

ONT\_ZONE4

# FEED THE DREAM



Sobeys OFFICIAL GROCER



# Sobeys

Boneless Pork Sirloin Chops, Roasts or Fresh Boneless Pork Sirloin Cubes or Cutlets Family Size 6.59/kg

**2.99**  
/lb



**Buy 1 Get 1 FREE**

MIX & MATCH

COMPLIMENTS Fresh AIR-CHILLED Whole Chicken, Drumsticks or Bone-In Thighs Family Size starting at 4.99/lb, 11.00/kg

\*of equal or lesser value

**5.99**  
/lb

STERLING SILVER Fresh Boneless Sirloin Tip Oven Roast or Marinating Steaks Family Size cut from your meat expert from Canada grade AAA beef 13.21/kg

**47¢**

Fresh Florida Bulk Corn product of USA



**4/\$5**

Large Ataulfo Mangoes or Large Avocados product of Mexico

**6.99**

COMPLIMENTS Cooked or Raw Shrimp 31-40 ct per lb 340 g or Bay Scallops 80-120 ct per lb 340 g



KELLOGG'S Family Size Cereals selected 480-625 g



CHAPMAN'S Super Premium Plus Ice Cream 500 mL or YUKON Novelties 5-8 pk



KRAFT Salad Dressing 425-475 mL



YOPLAIT Source 16 pk or LIBERTÉ Greek Yogurt 650-750 g



CASHMERE Bathroom Tissue 12=24 or 8=24 rolls, SPONGE TOWELS 3-6 pk or SCOTTIES Facial Tissue 6 pk

Prices and offers in effect May 2024

THU 2 FRI 3 SAT 4 SUN 5 MON 6 TUE 7 WED 8



So many deals

Scan here for our full digital flyer

SOBEYS\_WW01\_P01\_ONT\_ZONE4

# Deals that sizzle

Grill up your favourite flavours all summer long



Mmmm... top your dog with bacon!

**4<sup>99</sup>**

SCHNEIDERS Bacon, Juicy Jumbos or Stadium Size Footlong Wieners 375-450 g or MAPLE LEAF Ready Crisp Bacon 65-85 g selected



**8<sup>99</sup>**

COMPLIMENTS Smoked Sausages 900 g or Pork Back Ribs frozen 680 g



**11<sup>99</sup>** /lb

That's like \$4 toward your groceries

400 PTS when you spend \$20 or more

STERLING SILVER Fresh Boneless Bottom Sirloin Tri Tip Grilling Steak Family Size or Premium Oven Roast cut by your local meat expert from Canada AAA grade beef 26.43/kg



**8<sup>99</sup>**

BUTCHER'S SELECTION Pork Back Ribs or MAPLE LEAF Prime Raised Without Antibiotics Chicken Wings frozen 680-695 g

Large Red  
Mangoes  
product  
of Mexico

2/\$4

4/\$3

Limes product  
of Mexico

# Cinco de Mayo deals!



150 PTS  
when you buy 2

4<sup>99</sup>

OLD EL PASO Taco  
Kits 250-510 g or  
Salsa Thick N' Chunky  
650 mL

## Celebrate all week long!



CRACKER BARREL  
Cheese 400 g  
Shreds 250-320 g or  
BLACK DIAMOND  
Cheestrings 16 pk  
336 g

6<sup>99</sup>



# Deals that sizzle

Grill up your favourite flavours all summer long

PREPARED IN STORE  
**5.49**  
/lb

Store-Prepared Pork Sausages 12.10/kg

OCEAN WISE  
**10.99**  
/lb

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

**BUY MORE SAVE MORE**  
**5.50**  
ea when you buy 2 or more starting at 5.99 ea

COMPLIMENTS Lean Ground Pork, Extra Lean Ground Chicken or Extra Lean Minced Turkey, LAMB TONIGHT Lean Ground Lamb, JOHNSONVILLE Sausage Meat, NOBLE PREMIUM BISON Lean Ground Bison or FONTAINE Lean Ground Veal 226-454 g

**Buy 2 Get 1 FREE**  
\*of equal or lesser value

COMPLIMENTS or PANACHE Chicken Wings, Meat Appetizers, Meatballs, Egg Rolls or Spring Rolls 252-800 g starting at 5.99 ea

**1.49**  
/lb

Large Navel Oranges product of Spain 3.28/kg

**1.99**  
/lb

Gala or Envy Apples product of USA fancy grade or Red Prince Apples product of Ontario fancy grade 4.39/kg

**BAKED IN STORE**  
**BUY MORE SAVE MORE**  
**3.99**  
ea when you buy 2 or more

Homestyle Oat Bran, Mountain Grain, Good Haven or Low Fat Multigrain Bread 450 g 4.29 ea

**40 PTS** when you buy 1  
**4.99**

Mini BABYBEL 6 pk 102-120 g, THE LAUGHING COW 8 pk 133 g, Dippers 140 g or KIRI Portions 144 g

**2/14**

COCA-COLA or PEPSI Soft Drinks 12x355 mL

**2/\$7**

HUMPTY DUMPTY Party Mix 250 g or Snacks 265-320 g

**6.99**

RUSTICA Stuffed, Rising Crust or Oven-Fired Pizza 538-866 g

**BUY MORE SAVE MORE**  
**3.49**  
ea when you buy 2 or more

DEMPSTER'S Whole Grain Bread 450-600 g or Bagels 6 pk 3.99 ea

**3.99**

MCCAIN Superfries 454-800 g

**4.99**

NATREL Lactose Free or Plus Protein Milk 2 L

**2/\$7**

KELLOGG'S Rice Krispies Treats, Pop-Tarts or Nutri-Grain Bars

**3.99**

OCEAN SPRAY 100% Cranberry Juice 1.77 L or Cranberry Cocktails 1.89 L

**3/\$5**

KRAFT Dinner 156-200 g or Cups 58 g

**4.99**

COMPLIMENTS Salted Butter 454 g

**200 PTS** when you buy 2  
**13.99** value size

COMPLIMENTS Frozen Fruit 1.5 kg

**1.99**

PALMOLIVE Dish Detergent 591-828 mL

**600 PTS** when you buy 2  
**14.99**

NESCAFÉ Instant Value Pack 475 g, TASTER'S CHOICE Classic 250 g or NESTEA Iced Tea 2.2 kg

