

NFLD

FEED THE DREAM

Sobeys

OFFICIAL GROCER

value size

3⁸⁸ /lb

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

5⁸⁸ /lb

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

11⁹⁹ /kg

COMPLIMENTS Thick Cut Bacon 1 kg

From Canada

Long English Seedless Cucumbers or Tomatoes on the Vine product of Canada, Canada no 1 grade 3.95/kg

1⁷⁹ ea. /lb

Scene+ MEMBER PRICING

9⁹⁹ with Scene+ Card

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

Members SAVE \$3

Scene+ MEMBER PRICING

9⁹⁹ /lb, 22.02/kg with Scene+ Card

Members SAVE \$3

Live Market Lobsters product of Newfoundland subject to availability

12⁹⁹ without Scene+ Card 28.64/kg

CHOOSE CANADIAN SEAFOOD

HOT PRICE

5⁴⁶

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

HOT PRICE

4⁹⁴

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

NEW

HOT PRICE

5⁴⁴

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

HOT PRICE

1⁹⁹

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

HOT PRICE

4/\$5

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

HOT PRICE

1⁶⁹

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

DON'T FORGET YOUR COUPON

4 DAYS ONLY • MAY 9-12

BUY \$200 IN SOBEYS GIFT CARDS & GET

1000 PTS OR **\$10 GIFT CARD**

That's like \$10 toward your groceries

Offer valid May 9 to May 12, 2024 at all Sobeys locations in Prince Edward Island and Newfoundland. 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 Offer subject to change and may be withdrawn without notice.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 Newfoundland

So many deals

Scan here for our full digital flyer

NFLD

Grown in Newfoundland



BUY MORE SAVE MORE

19⁹⁹

ea when you buy 2 or more Premium Annual Hanging Basket 11" 22.99 ea

Celebrate MOM!

Say I love you with blooms and treats!



24⁹⁹

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



Sobeys OFFICIAL GROCER



FEED THE DREAM



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



3⁹⁹
 Broccoli Bunches product of USA or Mexico



3⁹⁹
 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



4⁹⁹
 COMPLIMENTS Cheese 400 g or Shreds 226-320 g selected varieties



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



2⁶⁹
 QUAKER Dipp's, Chewy or Granola Bars 120-175 g



UP TO 40% off
 JAMESON Vitamins or Supplements assorted varieties at select stores



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

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-\$300 VL, Boston Pizza \$20, Boston Pizza \$50, 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 prevails 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 Newfoundland. 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/7m Hardware/Starbucks products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo printing, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Redeem 1,000 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.sobeyplus.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated. Please recycle where facilities exist. Printed with vegetable based ink, Newfoundland. Supplement to The Western Star.

SOBEYS_WK02_OBC_ATL_NFLD



LOAD IT TO GET IT!

