

ONT

FEED THE DREAM

OFFICIAL GROCER

STERLING SILVER Fresh Boneless Inside Round Oven Roast or Family Size Marinating Steak cut by your meat expert from Canada AAA grade beef 13.21/kg

5.99 /lb

Scene+ MEMBER PRICING

3.99 /lb, 8.80/kg with Scene+ Card

Members SAVE \$1/lb

4.99 without Scene+ Card /lb, 11.00/kg

Fresh Boneless Pork Loin Centre or Rib Roast or Combo Chops Family Size 8.80/kg

3.99 /lb

PINT

100 PTS when you buy 2

2.77

Blueberries product of USA or Mexico no 1 grade 340 g

Scene+ MEMBER PRICING

5.99 with Scene+ Card

Members SAVE \$2

7.99 without Scene+ Card

Case Red Mangoes product of Mexico

THUR 23 FRI 24 SAT 25 SUN 26

4 Day salmon sale!

CHOOSE CANADIAN SEAFOOD

Large Red Mangoes product of Mexico

3/4.98

Scene+ MEMBER PRICING

9.77 /lb, 21.53/kg with Scene+ Card

Members SAVE \$3.22/lb

12.99 without Scene+ Card and Rest of Week /lb, 28.64/kg

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

KELLOGG'S Family Size Cereals selected 480-625 g, POST Family Size Cereal 453-725 g, SMUCKER'S Pure Jam 310-500 mL (excludes raspberry) or NUTELLA Hazelnut Spread 725 g

5.47

HOT PRICE

CHAPMAN'S Markdale Creamery Ice Cream 2 L or Collection Novelties or Yogurt Bars 8 pk

3.99

HOT PRICE

Scene+ MEMBER PRICING

10.88 with Scene+ Card

Members SAVE \$4

14.88 without Scene+ Card

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

KRAFT Peanut Butter 750 g-1 kg

5.77

HOT PRICE

KRAFT Singles 410 g or BLACK DIAMOND Cheestrings 8 pk 168 g

3.97

HOT PRICE

CLASSICO Pasta Sauce 218-650 mL or GAROFALO Imported Dry Pasta selected varieties 500 g

3.27

HOT PRICE

Scene

PLUS UP

POINTS

ALL WEEK LONG!

65,000+ PTS

available in store May 23-May 29

That's **\$650** toward your like groceries

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

500 PTS when you buy 2

11.99

SCHNEIDERS or MAPLE LEAF Hams, Smokies, Fully Cooked Chicken or Pork Entrées or MAPLE LEAF Prime Raised Without Antibiotics Frozen Chicken Wings, Breaded Chicken or SCHNEIDERS Schnitzel 400-900 g, selected varieties



10.99

JANES Pan Sear Herb & Garlic Haddock or Lemon Pepper, Citrus Dill or Cajun Sole 500-540 g

Get **400 PTS** When you buy 3

Get **1000 PTS** When you buy 4 or more

5.97

LIBERTÉ Greek Yogurt 650-750 g, Kefir 1 L or Drinkable Yogurt 1 L

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

1000 PTS when you buy 7

3.49

NATURE VALLEY Sweet & Salty Bars, BETTY CROCKER Fruit Snacks or MOTT'S Fruitsations 125-226 g

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

1000 PTS when you buy 6

3.99

SMART ONES Frozen Entrées 241-283 g, CRAVE Frozen Entrées 200-340 g or KD Frozen Entrées 340 g

See pages 2 & 3 for more offers!



**Happy
Dragon Boat
Festival**
端午節快樂

Asian Pears
product of
China 3.26/kg

7.48
/lb



2.98
/lb

Fresh Chicken
Legs Family Size
back attached
6.57/kg



**Race to these
tasty deals!**



**8 KG
BAG**

12.98

EIGHT TREASURES
Thai Jasmine Rice
8 kg

5.88

HUY FONG
Sriracha Hot
Chili Sauce
714 mL



**STARTING AT
4.88**

ANCHOR'S BAY Cooked
Mussel or Clam Meat or
Seafood Medley 340-360 g
or AQUA STAR Squid Tubes
& Tentacles 340 g 7.88

6.88

DAN-D PAK Cashews
salted or unsalted 454 g



National burger day!

Grill up your favourite deals on May 28th



Buy 2 Get 1 FREE
*of equal or lesser value

Fresh Lean or Medium Ground Beef Chuck Burger or Premium Inclusion Burgers with Bacon & Cheddar, Jalapeño & Cheddar or Onion & Swiss



BUY 1 GET 2ND 50% off

THE KEG, SHAO'S Meat District, JACK ASTOR'S, MONTANA'S, ST. LOUIS Bar & Grill, EARLS Kitchen + Bar, BELMONT, CARDINAL ROADHOUSE, BUTTERBALL, COMPLIMENTS Burgers & More! 454 g-2.27 kg



NEW

NEW & EXCLUSIVE

3.99

COMPLIMENTS or DAILY'S Bacon 375 g or COMPLIMENTS Marinated Boneless Pork Chops or Pork Sirloin Kabobs 250-300 g

Add bacon on your burger!

\$4.99

Wild Sockeye Salmon Burger, Spinach & Feta or Tomato & Basil frozen or previously frozen 113 g or 2 pk for \$8

Grill them on the BBQ!

5.79

Potato Style Buns 4 pk 400-450 g

BAKED IN STORE NEW

2/\$4

Large Avocados product of Mexico

Perfect patty topper!