**10.97**

NUTELLA Hazelnut Spread 1 kg or KRAFT Peanut Butter 2 kg

**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.\*  
Brooklynn Belcher, Caledon, ON

\*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](http://www.specialolympics.ca)

**Scene GET 1000 PTS FOR EVERY \$100 SPENT IN SKIPTHEDISHES GIFT CARDS!**  
Offer valid during May 2 - 8, 2024. Sorry no rainchecks or price matching. Offer valid only on skipthedishes \$10-\$500. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

Beer and cider available at selected stores.  
\*Pricing may be subject to change. Pricing includes taxes & refundable container deposit.

**\$1 off** BUDWEISER Lager 6x473 mL tall cans promo retail 15.95

**\$1 off** HEINEKEN Lager 6x330 mL bottles promo retail 16.00

**\$1 off** MICHELOB Ultra Light Lager 6x355 mL sleek cans promo retail 13.95

**1.45 off** CREAMORE Lager 6x473 mL tall cans promo retail 18.50

Tasty combo!  
Pairs well with shellfish, salmon and most appetizers.

PROUDLY CANADIAN [sobeys.com](http://sobeys.com)

This flyer is printed with vegetable based inks. Please recycle where facilities exist. We reserve the right to correct any unintentional errors that may occur in the copy or in illustration. In stores open 24 hours, flyer prices are effective from 4 am Thursday and Midnight. We reserve the right to limit quantities to reasonable family requirements. Some specials are not available at all stores. This flyer is not effective at any Sobeys Urban Fresh, Sobeys Express or Club & Mini locations. Flyer is effective in Ontario only.  
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# LOAD IT TO GET IT!

# Get up to 500 PTS

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

That's like  
**\$5**  
toward your groceries



Get **200 PTS**  
when you buy 1

COMPLIMENTS BBQ Sauce 425 mL



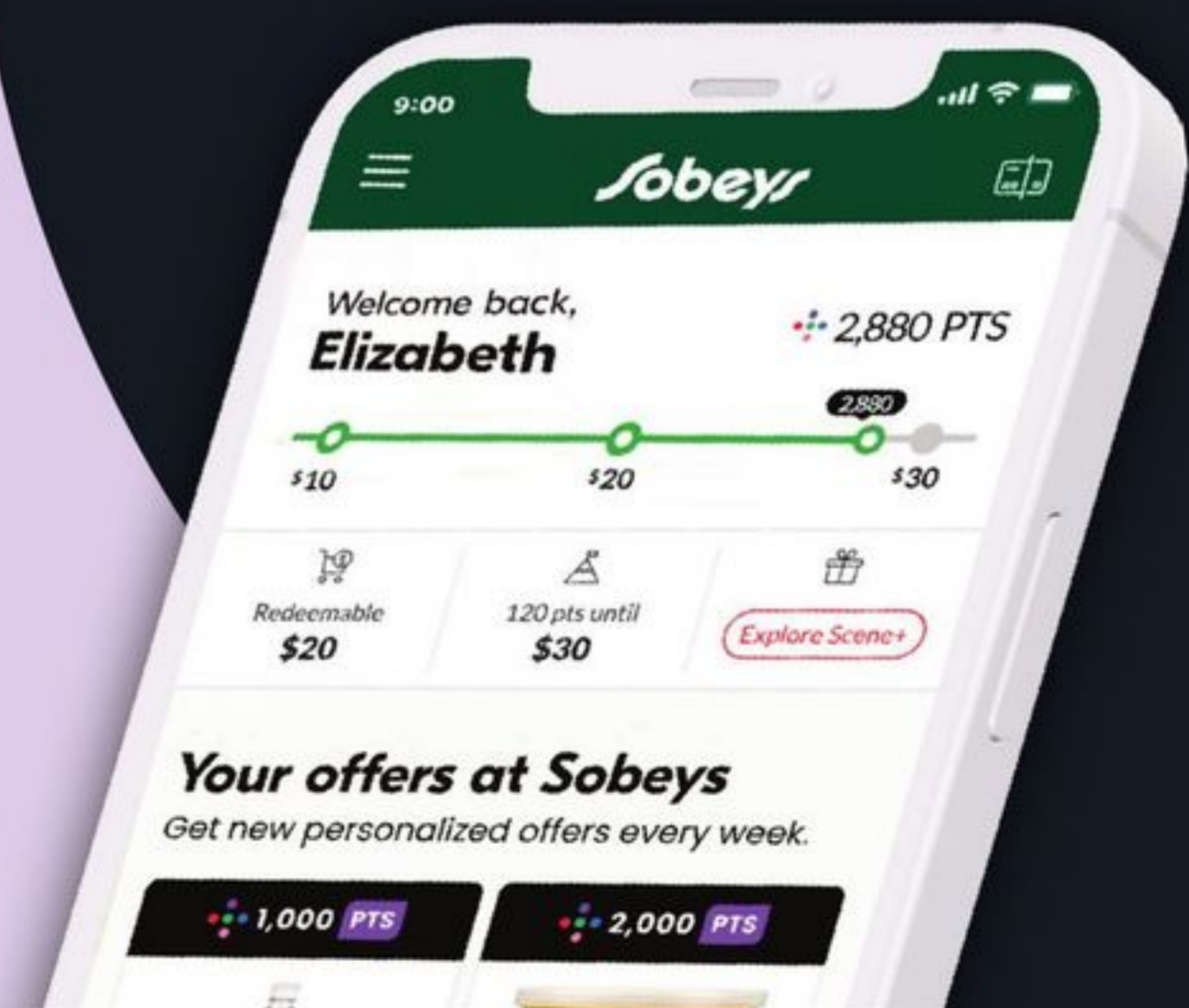
Get **300 PTS**  
when you buy 1

COMPLIMENTS Pickles 2 L

Scene+  
**DIGITAL EXCLUSIVE**

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**App Store**

GET IT ON  
**Google Play**



Offer valid May 2<sup>nd</sup> to May 8<sup>th</sup>, 2024 at all Sobeys locations in Ontario. Minimum qualifying purchase must be made in a single transaction. No base Scene+ points earned. Offer must be loaded to a registered Scene+ card prior to purchase. Limit one digital offer per Scene+ membership card. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