Get up to 300 PTS

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

That's like
\$3
toward your groceries



Get **200 PTS**
when you buy 2

COMPLIMENTS Snack Crackers
200-225 g

Get **100 PTS**
when you buy 1

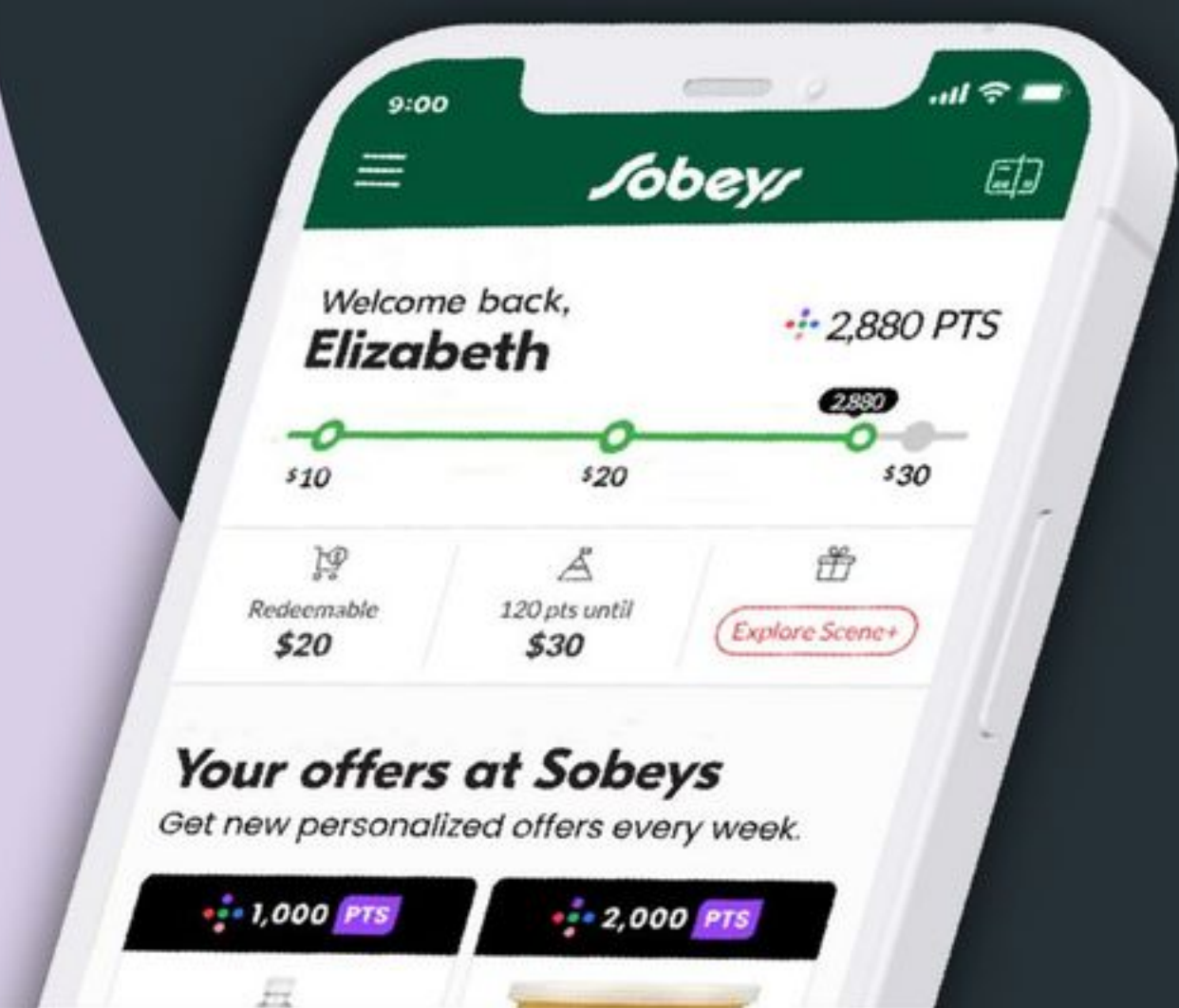
PANACHE British Isles Cheese
200 g

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!



179 /lb
From Canada
Tomatoes on the Vine product of Canada no 1 grade 3.95/kg



399
From Canada
Mini Seedless Cucumbers product of Canada no 1 grade 6 pk



479
From Canada
Assorted Snacking Tomatoes product of Canada 259 g



649
Mini Peppers product of Mexico 454 g

Make your own



349 Boston Lettuce product of Canada
349 /lb Bulk Red Onions product of USA or Mexico 7.69/kg
229 /lb Bulk Vidalia Onions product of USA 5.05/kg
399 Celery product of USA or Mexico



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

Convenience



399 +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



599 Strawberries product of USA or Mexico 454 g
799 DRISCOLL'S Heart Shaped Raspberries product of USA or Mexico 227 g
Celebrate Mom!

Fruity fresh...



279 without Scene+ Card
Large Red Mangoes product of Mexico

699 +100 PTS when you buy 1
COMPLIMENTS Navel Oranges product of Spain



89¢ Large Lemons product of South Africa



299 /lb
Bartlett Pears product of Argentina extra fancy 6.59/kg



899 From Atlantic Canada
COMPLIMENTS Honeycrisp Apples product of Atlantic Canada 1.36 kg



699
Honeydew Melons product of Mexico

Veggie love...