3.49

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

5.79

BOTHWELL Cheeses 170 g

From Western Canada

5.99

COMPLIMENTS Sliced Cheese 150-170 g

4.99

KRAFT Pure Salad Dressing or Marinades 355 mL or PAM Cooking Sprays 113-170 g (excluding Non GMO and ORGANIC)

\$3

KRAFT Dips 227 g

2/\$6

OLD DUTCH Potato Chips 235 g

5.99

ARMSTRONG Cheese 400 g, Shreds 300-320 g, SAPUTO Mozzarellissima 500 g or CRACKER BARREL Cheese 270 g

4.99

BEN & JERRY'S Ice Cream 473 mL or MAGNUM Ice Cream Bars 3-4 pk

3.99

NESTLÉ Parlour Frozen Dessert 1.5 L or Novelties 12 pk

5.99

MAXWELL HOUSE Pods 12 pk or NABOB TASSIMO T-Discs Pods 8-16 pk, Roast & Ground 300-340 g or NESCAFÉ Sweet & Creamy 18 pk

12.99

COMPLIMENTS Coffee Pods 30 pk or Whole Bean 907 g

6.99

TROPICANA Orange Juice 2.63 L or STARBUCKS Iced Coffee 1.18-1.42 L

2/6.50

500 PTS when you buy 4

DEMPSTER'S White or 100% Whole Wheat Bread 675 g

2.99

CLOVER LEAF Pink Salmon 150-213 g

2/\$9.99

KRAFT Dinner 5 pk or Cups 4 pk or Deluxe 350-400 g

2/\$8

COCA-COLA or PEPSI Soft Drinks 6x710 mL

7.99

ALLEN'S Apple Juice 1 L, DEL MONTE Nectar 960 mL, FRUITE 2 L, OASIS Juice, ARIZONA Tea 960 mL or MINUTE MAID 1 L

9.99

MR. FREEZE or CRUSH Jumbo Freeze Pop 27 pk, HERSHEY'S or NESTLÉ Aero S'mores Kit 515-651 g

3.33

DR. OETKER Momenti Pizza 170-185 g, Garlic Fingers 317 g or Panini 2 pk

10.99

GAIN Laundry Detergent 2.6-2.72 L, Flings 35 pk, GAIN or DOWNY Enhancers 379 g, DOWNY Fabric Softener 1.89-3.06 L or BOUNCE, GAIN or DOWNY Sheets 120-200 pk

Scene **GET 1500 PTS** FOR EVERY \$100 SPENT IN HOME HARDWARE GIFT CARDS! Offer valid during May 23 - 29, 2024. Sorry no rainchecks or price matching. Offer valid only on Home Hardware \$25, Home Hardware \$50, Home Hardware \$25-\$5000 VL. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

PROUDLY CANADIAN 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 until Midnight. Whereby the store has the right to limit quantities to reasonable family requirements. Some specials are not available at all stores. The flyer is not effective at any Sobeys Urban Fresh, Sobeys Express or Club & Help locations. Flyer is effective in Ontario only.

The Scene Loyalty Program is available at all participating Sobeys locations within Ontario. No base Sobeys points earned. See weekly offers for current ways to earn Sobeys points. All weekly Sobeys offers include taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fuel/dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McAfee/Tin Hornet/Starbucks products, and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, battery photo finishing, deposits, environmental charges, fuel and other goods and services which are non-accountable or excluded by law. Redeem 1000 Sobeys points for \$10 towards your purchase up to a maximum of \$2000 (before taxes) per day for full Sobeys Terms & Conditions or to redeem your points, visit <http://www.sobeys.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Sobeys Plus IP Corporation used under license by Sobeys Capital Incorporated. Please recycle where facilities exist.

SOBEYS_WK04_OBC_ONT

LOAD IT TO GET IT!

Get up to **450** **PTS**

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

That's like over **\$4** toward your groceries



Get **100** **PTS** when you buy 2

KRAFT Philadelphia Dips 340 g



Get **350** **PTS** when you buy 2

COMPLIMENTS Hair Care 300 mL



Offer valid May 23rd to May 29th, 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.

RICARDO



Simple gourmet meal solutions for your family

MIX & MATCH

Buy 2 Get 1 FREE

*of equal or lesser value

RICARDO Marinated Chicken Breast, Marinated Pork Chop, Tenderloin, Marinated Beef or Veal Flap Steak or Risotto Stuffed Chicken Breast starting at 8.99/lb, 19.82/kg



24⁹⁹ RICARDO Meal Kits 1.2 kg

Quality ready-to-cook meals

Scene

PLUS UP

POINTS

ALL WEEK LONG!



100 PTS when you buy 2

2/\$6

COMPLIMENTS Garden Salad 340 g or Coleslaw 397 g product of USA



150 PTS when you buy 1

9⁴⁹ Small Bar Cakes 455-575 g



150 PTS when you buy 2

4⁹⁹

SCHOOL SAFE Treats Brownie, Blueberry, Birthday Cake or Banana Chocolate Chip Muffin 280-296 g



50 PTS per samosa

NANA'S Samosas 140 g



SLICED FRESH

500 PTS when you spend \$20 or more

That's like \$5 toward your groceries

PANACHE Ham, Chicken or Turkey selection varies by store



100 PTS when you buy 2

3⁹⁹

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



100 PTS when you buy 2

5⁹⁹ SIGGIS Yogurt 650-750 g



100 PTS when you buy 2

3⁹⁹ PILLSBURY Grands or Ready To Bake Cookies 454-496 g (excludes seasonal) 4.49 ea