**21<sup>99</sup>** Premium Ecuadorian Roses one dozen

**MIX & MATCH**  
**3/21**  
or 8.99 each  
Mix and Match choose from a selection of cut flower bunches

**Just for Moms!**  
Fresh blooms to make their day!

Grown in Ontario  
**STARTING AT 9<sup>99</sup>**  
Mother's Day Flowering Potted Upgrades selection may vary by store

Grown in Ontario  
**12<sup>99</sup>**  
Multi-Bloom Hydrangea 5"

**STARTING AT 19<sup>99</sup>**  
Indoor Gardens and Planters selection may vary by store

**Cinco de Mayo stock up starts here!**  
Enjoy a taste of Mexico on May 5

Party idea: Spicy Elote Mexican street style corn

**3<sup>99</sup>** 5 PACK  
Corn 5 pk or 3 pk 2.49 ea product of USA

**2<sup>49</sup>** /lb Bulk Red Onions product of USA 5.49/kg

**4/\$5**  
Large Avocados product of Mexico

**4<sup>49</sup>** /lb Jalapeño Peppers product of USA or Mexico 9.90/kg

**5<sup>99</sup>** Large Papayas product of Costa Rica

Party idea: Guacamole dip and mango salsa

Our cored pineapples save prep time at no extra cost!

**50 PTS** when you buy 1

**20% off** BUY 1 GET 2<sup>ND</sup>  
Prepared Fresh Daily In-Store Mango or Pineapple Salsa or Guacamole Dip assorted sizes

**4<sup>99</sup>** Large Pineapples or Fresh Cored-Pineapples product of Costa Rica

**Fruity fresh...**

**4<sup>99</sup>** **100 PTS** when you buy 1  
Blueberries product of USA or Mexico no 1 grade 340 g

**1<sup>99</sup>** /lb From Ontario  
Hot House Tomatoes product of Ontario, Canada no 1 grade 4.39/kg

**3<sup>49</sup>** /lb From Ontario  
Red, Yellow or Orange Peppers product of Ontario 7.69/kg

**1<sup>29</sup>** /lb Asian Yellow Pears product of China 2.84/kg

**5<sup>99</sup>** **50 PTS** when you buy 1  
Mini Seedless Watermelons product of USA or Mexico

**1<sup>77</sup>** /lb Bulk White, Red or Yellow Potatoes product of USA 3.90/kg

**2<sup>99</sup>** Iceberg Lettuce product of USA

**3<sup>29</sup>** SUNRISE Tofu Smoked Sriracha 180 g, SOYGANIC Tofu Extra Firm 350 g or Medium Firm 454 g

**Get 100 PTS** when you buy 1  
**Get 500 PTS** when you buy 2 or more  
RICARDO Dressings 250 mL or Dips 350 g selected varieties

**2/\$9** **100 PTS** when you buy 2  
COMPLIMENTS Caesar Salad Kit product of USA 280 g

**3<sup>99</sup>** COMPLIMENTS Baby-Cut Carrots product of USA no 1 grade 2 lb or 907 g

**15% off** **15% off**  
Prepared Fresh Daily In-Store Cantaloupe, Honeydew, Pineapple or Watermelons Chunks assorted sizes

**100 PTS** when you buy 2  
**7<sup>99</sup>** COMPLIMENTS Roasted Salted or Unsalted Cashews 275 g

**4<sup>99</sup>** H&H Dried Fruit selected 180 g

**floral**

**3<sup>49</sup>** **BUY MORE SAVE MORE**  
COMPLIMENTS Sheep or Cow Manure 25 L 3.99 ea

**2<sup>75</sup>** **BUY MORE SAVE MORE**  
COMPLIMENTS Black Earth 25 L 2.99 ea

**2/20** Grown in Ontario  
Assorted Perennials or Boxwood 1 Gallon

**16<sup>99</sup>** **BUY MORE SAVE MORE**  
Grown in Ontario  
Premium Annuals Hanging Basket or Planter 11" 17.99 ea

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

carton cards PAPERUS  
April 11 - May 8, 2024

**SAVE \$2\***  
when you buy 2 Carlton Cards

\*details in participating stores

**7<sup>99</sup>** /lb  
Fresh Boneless Pork Loin Centre Stir-Fry Strips 17.61/kg

**8<sup>99</sup>** /lb  
Fresh Boneless Skinless Chicken Breast Stir-Fry Strips 19.82/kg

**5<sup>99</sup>** /lb  
Regular Ground Beef Family Size 13.21/kg

**11<sup>99</sup>** /lb  
Fresh Boneless Beef Hip Stir-Fry Strips cut from Canada AA grade beef 26.43/kg

**200 PTS** when you spend \$15 or more

**200 PTS** when you spend \$15 or more

**Party idea:** Stir-fry strips make pork & chicken tacos look easy

**Party idea:** Juicy green chili Chorizo burger

**Party idea:** Flavourful Carne Asado street style tacos

**Celebrate Cinco, enjoy more!**

**TRY WITH** our In-store Korean BBQ Marinade or Three Pepper Glaze

**400 PTS** when you spend \$20 or more

**9<sup>99</sup>** /lb  
STERLING SILVER Fresh Boneless Blade or Cross Rib Pot Roast or Simmering Steaks Family Size cut from Canada AAA grade beef 22.02/kg

**21<sup>99</sup>** /lb  
STERLING SILVER Fresh Boneless Striploin Premium Oven Roast or Grilling Steaks Family Size cut from Canada AAA grade beef 48.48/kg