399 +75 PTS when you buy 2
From Atlantic Canada
COMPLIMENTS Mini Potatoes product of Atlantic Canada 680 g
649 +100 PTS when you buy 1
Avocados product of Mexico 5 pk



479
Green Kale product of USA or Mexico



499
MANN'S Snow Peas 170 g or Snap Peas 230 g product of USA or Mexico



10% off +50 PTS when you buy 1
Prepared Fresh Daily Yogurt Parfaits assorted sizes
499 WELL Juices 333 mL



999 +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 Sobeyes

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

COUNTRY RIBBON
Fresh AIR-CHILLED Chicken Legs Family Size 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

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**

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

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

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

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 CHICKEN WINGS

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.

S0BEYS_WK02_P03_ATT_NFL0

First of the Season

Live or fresh cooked market lobsters!

Product of Newfoundland



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



100 PTS when you buy 1

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



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



11⁹⁹ /lb 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 /lb Fresh Mussels product of Atlantic Canada 5.05/kg



9⁹⁹ /lb Wild North Atlantic Cod Fillets product of Newfoundland frozen or previously frozen 22.02/kg



100 PTS when you buy 1

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



8⁹⁹ STARTING AT 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



200 PTS when you buy 400 g or more

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



100 PTS when you buy 2

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



150 PTS when you spend \$10 or more

STARTING AT 3⁷⁹ /100 g Homestyle Roasts Hand-Tied Roasted Deli Meats selection varies by store

ADD SOME **Panache** SLICED FRESH

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



200 PTS when you buy 1

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



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



6⁹⁹ Get 50 PTS When you buy 1 or Get 100 PTS When you buy 2 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 PICKING

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 **7.49** with Scene+ Card
8.99 without Scene+ Card
 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
4.99 BUY MORE SAVE MORE
 INTERNATIONAL DELIGHT Coffee Creamers 946 mL or Cold Foam 396 g 5.99 ea