100 PTS when you buy 2

9⁹⁹ NUTS FOR CHEESE assorted varieties 120 g



100 PTS when you buy 2

4⁹⁹ NATREL Lactose Free Ice Cream 473 mL



200 PTS when you buy 3

5⁹⁹ MARS King Size Bars 85-93 g



100 PTS when you buy 2

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



300 PTS when you buy 2

6⁴⁹ AHA Sparkling Water 12x355 mL or DASANI Water 12x355 mL



200 PTS when you buy 2

SUNCHIPS 205 g or MUNCHIES Snack Mix 250 g

Scene

JOIN SCENE+ TODAY. sceneplus.ca/register

65,000+ PTS

available in store May 23-29, 2024

That's \$650 of free groceries like



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

500 PTS when you buy 2

9.99

LILYDALE Oven Roasted Chicken or Turkey 300 g

That's like **\$20** toward your groceries

value size

2000 PTS when you buy 1

14.99 /lb

Fresh Boneless Beef Striploin Halves cryovac cut from Canada AA grade beef while supplies last 33.05/kg

Taste the difference!

100 PTS when you buy 1

8.99

ULTRA NATURAL Fair Trade Honduran Shrimp cooked or raw 300 g

100 PTS when you buy 1

7.99

HIGH LINER Breaded or Battered Haddock or Pollock, Butterfly or Popcorn Shrimp, Fish & Chips or Fish Cakes 330-700 g

300 PTS when you buy 2

5.99

MAPLE LODGE FARMS Ultimate Chicken Sausages 375-500 g

That's like **\$4** toward your groceries

400 PTS when you buy 3

4.99

GENERAL MILLS Cheerios or Selected Varieties Pack 297-437 g

100 PTS when you buy 4

1.79

COMPLIMENTS Tomatoes 540 mL

300 PTS when you buy 2

4.99

BOW VALLEY BBQ Sauce or Ketchup Killa 350 mL

100 PTS when you buy 4

2.79

CARNATION Evaporated Milk 354 mL

200 PTS when you buy 2

12.99

SPLENDA Stevia 140 pk 280 g

100 PTS when you buy 2

3.99

GLAD Cling Wrap 60 m

Offer valid in-store from May 16-29, 2024

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



**When you purchase 4 or more of any combination of Dempsters® and Dempsters® Signature hot dog and hamburger buns, Dempsters® breads, bagels, English muffins, tortillas and flatbreads, Villaggio® and Villaggio Artesano® breads and buns, Vachon®, Hostess®, LittleBites™ and Takis® products in a single transaction.