**25 Years** 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 TENDER**  
**TENDRETE CERTIFIEE**

**6<sup>99</sup>** /lb  
Fresh Bacon & Cheddar, Jalapeño & Cheddar, Onion & Swiss or Italian Style Lean Ground Beef Meatballs or Meatloaf 15.41/kg

**100 PTS** when you spend \$10+

**3<sup>99</sup>** /lb  
Fresh Pork Loin Rib and Sirloin Combo Chops Family Size 8.80/kg

**250 PTS** when you spend \$25 or more

**6<sup>49</sup>** /lb  
COMPLIMENTS Fresh AIR-CHILLED Chicken Breast Halves Family Size 14.31/kg

**100 PTS** when you buy 1 pkg

**6<sup>49</sup>** /lb  
COMPLIMENTS Fresh AIR-CHILLED Split Chicken Wings Family Size 14.31/kg

**200 PTS** when you buy 1 pkg

**7<sup>99</sup>** /lb  
MARCANGELO Sausages Mild or Hot Italian or Fennel frozen 675 g

**80 PTS** when you buy 1

**5<sup>49</sup>** /lb  
OLYMEL Breakfast or Dinner Pork Sausages 375-450 g

**12<sup>49</sup>** /lb  
SUNGOLD Lamb Tonight 284-375 g

**300 PTS** when you buy 2

**5<sup>99</sup>** /lb  
MAPLE LODGE FARMS Ultimate Chicken Sausage 375-500 g

**quick & easy**

**100 PTS** when you buy 2

**6<sup>99</sup>** STARTING AT  
FREYBE European Wieners, Ham Stick or Mennonite Farmer Sausage 300-500 g

**300 PTS** when you buy 2

**9<sup>99</sup>** STARTING AT  
COMPLIMENTS Marinated Pork Belly, Loin Fillet or Flattened Tenderloin 450-800 g

**BUY MORE SAVE MORE**

**3<sup>33</sup>** 80 when you buy 3 or more  
SCHNEIDERS Lunchmate Stackers or GREENFIELD Kits 67-120 g selected 3.99 ea

**150 PTS** when you buy 2

**4<sup>99</sup>** COMPLIMENTS Smoked Sausages or Boneless Ham Slices 375 g

**120 PTS** when you buy 2

**5<sup>99</sup>** COMPLIMENTS Stuffed Chicken Cutlets or Asian Inspired Entrées 284-500 g

**10<sup>99</sup>** SWISS CHALET or MONTANA'S Meat Pies frozen 650-655 g

**200 PTS** when you buy 1

**19<sup>99</sup>** COMPLIMENTS Beef Lasagna or Macaroni & Cheese 2-2.27 kg

# seafood

**4.99** COMPLIMENTS Crab Flavoured Seafood flake style, bulk 11.00/kg or 454 g pk

**\$3** TRUE NORTH Atlantic Salmon Burgers frozen or previously frozen 130 g or 2 pk for \$6

**13.99** Yellowfin Tuna Steaks previously frozen or frozen product of Vietnam 30.84/kg

**200 PTS** when you buy 2  
**4.99** COMPLIMENTS NATURALLY SIMPLE Pink Salmon, Haddock, Cod, Sole, Basa or Pollock Fillets 400 g

**17.99** Land Raised Fresh Atlantic Salmon Fillets processed in Canada subject to availability 39.66/kg

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

**10.99** COMPLIMENTS Extra Large Cooked Shrimp in Ring with Sauce 312 g PANACHE Fisherman's Pie 800 g or CLEARWATER Wild Patagonian Scallops 340 g

**6.99** ANCHOR'S BAY Cooked Shrimp in Ring with Sauce 340 g VASCO & CO Smoked Atlantic Salmon 120 g or CEDAR BAY Planked Atlantic Salmon applewood orange or hickory maple 141 g

**8.99** JANES Breadcrumbs or Battered Fish selected 450-510 g

**200 PTS** when you buy 2  
**\$6** BEST BUY Shrimp cooked or raw 300 g

**8.99** NANUK Smoked Sockeye Salmon 85 g GOSSELIN Hot Smoked Atlantic Salmon Portions previously frozen 140 g or SEA LEGS Imitation Crab frozen 454 g or previously frozen bulk 19.82/kg

**19.99** COMPLIMENTS NATURALLY SIMPLE Wild Scallops 340 g or AQUA STAR Herb & Garlic Butterfly Shrimp 800 g or AQUA STAR Atlantic Canada Snow Crab Meat 200 g

# deli

**4.49** with Scene+ Card  
**5.49** without Scene+ Card  
COMPLIMENTS Goat Cheese 113 g

**300 PTS** when you buy 2  
**6.99** MIX & MATCH  
OKA 190 g, L'EXTRA Brie or Camembert 170 g or ILE DE FRANCE Petit Brie 125 g or KERRYGOLD Irish Cheeses 200 g

**100 PTS** when you buy 300 g or more  
**3.99** COMPLIMENTS Provolone

**300 PTS** when you buy 2  
**5.99** COMPLIMENTS Feta 200 g, Ricotta 475 g, Asiago 250 g, Brie or Camembert 350 g

**8.99** SABANA Queso Fresco or Cotija 200 g

**300 PTS** when you spend \$10 or more  
**4.99** COMPLIMENTS Black Forest Ham or Honey Ham selection may vary by store

**250 PTS** when you spend \$12 or more  
**4.29** PILLER'S Salami selection varies by store

**23.99** HORMEL Party Trays 822 g-1.07 kg

**7.99** PILLER'S Pepperoni Toppings selected 175-250 g

**2/11** SNACK FACTORY Pretzel Crisps selected 200 g

**300 PTS** when you buy 1  
**6.99** BRANDT Queso Kolbassa 250 g

Sign up for Sobey's E-Flyer &

SAVE \$5

off your next purchase of \$40 or more!  
www.sobeys.com/getflyer



# kitchen



Perfect sides for any meal!