1.99 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

3.99 BUY MORE SAVE MORE
 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

3.99 BUY MORE SAVE MORE
100 PTS when you buy 2
 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.



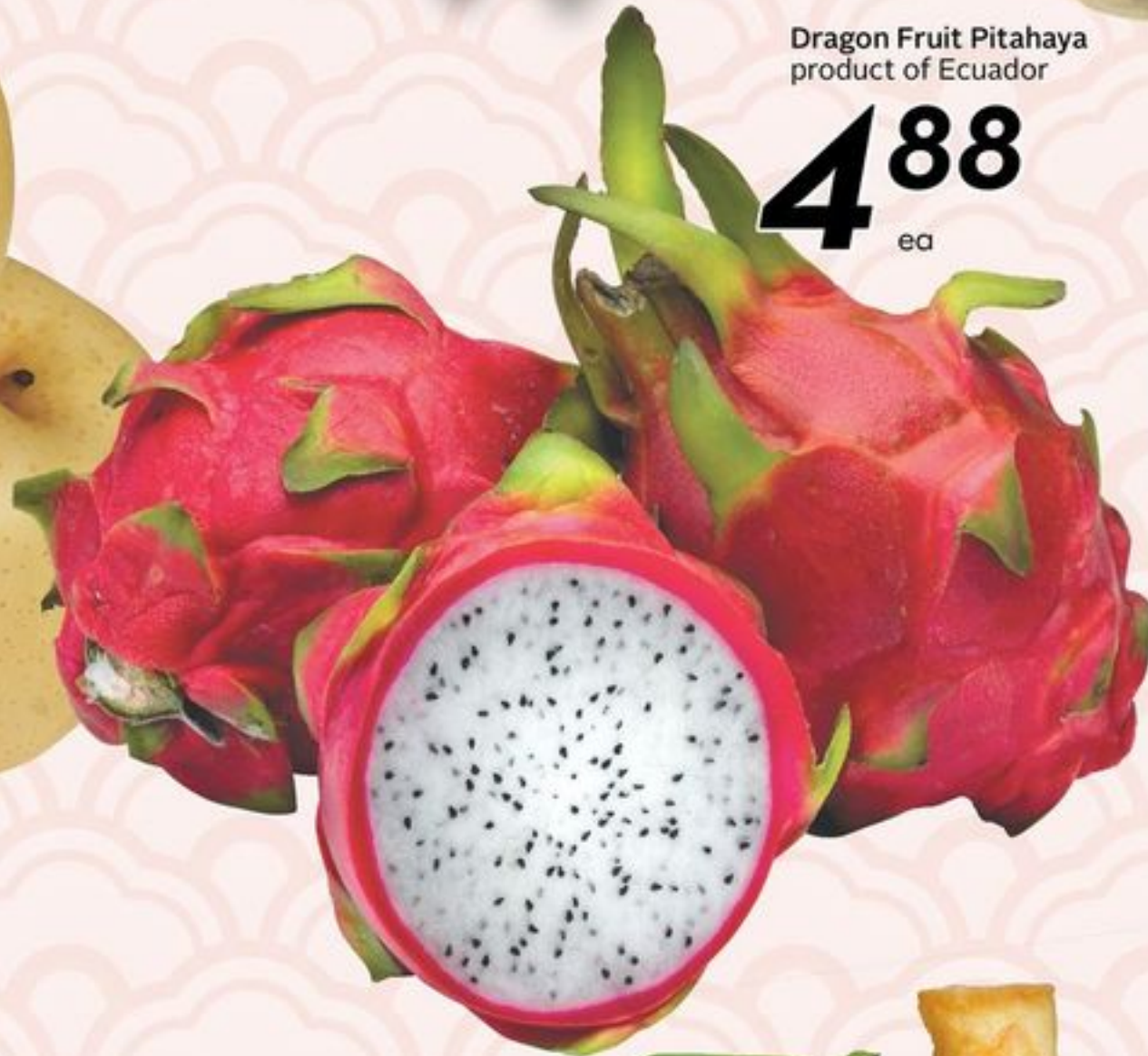
端午節快樂
Happy Dragon Boat Festival

Nappa Cabbage
product of USA
4²⁹
ea



Dragon Fruit Pitahaya
product of Ecuador

4⁸⁸
ea



7⁹⁹
/lb

Yellow Asian Pear
product of China
4.39/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



7⁹⁹

DIAMOND
Instant Noodles 400 g



3⁹⁹

KIM PHAT
Udon Noodles 4 pk
available in selected stores



So Local

Made right here
at home



From Atlantic
Canada

7.99

STEEVES Sugar
Free Maple Syrup
1 L



5.49 From Atlantic
Canada
TONY'S Traditional
Hot Dogs jumbo or
original 375 g



4.29 From Newfoundland
and Labrador
BETTER THAN MOM'S
Potato Wedges 600 g



From Atlantic
Canada

2.79
CHILL ST
Mocktails
355 mL

drinks & snacks

200 PTS
when you buy 2

2/\$9 MISS VICKIE'S Kettle Chips 190-200 g

2/\$9 DORITOS Tortilla Chips 210-280 g

4/\$5 AQUAFINA Water 1 L

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

100 PTS when you buy 1

9.99 FRITO-LAY Multipacks 16 pk

200 PTS when you buy 2

2.99 PANACHE Italian Soda 750mL

12.99 CORONA Sunbrew or HEINEKEN Non-Alcoholic Beer 6x330 mL

100 PTS when you buy 2

3.49 MONSTER Energy Drinks 444-473 mL

2.49 COMPLIMENTS Potato Chips or Extraa! Flavour Chips 200 g

5.50 BUY MORE SAVE MORE

JACK LINK'S or LORISSA'S KITCHEN Jerky 63-81 g 5.99 ea

200 PTS when you buy 2

2.99 NESTEA or PEACE TEA Tea 12x341-355 mL

200 PTS when you buy 2

3.49 GRAVES Apple Juice 1.36 L or Apple (Less Sugar) 1.36 L

13.99 QUAKER Dippys or Chewy Bars Club Pack 935-960 g

10.99 SUNKIST Fruit Snacks assorted flavours 792 g

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

19.99 MELITTA Whole Bean Coffee 907 g

3.99 BUY MORE SAVE MORE

MERCI Tablet Bars 100 g 3.49 ea

6.99 LINDT or GHIRARDELLI Bagged Chocolate 142-151 g

3.49 BUY MORE SAVE MORE

LIFESAVERS Candy 150-180 g 3.99 ea

2/\$6 HERSHEY'S or NESTLE Chocolate Bars 90-120 g or HARIBO Gold Bears 170-175 g

3.99 BUY MORE SAVE MORE

DARE Breton or Vinta Crackers selected 135-225 g or Veggie Crisps 100 g 3.49 ea

3.79 BUY MORE SAVE MORE

LECLERC Celebration Cookies 240-350 g 3.99 ea

100 PTS when you buy 2

5.99 DARE Bear Paws 337-480 g or Wagon Wheels 630 g 6.79 ea

150 PTS when you buy 3

2.99 KELLOGG'S Cheez-It Crackers 191-200 g 3.49 ea

compliments

Love it. Or it's free.*

*For details see COMPLIMENTS.ca

Celebrate Mom! Make their day with breakfast and sweets!