Scene: **1000 PTS = \$10** of free groceries

SOBEYS_WWO_L_P03_ONT

So Local

From Ontario

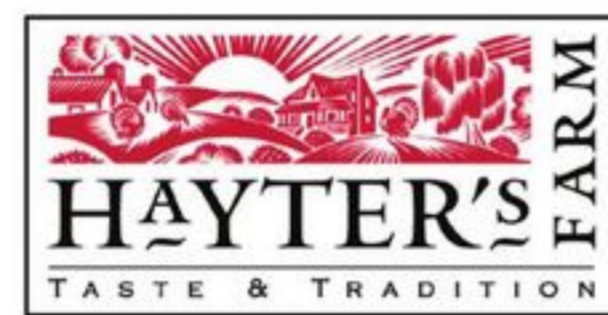
MIX & MATCH

NEW

Buy 2 Get 1
FREE

*of equal or lesser value

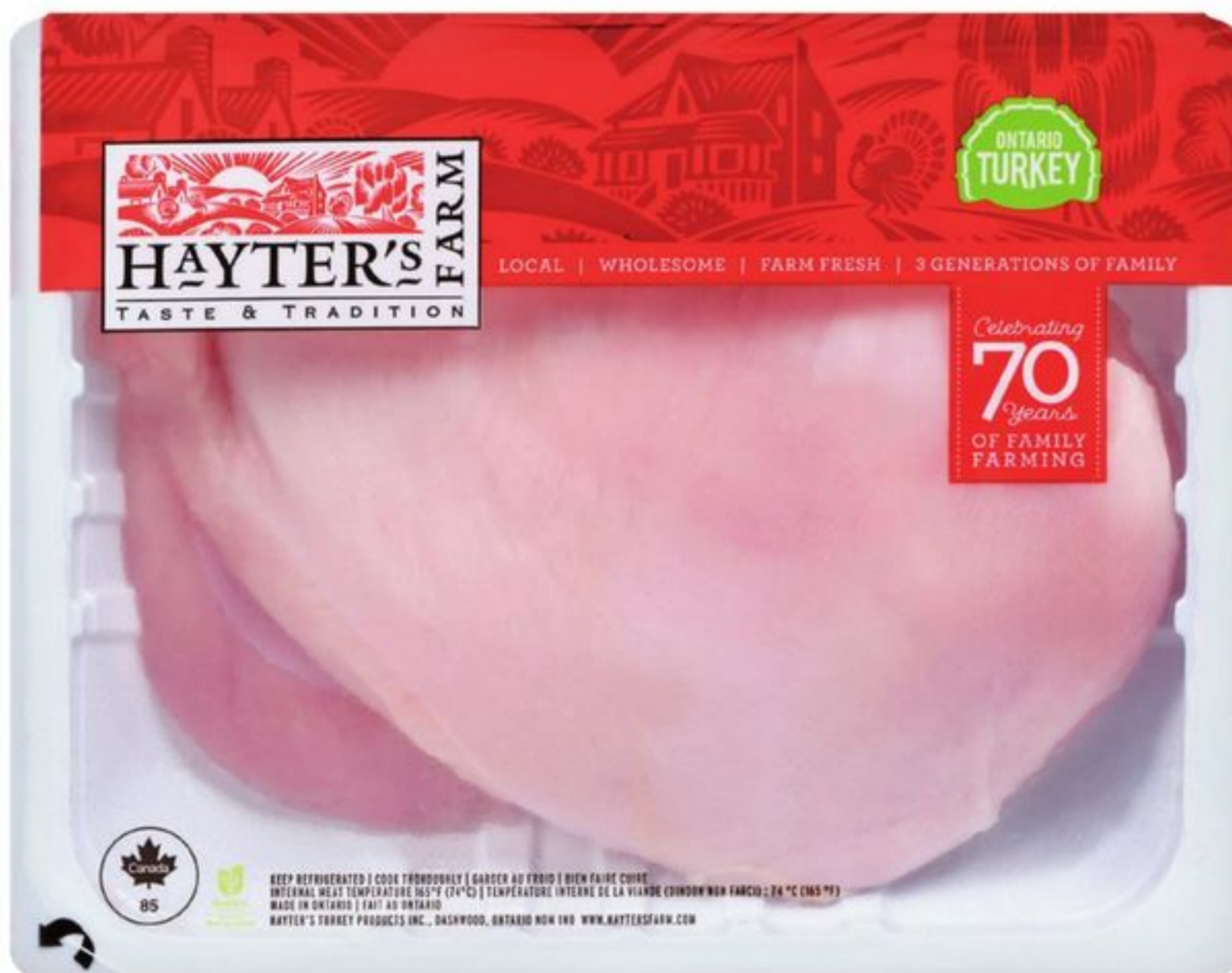
ON ALL HAYTER'S FARM Turkey Products product of Ontario starting at 4.99/lb, 11.00/kg



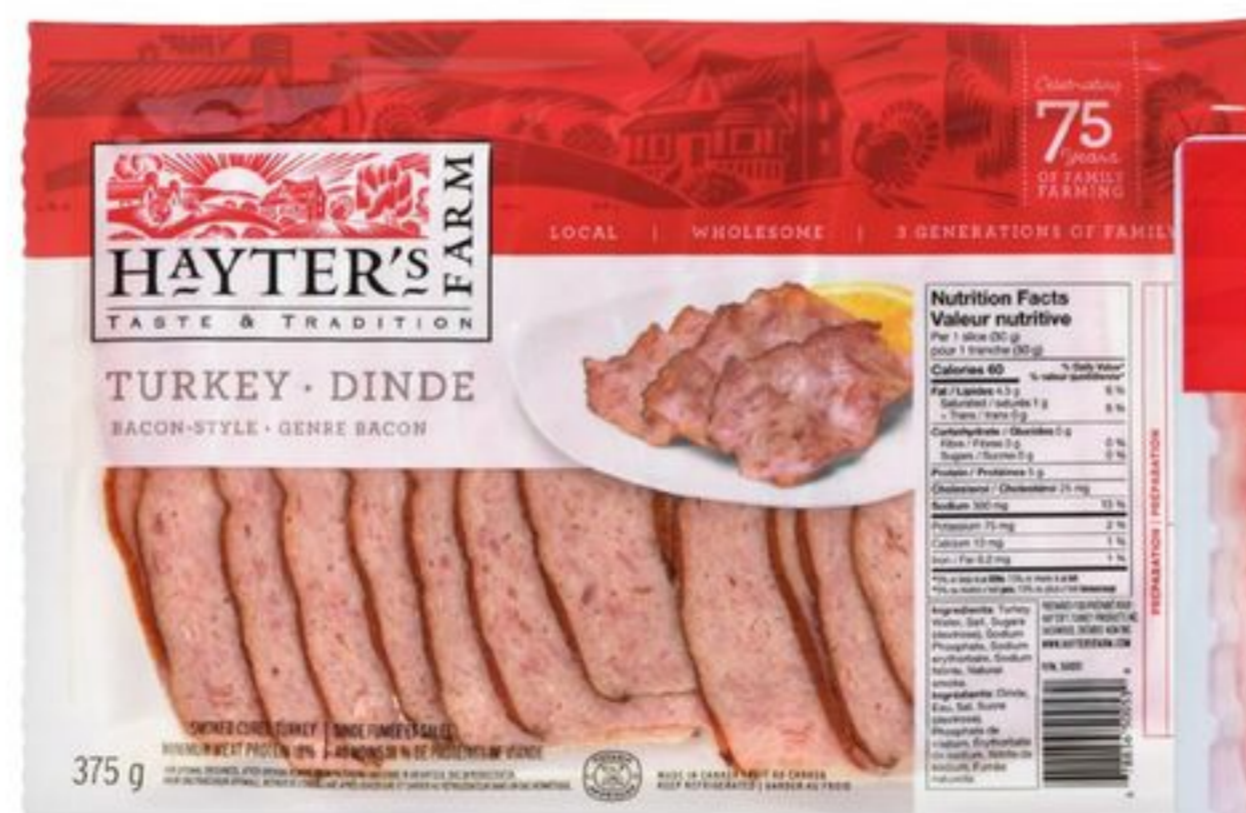
"To provide a wholesome and great tasting source of protein by using the most sustainable and ethical husbandry practices that are good for the bird, the consumer and our community."