**2.19** /100 g  
Greek Style Pasta with Feta Salad, Seven Grain Salad or Other Select Varieties from the service case



**8.99**  
HAPPY PLANET ORGANIC Soups 500-650 mL



**5.99**  
GARDEN FRESH Salsa or Chips 473 mL or 397 g



**6.49**  
HERDEZ Traditional Guacamole mild or spicy 227 g

# so easy

READY FOR YOU Family meal deal

Feed a family of 3 for \$5 ea.



**BUY 1** 14" Take & Bake Pizza 800-890 g selected (excludes cauliflower crust)  
**+1** COMPLIMENTS Salad 426-454 g regular potato, creamy coleslaw, macaroni or other select varieties  
**for only \$15**  
**200 PTS** when you buy 1 Family meal deal  
**1.49** ea. PLUS add one 1-litre Coca-Cola product

## RICARDO

Simple gourmet meal solutions for your family



**24.99** **250 PTS** when you buy 1  
RICARDO Meal Kits 1.2 kg

### BAKE SHOP

- STARTING AT 6.99** Cupcakes 6 pk 335-505 g
- 100 PTS** when you buy 1  
**8.79** Brownie Cakes 310-390 g
- 50 PTS** when you buy 1  
**4.79** Mini Cakes 195-245 g
- 4.49** Garlic Bread 540 g
- 6.99** **value size** Croissants 12 pk 756 g
- 1.79** Baguettes white or multigrain 234 g
- 120 PTS** when you buy 2  
**6.49** 100% Butter Danish 4 pk 420 g
- 6.69** Gourmet Cookies 410-475 g
- That's like **\$4** toward your groceries  
**400 PTS** when you buy 2  
**6.99** Dessert Bars 6 pk 342-354 g

**Scene MEMBER PRICING**

**22.99** with Scene+ Card  
**24.99** without Scene+ Card  
Dessert Cakes selected 935 g-1.37 kg

**3.99** **BUY MORE SAVE MORE**  
40 when you buy 2 or more  
COMPLIMENTS Brioche Burger Buns 4 pk 200 g 4.29 ea

Scene GET PERSONALIZED OFFERS ON PRODUCTS YOU'LL LOVE. Visit [mygroceryoffers.ca](http://mygroceryoffers.ca) or the Sobeys app.

Summer Fresh®



8<sup>99</sup>

SUMMER FRESH Salads 750-800 g



3<sup>99</sup>

SUMMER FRESH Hummus or Dips 200-227 g

LIFE IS BETTER  
*with brunch*

FIND THE RECIPE AT [SUMMERFRESH.COM](http://SUMMERFRESH.COM)

So·easy

READY FOR YOU

Made-to-order trays



That's like \$10 toward your groceries

Get 1000 PTS  
When you spend \$100

or

Get 2500 PTS  
When you spend \$200 or more

That's like \$25 toward your groceries

Celebrate mom!

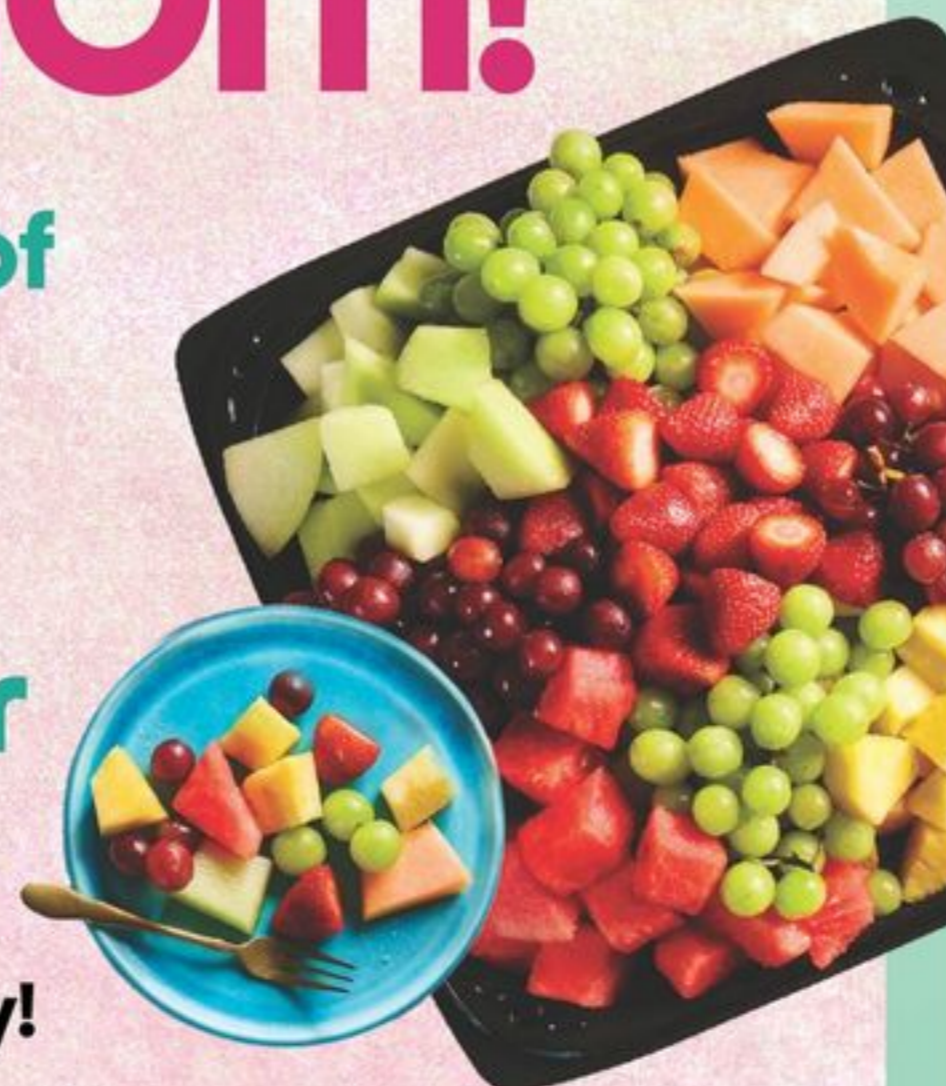
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made-to-order trays

Order in-store or online today!

