 792 g</p>	<p>5.99 LAVAZZA Espresso Capsules 10 pk, TWININGS Tea 20 pk, TETLEY Tea 60-72 pk or TAZO Chai Latte or Passion Concentrate 946 mL</p>	<p>19.99 MELITTA Whole Bean Coffee 907 g</p>
<p>BUY MORE SAVE MORE \$3 ea when you buy 2 or more MERCI Tablet Bars 100 g 3.49 ea</p>	<p>6.99 LINDT or GHIRARDELLI Bagged Chocolate 142-151 g</p>	<p>BUY MORE SAVE MORE 3.49 LIFESAVERS Candy 150-180 g 3.99 ea</p>	<p>2/\$6 HERSEY'S or NESTLE Chocolate Bars 90-120 g or HARIBO Gold Bears 170-175 g</p>
<p>BUY MORE SAVE MORE \$3 ea when you buy 2 or more DARE Breton or Vinta Crackers selected 135-225 g or Veggie Crisps 100 g 3.49 ea</p>	<p>BUY MORE SAVE MORE 3.79 ea when you buy 2 or more LECLERC Celebration Cookies 240-350 g 3.99 ea</p>	<p>BUY MORE SAVE MORE 100 PTS when you buy 2 5.99 DARE Bear Paws 337-480 g or Wagon Wheels 630 g 6.79 ea</p>	<p>BUY MORE SAVE MORE 150 PTS when you buy 3 2.99 ea when you buy 3 or more KELLOGG'S Cheez-It Crackers 191-200 g 3.49 ea</p>

compliments

Love it. Or it's free.*

*For details see COMPLIMENTS.ca

100% MONEY BACK GUARANTEE

Celebrate Mom! Make their day with breakfast and sweets!

<p>7.99 COMPLIMENTS Pure Orange Juice 2.5 L</p>	<p>300 PTS when you buy 2 \$5 COMPLIMENTS Bagged Jumbo Cereal 400-794 g</p>	<p>BUY MORE SAVE MORE 6.99 ea when you buy 2 or more COMPLIMENTS Coffee Pods 12 pk or Roast & Ground Coffee 300 g 7.99 ea</p>	<p>2/\$6 COMPLIMENTS Pancake Mix or Syrup 905 g-750 mL</p>
<p>125 PTS when you buy 2 COMPLIMENTS Cookies selected 300-350 g</p>	<p>4.99 COMPLIMENTS Hot Chocolate Canisters 500 g or Tea 48-72 pk</p>	<p>2/4.44 COMPLIMENTS Tablet Bars 100 g</p>	<p>2/11 COMPLIMENTS Milk, Dark Chocolate Covered Almonds or Milk Chocolate Covered Cashews 350-400 g</p>

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It's Mother's Day!

STARTING AT
6⁹⁹

Ecuadorian Roses
singles, 3-stem
or 6-stem



**Ready
to gift!**

STARTING AT
17⁹⁹

Rose Duet Bouquets
choose from various sizes
selection may vary by store

STARTING AT
27⁹⁹

Ready To Go
Arrangements selection
may vary by store



Fresh blooms ready to go!



STARTING AT
16⁹⁹

Mixed Seasonal Bouquets
selection may vary by store



9⁹⁹

Tulip Bouquet
10-stem



STARTING AT
24⁹⁹

Mother's Day Indoor Gardens
selection may vary by store



200 PTS
when you buy 1

22⁹⁹

Ecuadorian Rainbow Rose
Bouquet dozen



STARTING AT
19⁹⁹

Phalaenopsis Orchids Featuring
the Mother/Daughter Orchid
selection may vary by store



STARTING AT
7⁹⁹

Potted Mini
Rose available in
4" and 6"



STARTING AT
14⁹⁹

Multi-Bloom
Hydrangea



STARTING AT
11⁹⁹

Assorted Calla Lily



500 PTS
when you buy 2

STARTING AT
34⁹⁹

Premium Jumbo Hanging
Baskets or Planters 13"

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garden**

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now open!



4⁴⁹

Assorted Flowering
Annuals 4" 4.79 ea



6⁹⁹

100 PTS
when you buy 2

Garden Gerbera
Daisies 4.75" pot



14⁹⁹

100 PTS
when you buy 1

Premium Annual
Planters 8"

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1.99
Daikon Lo Bok product of USA 4.39/kg /lb



2.49
GRACE Coconut Milk 400 mL



1.99
Garlic product of Spain 3 pk



4.49
GRACE Corn Meal 2 kg



3.49
KIKKOMAN Panko Bread Crumbs 227 g selected varieties



12.99
TILDA Basmati Rice 1.81 kg



2.99
M'LORD Mini Corn Cobs cut or whole 398 mL available at select stores



Gluten-free goodness

Did you know? May is Celiac Awareness month!