HAYTER'S FARM Fresh or Frozen Sausages or Burgers



HAYTER'S FARM Fresh Boneless Skinless Turkey Breast



HAYTER'S FARM Turkey Bacon 375 g



HAYTER'S FARM Fresh Turkey Thighs

Fresh picks

Grown right here at home

Controlled Environment Agriculture (CEA) recreates optimal growing conditions for fruits and vegetables



From Ontario
3.49
Grape Tomatoes
product of Ontario

From Ontario
3.49
/lb
Heirloom Tomatoes
product of Ontario 7.69/kg

Non-GMO:
That means NO
Genetically Modified
Organisms, ever!

From Ontario
3.49
/lb
Red, Yellow
or Orange
Peppers product
of Ontario
7.69/kg

From Canada
5.49
Red Cocktail Tomatoes 454 g
product of Canada

Pesticide-free:
Grown without chemical
pest controls? You bet!

From Ontario
1.99
Long English Seedless Cucumbers
product of Ontario Canada no 1 grade

From Canada
3.99
Boston Duo Lettuce
product of Canada

Scene+ MEMBER
6.99
with Scene+ Card
7.99 without Scene+ Card
Jumbo Red Cherries
product of USA no 1

CALIFORNIA
FRY AS
9.99
/lb
ORGANIC Jumbo Red Cherries
product of USA no 1, 22.02/kg

4.99
Pomegranate
Cherry Juice
473 mL

Fruity fresh...

79¢ Large Lemons
product of South Africa

4.99 COMPLIMENTS
Navel Oranges
product of Egypt
3 lb bag

4.99 Large Pineapples product of
Costa Rica or Prepared Fresh
Daily In-store Cored Pineapples

We offer whole and
cored pineapples
for the same price

4.99 Cantaloupes
product of USA

1.49 Prepared Fresh Daily
In-Store, Watermelon
slices or quarters 3.28/kg

\$12 Prepared Fresh Daily In-Store Fruit or
Vegetable Trays 1-1.3 kg 12.99 ea

Veggie love...

1.88 Sweet Potatoes
product of USA
4.14/kg

2.99 Broccoli Crowns
product of USA or
Mexico 6.59/kg

3.49 Tray Corn 3 pk
product of USA
or 5 pk \$5.49

3.99 COMPLIMENTS
Baby-Cut Carrots
product of USA
no 1 grade 2 lb or
907 g

8.49 Red, White or Yellow Potatoes
product of USA 5 lb 2.27 kg

5.99 COMPLIMENTS
Trail or Snack Mixes
400-500 g

4.49 COMPLIMENTS Raw Pumpkin
Seeds 300 g or Roasted Sunflower
Seeds salted or unsalted 450 g

floral

Grown in Ontario

29.99 Premium Foliage Hanging
Baskets 13" 32.99 ea

Grown in Ontario

2/15 Assorted
Vegetables or
Herbs 1 gallon pot

Grown in Ontario

2/12 Mandevilla 4"

Grown in Ontario

12.99 Gerbera Daisy
Bunches choose
from mini 15-stem
bunch or large
10-stem bunch

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

25
Sterling Silver

Celebrate 25 Years
with Sterling Silver®

So tender
HAND-SELECTED
AAA BEEF

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

THE CERTIFIED TENDER® ADVANTAGE

When choosing a roast or steaks, look for the Certified Tender® shield. It means the meat has been certified by the Canadian Beef Grading Agency to be tender and aged perfectly, so you can count on delicious results. Exclusive to select STERLING SILVER® premium cuts.

CERTIFIED
TENDER®
TENDRETE
CERTIFIÉE

STERLING SILVER Fresh
Boneless Bottom Sirloin
Tri Tip Grilling Steak
Family Size cut by
your meat expert
from Canada
AAA grade beef

Minimum
21-Day
Aged

Minimum
21-Day
Aged

20% off

all STERLING SILVER
Grilling Steaks

**YOUR GUIDE TO
THE PERFECT STEAK**

STEAK TEMP GUIDE

GRADE	Remove from heat at
RARE	115°-120° F (46°-54° C)
MEDIUM-RARE	125° F (52° C)
MEDIUM	130°-140° F (55°-60° C)
MEDIUM-WELL	145°-155° F (63°-64° C)
WELL-DONE	160°-165° F (66°-68° C)

CERTIFIED
TENDER®
TENDRETE
CERTIFIÉE

STERLING SILVER Fresh
Boneless Rib or
Rib Eye Steaks Family
Size cut by your meat
expert from Canada
AAA grade beef

CERTIFIED
TENDER®
TENDRETE
CERTIFIÉE

STERLING SILVER Fresh
Boneless Top Sirloin Cap or
Coulotte Grilling Steak
Family Size cut by your meat
expert from Canada
AAA grade beef

200 PTS
when you buy 1 pkg

COMPLIMENTS Fresh AIR-CHILLED Boneless
Skinless Chicken Breasts Family Size

\$18

\$3 each

Fresh Seasoned Bacon Wrapped
Chicken Medallions 6 pk 681 g

5.99
/lb

Fresh Boneless Pork Loin
Centre Stir Fry Strips, Cutlets
or Schnitzel 13.21/kg

4.99
/lb

200 PTS
when you spend \$20

Fresh Pork Side Ribs breast
bone removed 11.00/kg

\$13

100 PTS
when you buy 1

COMPLIMENTS Honey Garlic or Mild Italian or
Breakfast Pork Sausages 1-1.4 kg

16.99
/lb

Fresh Canadian Lamb Loin
Chops 37.46/kg

4.99
/lb

100 PTS
when you spend \$10+

Cornish Hens frozen grade A
11.00/kg

quick & easy



8.99

300 PTS
when you buy 2

SCHNEIDERS Bologna 375-500 g or
MAPLE LEAF Fully Cooked
Shredded Chicken 250 g selected