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Visit [www.sobeys.com/entertaining](http://www.sobeys.com/entertaining) for tray selections and ordering tips



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Shop spring  
& summer  
essentials

Rachelle Béry

wellness boutique

Fuel more outdoor activity

**NEW**  
**20% off**  
FEED THAT BRAIN  
COLLAGEN + MCTS OR  
GUMMY SUPPLEMENTS  
60 PK OR 240 G



**NEW**  
**20% off**  
WHOLISTIC OR AOR  
SUPPLEMENTS  
30-120 CAPS



Filler-free  
therapeutic-grade  
formulas.

**25% off**

PROGRESSIVE MULTIVITAMINS, PROBIOTICS OR  
OMEGAS 30-120 CAPS OR 200-500 ML OR 45-500 G



NUTIVA MCT OIL 473 ML

**19.99**

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



Stay fresh in warmer weather

Clean, natural  
and cruelty-free.

**15% off**

SAAVY SOAPS, BODY CREAMS OR  
SCRUBS 140-297 G OR 250 ML



Clinically  
proven  
cruelty-free  
skincare.

**15% off**

ACURE FACIAL CARE  
30-118 ML



Sustainably  
handcrafted without  
water or plastic.

**NEW**  
**15% off**

BE BARE LIFE BODY CARE 90-110 G



**15% off**

GREEN BEAVER TOOTHPASTES OR  
FLOSS 75 ML OR 100 G OR SHAMPOO  
OR BODY WASH 370 ML

All-natural  
and enamel  
safe way to  
target stains.

**NEW**

**15% off**

SPA DENT TOOTHPASTE  
190 G OR MOUTHWASH  
600 ML



A selection of organic and natural products  
made to enrich your life



Browse a Rachelle Béry boutique at your  
local Sobeys store

# frozen & dairy



2/\$5 without Scene+ Card  
GREEN GIANT SIMPLY Steam Vegetables 198-250 g



5.99 THE KEG Ice Cream 500 mL



1.33 BUY MORE SAVE MORE  
NEILSON Milkshakes or MILK 2 GO 310 mL 1.99 ea



5.99 COFFEEMATE Coffee Creamers 946 mL



5.99 NESTLÉ Drumstick Ice Cream or DEL MONTE Gelato or Sorbet 946 mL



4.49 MCCAIN Breakfast Potatoes 600-650 g



5.99 SIGGIS Yogurt 650-750 g



9.99 IÖGO Yogurt 2 kg  
+100 PTS when you buy 1



4.49 TENDERFLAKE Pie or Tart Shells or Puff Pastry 255-397 g



3.99 BEST BUY Ice Milk 1.5 L or COMPLIMENTS Rolly's Ice Pops 12 pk



6.99 HELUVA GOOD! Dip 680 g



3.99 GAY LEA Aerosol Real Whipped Cream 225 g



6.99 PILLSBURY Pizza Pops 8 pk or Pizza Bites 50 pk



3.99 SMART ONES Frozen Entrées 241-283 g



3.99 KOZY SHACK Pudding 4 pk or 624 g



4.99 COMPLIMENTS Cozy Coop Large White Eggs 12 pk



13.99 COMPLIMENTS Frozen Fruit 1.5 kg  
+200 PTS when you buy 2



6.99 P.F. CHANG'S Bowls 312 g  
+100 PTS when you buy 2



5.49 COMPLIMENTS Orange or Apple Juice 1.54 L  
+100 PTS when you buy 2



4.49 COMPLIMENTS Egg Whites 500 g



6.99 STEFANO Pizza 392-404 g



7.99 MARIE CALLENDER'S Frozen Meals 680-879 g



7.99 BECEL Margarine 637-850 g



9.99 COMPLIMENTS Cheese Slices 460-480 g

Here for your budget and lifestyle

compliments BEST BUY



2.99 COMPLIMENTS Perogies 907 g



3.49 COMPLIMENTS Mini Pizza Bagel Snacks 198 g  
+50 PTS when you buy 2



2.99 COMPLIMENTS ZAZ Liquid Water Enhancer 48 mL  
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3.49 COMPLIMENTS Mini Cookies 150-210 g  
+50 PTS when you buy 1



3.99 COMPLIMENTS Frozen Vegetables selected 500 g  
+100 PTS when you buy 2



1.99 COMPLIMENTS Frozen Entrées selected 227-284 g  
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2.99 COMPLIMENTS Lemon Juice 946 mL or Lime Juice 440 mL  
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BEST BUY Crème Filled Cookies 600 g  
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Offer valid during May 2 - 8, 2024. Sorry no rainchecks or price matching. Offer valid only on HBC \$25, HBC \$50, HBC \$100, HBC \$25-\$500 VL. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.



**5<sup>49</sup>**

CHOLULA Hot Sauce 150 mL



# Cinco de Mayo stock up starts here!

Celebrate a taste of Mexico May 5



**2<sup>49</sup>**

/lb  
Roma Tomatoes  
product of USA or Mexico  
5.49/kg



**2/\$3**

Cilantro or Parsley Bunch product of USA or Mexico



**2<sup>49</sup>**

/lb  
Bulk Red Onions  
product of USA  
5.49/kg



**1<sup>29</sup>**

Garlic product of China 5 pk

## Mexican Street-Style Corn Burger

[Get recipe](#)