100% MONEY BACK GUARANTEE

7.99 COMPLIMENTS Pure Orange Juice 2.5 L

300 PTS when you buy 2

5.99 COMPLIMENTS Bagged Jumbo Cereal 400-794 g

6.99 BUY MORE SAVE MORE

COMPLIMENTS Coffee Pods 12 pk or Roast & Ground Coffee 300 g 7.99 ea

2/\$6 COMPLIMENTS Pancake Mix or Syrup 905 g-750 mL

125 PTS when you buy 2

COMPLIMENTS Cookies selected 300-350 g

4.99 COMPLIMENTS Hot Chocolate Canisters 500 g or Tea 48-72 pk

2/4.44 COMPLIMENTS Tablet Bars 100 g

2/11 COMPLIMENTS Milk, Dark Chocolate Covered Almonds or Milk Chocolate Covered Cashews 350-400 g

RECIPES, STORIES, TIPS & TRICKS and more, all at Sobey's.com

SOBEYS_WKD3P07_ATL_NFLD

It's Mother's Day!

STARTING AT
7⁹⁹

Ecuadorian Roses
singles, 3-stem
or 6-stem



Ready to gift!

STARTING AT
19⁹⁹

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



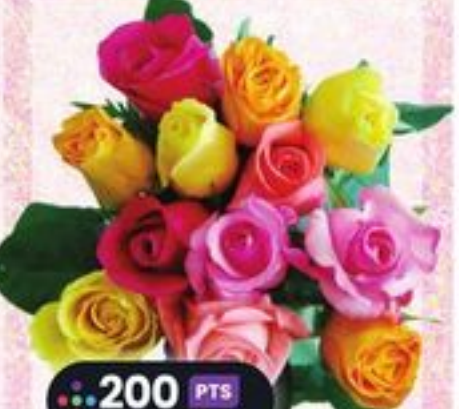
11⁹⁹

Tulip Bouquet
10-stem



STARTING AT
24⁹⁹

Mother's Day Indoor Gardens
selection may vary by store



200 PTS
when you buy 1

24⁹⁹

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
15⁹⁹

Multi-Bloom
Hydrangea



STARTING AT
11⁹⁹

Assorted Calla Lily



500 PTS
when you buy 2

34⁹⁹

Premium Jumbo Hanging
Baskets or Planters 13"

Get out and garden

Garden centre locations
now open!



4⁹⁹

Assorted Annuals
5.5" 5.49 ea



STARTING AT
5⁹⁹

Assorted Potted Mums

14⁹⁹

100 PTS
when you buy 1

Premium Annual
Planters 8"

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Explore a world of flavour!

Shop international foods storewide.



3⁴⁹
 Passion Fruit product of Colombia 2 pk



Daikon Lo Bok product of USA 5.05/kg
2²⁹ /lb



2⁴⁹
 GRACE Coconut Milk 400 mL



1⁹⁹
 Garlic product of Spain 3 pk



4⁴⁹
 GRACE Corn Meal 2 kg



3⁴⁹
 KIKKOMAN Panko Bread Crumbs 227 g selected varieties



12⁹⁹
 TILDA Basmati Rice 1.81 kg



2⁹⁹
 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



2/\$9
SIMPLY ORGANIC 156-240 g



200 PTS
when you buy 2

2.79
POPPI Soda 355 mL



5.99
IMAGINE Soups 1 L

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



Scene+

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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 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 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



Love it. Or it's free.*

*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

1.99 COMPLIMENTS Canned Legumes 540 mL



RECIPES, STORIES, TIPS & TRICKS and more, all at Sobeys.com

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 SPONGE TOWELS 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 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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