6.99

STARTING AT LOU'S Quick'n Easy
Entrées or
Applewood Smoked
Bacon 375-400 g



4.99

BUY MORE
SAVE MORE
as when you
buy 2 or more
JOHNSONVILLE Pork Smoked
Sausages 375 g 5.99 ea



9.99

BUTCHER'S SELECTION BBQ or
Honey Garlic Pork Back Ribs 680 g



7.99

COMPLIMENTS
Breaded Chicken
Strips, Nuggets or
Burgers 700 g



12.99

ST. HUBERT Pot
Pie frozen 800 g



150 PTS
when you buy 1

14.99

COMPLIMENTS Shepherd's or
Farmhouse Pie 900 g or
PANACHE Rich & Creamy Meat
Lasagna 1.13 kg



14.99

COMPLIMENTS
Chicken Wings,
Fillets or Chunks
800 g

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. *See full disclaimer. Offer subject to change.
Offer effective May 1 - June 30, 2024.

*Certified by the Canadian Beef Grading Agency / Certifié par L'Agence Canadienne de Classement du Bœuf

SOBEYS_WKD_POS_ONT



Quality you want at the price you expect

[Click here for our Chive-Lime Shrimp Rolls recipe](#)

COMPLIMENTS Cooked Shrimp 71-90 ct per lb 340 g



899



seafood



10⁹⁹
COMPLIMENTS Extra Large Cooked Shrimp in Ring With Sauce 312 g



2⁹⁹
COMPLIMENTS Crab or Lobster-Flavoured Alaskan Pollock 227 g



STARTING AT 7⁹⁹
COMPLIMENTS Cooked or Raw Shrimp 71-90 per lb 340 g



9⁹⁹
HIGH LINER Wild Pacific Salmon Fillets 400 g or AQUA STAR Basa Fillets 908 g

so easy Ready for you seafood

125 Marinated Raw Shrimp Skewers previously frozen 45 g

NEW 13⁹⁹ Fresh Atlantic Salmon Roasts with Sundried Tomato & Roasted Red Pepper 3.0/84 kg

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

5⁹⁹ Prepared In-Store Cooked or Raw Garlic Shrimp Grilled previously frozen 280 g or Imitation Crab Platter with Cocktail Sauce 450 g

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

Perfect for the grill!

kitchen



4⁹⁹ COMPLIMENTS Gnocchi 350 g



5⁹⁹ SARDO Pesto Mini Cups 228 g

Family meal deal

250 PTS when you buy 1 Family meal deal

CHOOSE CHICKEN OR RIBS

Hot Roast Chicken OR Full Rack of Back Ribs

Any 2 Sides
Large Potato Wedges or COMPLIMENTS Salad 426-454 g

4 Butter Topped Buns

4 Can Dine for \$19⁹⁹

1⁴⁹ ea. PLUS add one 1-litre Coca-Cola product



150 PTS when you buy 1
13⁹⁹
Traditional Salad Sandwich Trio Pack 600 g



STARTING AT 6²⁹ Snack Box, Chicken, Egg, Tuna, Protein, Mediterranean or Hummus

deli



100 PTS when you buy 400 g or more
30% off FRICO Gouda mild, medium or spiced works out to 3.21/100 g or Smoked works out to 3.00/100 g



STARTING AT 6⁹⁹ PANACHE Italian Cheeses 100-200 g



2⁹⁹ /100 g **100 PTS** when you buy 400 g or more
COMPLIMENTS Brie



SLICED FRESH
STARTING AT 3⁹⁹ /100 g
MAPLE LEAF Natural Selection Black Forest Ham or Roasted Turkey selection varies by store



3⁶⁹ /100 g **SLICED FRESH**
COMPLIMENTS Hungarian, German or Peppercorn Salami selection varies by store



5⁹⁹
FANTINO & MONDELLO Sliced Italian Meats selected 100-200 g



50 PTS when you buy 2
1⁴⁹
OH SNAP! Pickles selected 90 mL

bakery



BAKED IN STORE
4⁴⁹ **40 PTS** when you buy 2
Homestyle Oat Bran, Mountain Grain, Good Haven or Low Fat Multigrain Bread 450 g



BAKED IN STORE
BUY MORE SAVE MORE
3²⁹ **80** when you buy 2 or more
Mini Ciabatta Buns plain, everything or roasted garlic 8 pk 270 g 3.79 ea



BAKED IN STORE
3⁹⁹ with Scene+ Card
4⁶⁹ without Scene+ Card
Artisan Breads 375 g



8⁹⁹
TASTY SELECTIONS Bundt Cake lemon, double chocolate or cinnamon 500 g



7⁶⁹
Brownie Cakes 310-390 g



150 PTS when you buy 2
STARTING AT 4⁹⁹
COMPLIMENTS Angel Food Cake Regular or Mini or Spring Meadows Dessert Shells 150-283 g