100 PTS
when you buy 2

5.49
SANTA CRUZ ORGANIC Lemonade 946 mL



5.49
BARE Fruit Snacks 77-96 g



Real fruit and coconut crunch



3.29
SILK Plant Based Beverages 946 mL



4.49
QUE PASA Tortilla Chips 300-350 g



5.49
WOWBUTTER 500 g



Made with avocado, lime and salt, guac is gluten-free!

Made the traditional Mexican way



3.99
NUPASTA Gluten Free Pasta 210 g



5.99
IMAGINE Soups 1 L

2/\$9
SIMPLY ORGANIC 156-240 g



200 PTS
when you buy 2

2.79
POPPI Soda 355 mL

Bring Tradition home™



2⁹⁹
/100 g
SAN DANIELE
Prosciutto



2⁹⁹ SLICED FRESH
/100 g
MASTRO Capocollo or
SAN DANIELE Mortadella
selected varieties



2⁹⁹ SLICED FRESH
/100 g
MASTRO Salsami
selected varieties



3⁹⁹ SAN DANIELE Sliced
Mortadella or MASTRO
Capocollo or Prosciutto Cotto
125-150 g selected varieties



5⁹⁹ MASTRO Sliced Salsami
or SAN DANIELE Sliced
Prosciutto 125-150 g
selected varieties



7⁹⁹ MASTRO Charcuterie Trio
or Gran Piatto 100-250 g
selected varieties



11⁹⁹ MASTRO
Baby Genoa 600 g
selected varieties

**RIO
mare**



2/\$7 RIO MARE
Insalatissime Tuna
160 g selected varieties

LAVAZZA
TORINO, ITALIA, 1895



5⁹⁹ LAVAZZA
Espresso Capsules
10 pk selected varieties

**KICKING
HORSE
COFFEE**



12⁹⁹ KICKING HORSE
Whole Bean Coffee
454 g

MAKE IT A SPECIAL

Mother's
DAY WEEKEND



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meal makers



1.99 without Scene+ Card
COMPLIMENTS Taco, Fajita or Chili Seasonings 35-39 g



2/7.98 OLD EL PASO Taco Sauce 243 mL



2.99 CAMPBELL'S Broth 900 mL



4.99 CLOVER LEAF Tuna Salads 160 g



8.99
KELLOGG'S Jumbo Cereal selected varieties 700 g-1.2 kg or POST Jumbo Cereal 1.1-1.4 kg



5.99 SMUCKER'S Pure Jam 310-500 mL, excludes raspberry



9.99 GOGO SQUEEZ Fruit 12 pk



5.99 COMPLIMENTS Honey 375 g or KRAFT Cheez Whiz 450 g



\$3 go when you buy 2 or more
HOSTESS Snacks 121-225 g 3.49 ea



3.49 go when you buy 2 or more
DEMPSTER'S Xtra Bread 675 g 4.49 ea



2.99 go when you buy 2 or more
COMPLIMENTS Hot Dog or Hamburger Buns 8 pk 3.49 ea



2.99 COMPLIMENTS Bagels 6 pk



2.99 COMPLIMENTS White or 100% Whole Wheat Bread 570 g



6.49 ROBIN HOOD Flour selected varieties 2.5 kg



2.99 KRAFT Jet-Puffed Marshmallows 400 g



5.99 CLUB HOUSE Seasonings selected 111-181 g



7.99 100 PTS when you buy 1
PANACHE Grinders 87-200 g



2.49 BETTY CROCKER Supermoist Cake Mixes selected 375-404 g



4.49 BICK'S Pickles 500 mL



1.99 HUNT'S Thick & Rich Pasta Sauce 680 mL or Tomato Sauce 398-680 mL



3.49 80 PTS when you buy 2
CATELLI Gluten Free or Supergreen 300-340 g



4.99 HORMEL Real Bacon Bits 79 g or CLUB HOUSE La Grille Wet Rubs 200 mL



2.49 FRENCH'S Mustard 400 mL



2/\$7 BLUE DRAGON Noodles selected varieties 250-300 g



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*For details see COMPLIMENTS.ca