**5<sup>49</sup>**

TAJIN Chili Powder 142 g



**3<sup>79</sup>**

CASA BONITA Corn Tortillas 450 g






**3<sup>49</sup>**

PAN White Corn Flour pre-cooked 1 kg available in selected stores





# drinks & snacks

 <p><b>5.49</b> BOULANGERIE GRISSOL Melba Toast 350-400 g</p>	 <p><b>3.99</b> CHRISTIE Ritz Chips or Crispers Family Size 240 g</p>	 <p><b>4.49</b> CHRISTIE Good Thins Crackers 100 g</p>	 <p><b>4.99</b> with Scene+ Card without Scene+ Card PANACHE Classic Assorted Crackers 250 g</p>
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 <p><b>19.99</b> VAN HOUTTE Roast &amp; Ground Coffee 908 g, Coffee Pods 30 pk or MCCAFFEE Keurig Compatible Single Serve Pods 30 pk</p>	 <p><b>2/8.50</b> TOSTITOS Tortilla Chips 205-300 g</p>	 <p><b>2/\$9</b> RUFFLES Potato Chips 180-200 g</p>
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 <p><b>4.49</b> TETLEY Specialty Tea Canisters 20-24 pk or CELESTIAL Natural Tea 16-20 pk</p>	 <p><b>3.49</b> FIJI Natural Artesian Water 1.5 L or GLACEAU Smartwater 1 L</p>	 <p><b>2/\$8</b> SMARTFOOD Popcorn 150-220 g</p>	 <p><b>2.99</b> PRINGLES 130-156 g 3.99 ea</p>
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 <p><b>4.99</b> V8 Vegetable Cocktail 1.89 L or 6x156 mL</p>	 <p><b>2.99</b> FRUITE Fruit Drink 2 L</p>	 <p><b>3.29</b> QUAKER Crispy Minis 100 g or Rice Cakes 127-199 g 4.29 ea</p>	 <p><b>5.49</b> FRITO LAY Value Size Snacks 275-480 g</p>
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 <p><b>1.79</b> EXCEL or WRIGLEY'S Gum Singles 2.19 ea</p>	 <p><b>9.79</b> NESTLÉ Aero S'Mores Kit 515 g while supplies last</p>	 <p><b>1.00</b> when you buy 2 PEPSI Soft Drinks 6x222 mL</p>	 <p><b>2.49</b> COMPLIMENTS Potato Chips or Extraa! Flavour Chips 200 g</p>
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 <p><b>3.49</b> LINDT Excellence Bars 50-100 g or HERSHEY'S Vegan Chocolate Bars 90 g 3.99 ea</p>	 <p><b>4.79</b> MAYNARDS Large Bag Candy 315-355 g 5.49 ea</p>	 <p><b>9.99</b> WELCH'S Fruit Snacks 616 g</p>	 <p><b>3.49</b> DOLE Fruit Gels 4 pk</p>
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**Love it. Or it's free.\***

\*For details see COMPLIMENTS.ca



**1.00** when you buy 2  
COMPLIMENTS Tortilla Chips 250-280 g



**3.99** COMPLIMENTS Dip Queso Plant-Based 300 mL



**10.99** COMPLIMENTS Shredded Cheese 620 g



**2.99** COMPLIMENTS Sour Cream 500 mL



**2.99** COMPLIMENTS Kalamata Olives 375 mL



**4.99** when you buy 2 or more  
COMPLIMENTS Cheese 250-270 g 5.49 ea

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**No sweetener.**  
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coconut  
flavour**



**5** <sup>49</sup> each  
**150 PTS**  
when you buy 2  
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**4/\$5**  
Fizzy or Sparkling Water 503 mL-1 L

Scene+ offer(s) and prices valid from May 2-8, 2024, at Sobeys and Safeway locations, except Atlantic Canada.

# meal makers

<p><b>4.50</b> <small>ea when you buy 2 or more</small> PEARL MILLING COMPANY Pancake Mix 905 g or Syrup 710 mL or 4.99 ea</p>	<p><b>4.79</b> MUTTI Passata 680 mL</p>	<p><b>6.99</b> STEFANO Pasta Sauce 405-648 mL</p>	<p><b>2.19</b> BUSH'S Baked Beans 398 mL</p>
<p><b>4.99</b> KELLOGG'S Premium Cereal selected varieties 306-553 g</p>	<p><b>\$2</b> ROTEL Tomatoes 284 mL</p>	<p><b>4.99</b> JIF or ADAMS Peanut Butter 500 g</p>	<p><b>4.99</b> POST Cereal selected varieties 311-525 g</p>
<p><b>2/\$5</b> CLOVER LEAF Sardine Fillets 106 g</p>	<p><b>3.99</b> DEMPSTER'S Signature Hamburger or Sausage Buns 6-8 pk</p>	<p><b>4.49</b> SUN-MAID Cinnamon Raisin Bread 450 g or THOMAS Bread Maple or Apple 454 g</p>	<p><b>2/\$7</b> VACHON Snacks 248-336 g</p>
<p><b>4.49</b> <small>50 PTS when you buy 2</small> HERSHEY'S Chipits selected 200-270 g</p>	<p><b>2.79</b> <small>100 PTS when you buy 4</small> CARNATION Evaporated Milk 354 mL</p>	<p><b>4.49</b> CRISCO All Vegetable or Golden Shortening 454 g</p>	<p><b>7.99</b> MINUTE RICE 1.2-1.4 kg or TILDA Basmati Rice 907 g</p>

**Love it. Or it's free.** For details see COMPLIMENTS.ca **100% MONEY BACK GUARANTEE**

<p><b>3.99</b> COMPLIMENTS Rubs 275 mL</p>	<p><b>20% off</b> COMPLIMENTS Baking Nuts 100 g (Excludes Pine Nuts)</p>	<p><b>2.99</b> <small>BUY MORE SAVE MORE</small> COMPLIMENTS Tortillas 272-340 g 3.99 ea</p>	<p><b>1.49</b> <small>with Scene+ Card</small> COMPLIMENTS Prepared Mustard 400 mL <b>2.49</b> <small>without Scene+ Card</small></p>
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# natural health