250 PTS when you buy 1
12⁹⁹
PANACHE Cheesecakes frozen 600 g

Sign up for Sobey's E-Flyer &

SAVE \$5

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

Bring fresh baked flavour to summer



frozen & dairy



6.99 DANONE Activia Yogurt 12 pk



4.99 COMPLIMENTS Cheese Slices 210-230 g



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



7.49 without Scene+ Card CHEEMO Perogies 2 kg



2.49 HELVA GOOD! Dip 250 g 3.99 ea



4.99 CRACKER BARREL or BLACK DIAMOND Combos 3 pk or ARMSTRONG Combos 180 g or Cheese Sticks 210 g



6.99 PILLSBURY Pizza Pops 8 pk or Bites 50 pk



2.29 MINUTE MAID Frozen Orange Juice 295 mL



5.49 NATREL Lactose Free Milk 2 L



5.99 +50 PTS when you buy 2 GAY LEA Premium Butter 250 g



4.99 SMUCKER'S Uncrustables 4 pk



3.99 CAVENDISH FARMS Hash Brown Patties 10 pk

drinks & snacks



6.99 COMPLIMENTS Family Size Granola Bars 560-630 g



2/\$9 MISS VICKIE'S Kettle Chips 190-200 g or RUFFLES Potato Chips 180-200 g



3.29 QUAKER Crispy Minis 100 g or Rice Cakes 127-199 g 4.29 ea



7.29 without Scene+ Card COCA-COLA Craft Soda 4x341-355 mL



3.33 DARE Ultimate or Whippet Cookies selected 230-310 g 3.79 ea



6.99 LINDT or GHIRARDELLI Bagged Chocolate 142-151 g, MR. FREEZE No Sugar Added Freezies 48 pk or KINDER Surprise 100 g while supplies last



4.49 TIC TAC Mints 98 g 5.49 ea



2.99 MAYNARDS Candy Bags 150-154 g 3.69 ea



4.49 CHRISTIE Good Thins Crackers 100 g



4.99 TIM HORTONS Specialty Tea 20 pk or RED ROSE Orange Pekoe Tea 48-72 pk



2/\$6 CELSIUS or RED BULL Energy Drinks 250-355 mL or DASANI or EVIAN Water 1-1.5 L



8.99 PERRIER Sparkling Water 6x500 mL or 8x330 mL

Love it. Or it's free.*

*For details see COMPLIMENTS.ca

50 PTS when you buy 1

5.99 COMPLIMENTS Cottage Cheese 750 g

50 PTS when you buy 1

7.49 COMPLIMENTS Shredded Cheese 226-320 g

50 PTS when you buy 1

3.99 COMPLIMENTS Mini Pizzas 8 pk

100 PTS when you buy 2

3.99 COMPLIMENTS Fried Potatoes 800 g

50 PTS when you buy 2

2/\$5 COMPLIMENTS Rice Crackers 100 g

200 PTS when you buy 2

3.49 COMPLIMENTS S'mores Kit 500 g while supplies last

100 PTS when you buy 2

3.49 COMPLIMENTS Cocktails 1.89 L or Apple Juice 2 L

100 PTS when you buy 2

3.99 COMPLIMENTS Kettle-Cooked Peanuts 275 g

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



端午節快樂
Happy Dragon Boat Festival



99¢ /lb

Bok Choy
product of USA
2.18/kg

LARGE



2/\$4

Ataulfo Mangoes
product of Mexico



7.19

NONGSHIM Noodles
selected varieties
86-120 g



2.99

KIM PHAT Pad
Thai Noodles
400 g



6.99

KEWPIE Mayonnaise
450 g



3.49

POCAS Bubble Tea
selected varieties 490 mL



5.99

MINI CRUSH Fruit
Jelly Jar 1400 g



We all deserve compliments

Tangy tomatillos, smoky chilies and spicy jalapeño salsa verde!

Introducing new flavours for crowd-pleasing summer snacks.

Spicy jalapeño-cilantro crema sauce made with real sour cream.



Chili Lime Crema Sauce, Jalapeño Cilantro Crema Sauce 245 mL

Diced Green Chilies 118 mL

Roasted Hatch Chili Salsa Verde, Mango Lime Chamoy Salsa 430 mL

Scene GET 200 PTS WHEN YOU BUY ANY 2

Scene+ offers are valid from May 23-29, 2024, at Sobeys and Safeway locations in Canada.

meal makers



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



5⁹⁹ CLUB HOUSE La Grille Seasonings 65-203 g selected



6⁷⁹ E.D. SMITH Pie Fillings 540 mL



2/\$9 QUAKER Harvest Crunch or Cap'n Crunch selected varieties 350-510 g



2⁶⁹ COMPLIMENTS Apple Cups 6 pk



8⁹⁹ PANACHE Maple Syrup amber rich 500 mL



2/\$6 OLD EL PASO Mexican Rice 215 g



3⁹⁹ CLOVER LEAF Tuna in Olive Oil 142 g



2⁴⁹ MR. NOODLES Instant Noodles 85 g 5 pk



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



4⁴⁹ DEMPSTER'S Tortillas 366-610 g



5⁴⁹ OROWEAT Keto Tortillas 246 g



6⁹⁹ STEFANO Pasta Sauce 405-648 mL



2⁹⁹ FRENCH'S Flavored Mustards 325 mL



4⁹⁹ FRENCH'S Crunchy Toppers 170 g



4⁹⁹ MINUTE RICE 500-700 g

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

100% SUGAR FREE

300 PTS when you buy 1
COMPLIMENTS Canola or Vegetable Oil 3 L

100 PTS when you buy 3
179 COMPLIMENTS Pudding 4 pk

4/\$7 COMPLIMENTS Beans 398 mL

natural health



5⁹⁹ KASHI ORGANIC Cereal 340-460 g or Go Lean Cereals 345-400 g or BEAR NAKED Granola 340 g