100% MONEY BACK GUARANTEE

2.49

COMPLIMENTS Whipped Dressing 445 mL



2.79

COMPLIMENTS Worcestershire Sauce 285 mL



20% off

COMPLIMENTS Coconut selected 200 g



9.99

COMPLIMENTS Chocolate Chips 775 g



100 PTS when you buy 2

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



300 PTS when you buy 3

COMPLIMENTS Kettle Chips 200 g



2/\$5

COMPLIMENTS Baby Whole or Cut Corn 398 mL



50 PTS when you buy 2

COMPLIMENTS Canned Legumes 540 mL



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home & pet care

<p>7⁹⁹ TIDE Pods 15-20 pk, BOUNCE or GAIN Sheets 60-120 pk or TIDE or DOWNY Rinse & Refresh 754 mL</p>	<p>200 PTS when you buy 2 3⁹⁹ CLOROX Bleach 1.27 L or Spray Cleaners 887-946 mL</p>	<p>250 PTS when you buy 2 8⁹⁹ FLEECY Softener 2.6 L or Sheets 120 pk</p>	<p>100 PTS when you buy 2 2/10 LYSOL Cleaners 650 mL-1.2 L assorted varieties</p>
<p>300 PTS when you buy 2 12⁹⁹ GLAD Tall Kitchen Catchers 50-60 pk</p>	<p>100 PTS when you buy 2 7⁹⁹ GLAD Cling Wrap 152 m or Press'N Seal 140 ft</p>	<p>200 PTS when you buy 1 24⁹⁹ SPONGETOWELS Ultra Choose-A-Size Paper Towels 12=18 rolls</p>	<p>50 PTS when you buy 2 2⁴⁹ SCOTTIES Facial Tissue 60 sheets</p>
<p>12⁹⁹ TIDY CATS LightWeight Cat Litter 2.72 kg</p>	<p>BUY MORE SAVE MORE 3³³ go when you buy 2 or more TEMPTATIONS Cat Treats 180 g 3.99 ea</p>	<p>50 PTS when you buy 1 8⁴⁹ CALEDON FARMS Dog Treats 90-265 g selected</p>	<p>20% off CANDLE-LITE Jar Candles 511 g while quantities last</p>

health, beauty & baby

<p>50 PTS when you buy 2 15% off NIVEA Lip Care 4.8 g or 2 pk, Shave 75-150 mL or 125 g, Body Wash 500-887 mL or Deodorant 50-150 mL or 50-52 g selected</p>	<p>10% off ALWAYS Pads, Liners or TAMPAX Tampons 14-72 pk selected</p>	<p>7⁹⁹ LIVE CLEAN Body Wash 500 mL selected</p>	<p>3⁹⁹ COLGATE Sensitive or Advanced Toothpaste 73-170 mL or Toothbrush 1-4 pk selected</p>
<p>7⁹⁹ OLD SPICE 122-144 g or SECRET 68 g or 116 g Deodorant selected</p>	<p>STARTING AT 14⁹⁹ NATIVE Deodorant 75 g or Spray 99 g</p>	<p>150 PTS when you buy 2 9⁹⁹ CLAIROL Nice'n Easy Hair Colour 1 pk selected</p>	<p>100 PTS when you buy 2 15% off VASELINE Lotion 200-600 mL or 201 g selected</p>
<p>27⁹⁹ HUGGIES Pull-Ups or Goodnites 28-74 pk</p>	<p>BUY MORE SAVE MORE 5²⁹ go when you buy 2 or more BABY GOURMET ORGANIC Cereal or SQUOOSH Fruit & Veggie Snacks 208-360 g 5.99 ea</p>	<p>200 PTS when you buy 2 3⁴⁹ COMPLIMENTS Baby Wipes 64-72 pk</p>	<p>BUY MORE SAVE MORE 200 PTS when you buy 3 1⁹⁹ go when you buy 4 or more NESTLÉ Gerber ORGANIC Pouches 99 g or 128 mL 2.49 ea</p>

pharmacy

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

<p>15% off 200 PTS when you buy 1 TYLENOL Pain Relief 40-200 pk, MOTRIN 40 pk selected*, TYLENOL Complete 40 pk or BENLYN All-in-One 250-270 mL or 40 pk selected*</p>	<p>200 PTS when you buy 2 10% off PEPTO BISMOL Liquid 350 mL or 480 mL or Tabs 24-48 pk selected</p>	<p>200 PTS when you buy 1 15% off POISE Pads or DEPEND Underwear selected</p>	<p>150 PTS when you buy 1 10% off COLD-FX 45-60 pk</p>
<p>100 PTS when you buy 1 15% off GAVISCON Liquid or Tabs selected sizes</p>	<p>100 PTS when you buy 1 15% off IMODIUM 20 pk or 24 pk</p>	<p>Scene+ Get 1000 PTS OneTouch Verio Flex or Reflect Meter***</p> <p>That's like \$10 toward your groceries</p> <p>79⁹⁹ ONETOUCH Verio Blood Glucose Test Strips 100 pk**</p> <p>OneTouch Verio Flex or Reflect Meter FREE with purchase of 100 test strips*** See your pharmacist for details. (Limit of 1 Free Meter)</p>	

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& summer
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SUPPLEMENTS
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formulas.

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19⁹⁹

Use carb-free
keto-certified
MCT oil to
supercharge
homemade
nut butters.



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skincare.

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handcrafted without
water or plastic.

NEW

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FLOSS 75 ML OR 100 G OR SHAMPOO
OR BODY WASH 370 ML

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safe way to
target stains.

NEW

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SPA DENT TOOTHPASTE
190 G OR MOUTHWASH
600 ML



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