<p><b>5.99</b> <small>200 PTS when you buy 2</small> KASHI GoLean Cereals 345-400 g or ORGANIC Cereal 340-460 g</p>	<p><b>5.99</b> AMY'S Chili 398 mL, IMAGINE ORGANIC Soups 1 L or Bone Broth 946 mL</p>	<p><b>6.99</b> <small>with Scene+ Card</small> REMEDY Kombucha 330 mL 4 pk <b>8.79</b> <small>without Scene+ Card</small></p>	
<p><b>15% off</b> <small>300 PTS when you buy 2</small> COMPLIMENTS Vitamins or Supplements</p>	<p><b>4/\$7</b> <small>100 PTS when you buy 6</small> LARABAR 45-48 g</p>	<p><b>12.99</b> BIOVERT Laundry Detergent 4.43 L</p>	<p><b>2/\$9</b> FRITO-LAY Simply ORGANICS 156-240 g</p>
<p><b>19.99</b> AMY'S Family Size Assorted Frozen Entrées 765-920 g</p>	<p><b>7.99</b> EARTH BALANCE Spreads or Sticks 368-454 g</p>	<p><b>6.79</b> GARDEIN Meat Alternatives 190-390 g or Bowls 241 g</p>	<p><b>4.49</b> <small>BUY MORE SAVE MORE</small> SILK Beverages 1.75-1.89 L 5.49 ea</p>

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# home & pet care

<p><b>50 PTS</b> when you buy 1</p> <p><b>9.99</b> PURINA Beggin' Strips 665-708 g</p>	<p><b>40% MORE</b> BEST QUALITY INGREDIENTS</p> <p><b>8.99</b> WHISKAS Dry Cat Food 1.5-2 kg</p>	<p><b>BUY MORE SAVE MORE</b></p> <p><b>1.40</b> WHISKAS Perfect Portions 75 g 1.69 ea</p>	<p><b>100 PTS</b> when you buy 1</p> <p><b>32.99</b> COMPLIMENTS Dry Dog Food 14 kg</p>
<p><b>100 PTS</b> when you buy 1</p> <p><b>12.99</b> ARM &amp; HAMMER Laundry Detergent 2.96 L</p>	<p><b>300 PTS</b> when you buy 2</p> <p><b>10.99</b> FLEECY Fabric Softener 3.5 L or Sheets 200 pk</p>	<p><b>200 PTS</b> when you buy 2</p> <p><b>7.99</b> CASCADE Dishwasher Tabs 12-20 pk</p>	<p><b>200 PTS</b> when you buy 2</p> <p><b>12.99</b> SWIFFER Duster Refill 6-10 pk, Dry or Wet Cloths 20-32 pk selected</p>
<p><b>300 PTS</b> when you buy 2</p> <p><b>24.99</b> GLAD Waste Bags Easy Tie Reg 100 pk or Large Force Flex 60 pk or Tall White 160 pk</p>	<p><b>50 PTS</b></p> <p><b>3.99</b> ALCAN Foil 50 ft or REYNOLDS Unbleached Parchment 35 ft</p>	<p><b>16.99</b> CHARMIN Bathroom Tissue 12=48 Rolls or BOUNTY Paper Towel 4-6 pk</p>	<p><b>11.29</b> MANNA Colour Changing Tumblers Set 6 pk while quantities last</p>

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**9.99** BATISTE Dry Shampoo selected 200 mL

**300 PTS** when you buy 2

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**250 PTS** when you buy 1

**28.99** PAMPERS Super or HUGGIES Giga Pack Diapers 38-120 pk

**100 PTS** when you buy 1

**13.99** CETAPHIL Baby Toiletries 295-400 mL

**200 PTS** when you buy 2

**3.99** PAMPERS Wipes 56-72 pk

# pharmacy

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

<p><b>300 PTS</b> when you buy 1</p> <p><b>15% off</b> ADVIL Pain Relief 80-115 pk selected* or VOLTAREN Emulgel 100-150 g*</p>	<p><b>200 PTS</b> when you buy 1</p> <p><b>15% off</b> CLARITIN Allergy Relief 15-30 pk or AERIUS 20 pk*</p>	<p><b>MAY IS VISION HEALTH MONTH</b> BAUSCH + LOMB</p> <p><b>\$1 from participating products* will directly advance vision research and education across Canada</b></p> <p><small>*During May Vision Health Month 2024, for every (1) purchase on the following select items: BioTrue Multi-Purpose Solution 2 x 300mL, BioTrue Multi-Purpose Solution 2 x 300mL, Multi-Purpose Solution 2 x 300mL, ARES 2 Allergy Relief 15-30 pk, Soothe Allergy Relief 15-30 pk, Tylenol Cold 100-150 pk, Tylenol Cold 100-150 pk, Tylenol Cold 100-150 pk, Tylenol Cold 100-150 pk. Cashback up to \$100. To see how these products are right for you, always read and follow the label. © 2024 Bausch + Lomb</small></p> <p><b>250 PTS</b> when you buy 2</p> <p><b>10% off</b> BAUSCH &amp; LOMB Eye Care selected</p>
<p><b>150 PTS</b> when you buy 2</p> <p><b>15% off</b> TYLENOL, BENYLIN or SINUTAB Cough, Cold &amp; Sinus selected*</p>	<p><b>150 PTS</b> when you buy 2</p> <p><b>15% off</b> BAND-AID Characters 20 pk or Flex Fabric 30 pk</p>	<p><b>Scene+ Get 1000 PTS</b> with a Contour Next or Contour Next One Meter Reflect Meter***</p> <p>That's like <b>\$10</b> toward your groceries</p> <p>Contour Next or Contour Next One Meter <b>FREE</b> with purchase of 100 test strips***</p> <p>See your pharmacist for details. (Limit of 1 Free Meter)</p> <p><b>79.99</b> CONTOUR Next Blood Glucose Test Strips 100 pk**</p>

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**3.00** CHRISTIE Mini Cookies 150-225 g or Ritz Mini Crackers 180-200 g 3.49 ea

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KETTLE BRAND Kettle Chips selected varieties 156-198 g 3.49 ea

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 POWERADE 710 mL

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**8<sup>99</sup>**  
 RED BULL Energy Drinks 4x250 mL

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**7<sup>99</sup>**  
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SAN PELLEGRINO Naturali Sparkling Fruit Beverage 6x330 mL

**BUY MORE SAVE MORE**  
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**2/\$5**

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