23⁹⁹ KICKING HORSE Whole Bean Coffee 850 g



4⁷⁹ **150 PTS** when you buy 3
MUIR GLEN Tomatoes 796 mL or NUPASTA ORGANIC Gluten-Free Pasta 210 g



150 PTS when you buy 1
19⁹⁹ SUKU Multivitamin or Supplement Gummies assorted 60 pk



2/\$7 GRENADE or DIESEL Bars 60 g



11⁹⁹ ECO-MAX Laundry Wash 3 L



2/\$5 COVE Gut Healthy Soda 355 mL



STARTING AT 11⁴⁹ OLYMPIC ORGANIC Yogurt 1.75 kg



4⁴⁹ AMY'S KITCHEN Burritos 156-170 g



BUY MORE SAVE MORE
100 PTS when you buy 2
4²⁵ EARTH'S OWN Non Dairy Beverages 1.75-1.89 L 4.69 ea



4⁴⁹ QUE PASA Tortilla Chips 156-350 g

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

Explore a world of flavour!

Shop international foods storewide.



3⁹⁹
Ateyoa
product of Brazil



7⁹⁹
/lb
Chinese Eggplant
product of Mexico 4.39/kg



3⁹⁹
EIGHT TREASURES
Sesame Oil 185 mL



3⁹⁹
LEE KUM KEE Hoisin Sauce
443 mL or Oyster Sauce
510 g



5⁴⁹
BLUE DRAGON Curry
Paste 270 mL
selected varieties



6⁹⁹
KIM PHAT Vegetable
Spring Roll 1 kg
available in selected stores



5⁴⁹
SIWIN Potstickers or
Dumplings 454-500 g
selected varieties

**Get 25 GB
for \$29/mo.**

**Plus, earn 2,000
Scene+™ points.¹**



lucky™
mobile

Pick up a SIM Card in-store today.

When you register for Automatic Top-Up. Offers subject to change without notice. One-time \$10 SIM Card charge applies. [1] After 2 months of service. Conditions apply. SIM Card must be purchased at a participating Sobeys or FreshCo location to be eligible to earn Scene+™ points. See SIM Card or visit luckymobile.ca/sceneplusbonus for details.

home & pet care

<p>100 PTS when you buy 1</p> <p>19⁹⁹ ARM & HAMMER Cat Litter 3.86-9.1 kg selected</p>	<p>25</p> <p>10⁹⁹ PEDIGREE Dentastix Dog Treats 553-608 g</p>	<p>BUY MORE SAVE MORE</p> <p>250 FRISKIES Party Mix Cat Treats 170 g 3.49 ea</p>	<p>25⁹⁹ COMPLIMENTS Dry Cat Food 8 kg</p>
<p>150 PTS when you buy 2</p> <p>4⁴⁹ PALMOLIVE Dish Soap 961 mL-1.5 L</p>	<p>140 loads 150 loads</p> <p>300 PTS when you buy 1</p> <p>18⁹⁹ PUREX Laundry 6 L or SUNLIGHT Laundry Detergent 5.6 L</p>	<p>400 PTS when you buy 2</p> <p>14⁹⁹ FINISH Dish Tabs 40-55 pk or Rinse Aid Jet Dry 946 mL</p>	<p>100 PTS when you buy 1</p> <p>12⁹⁹ ARM & HAMMER Laundry Detergent 2.96 L</p>
<p>200 PTS when you buy 1</p> <p>22⁹⁹ CASHMERE Bathroom Tissue Triple 24=72 rolls</p>	<p>4⁹⁹ COMPLIMENTS Napkins 100 pk or ORANJO Drain Cleaner 900 mL</p>	<p>7⁴⁹ 200 PTS when you buy 2</p> <p>GLAD Kitchen Catchers 30-52 pk, Blue Tall Forceflex 26 pk or Compostable Tall 10 pk</p>	<p>20% off</p> <p>CREATIVE CONVERTING 7" or 9" Plates 8 pk, 2-Ply Napkins 16 pk while quantities last</p>

health, beauty & baby

<p>2⁹⁹</p> <p>CREST Toothpaste 65-100 mL or ORAL-B Toothbrush or Floss 1 pk selected</p>	<p>8⁹⁹</p> <p>DOVE or DEGREE Clinical Deodorant 45-48 g or JOHN FRIEDA Hair Care 115-250 mL or 210 g selected</p>	<p>100 PTS when you buy 1</p> <p>STARTING AT 8²⁹ PLAYTEX Sport or O.B. Tampons 32-40 pk selected</p>	<p>3⁹⁹</p> <p>CREST Pro-Health or Complete Toothpaste 100-130 mL or Kid's Rinse 500 mL selected</p>
<p>50 PTS when you buy 1</p> <p>STARTING AT 3⁴⁹</p> <p>DIAL Foaming Hand Wash 221 mL, SKINTIMATE or EDGE Shave Gel 198 g selected</p>	<p>100 PTS when you buy 2</p> <p>6⁹⁹ SENSODYNE or PRONAMEL Toothpaste 110-135 mL selected</p>	<p>15% off</p> <p>BIC Soleil, 3 or Flex Disposable Razors 3-8 pk selected</p>	<p>100 PTS when you buy 2</p> <p>15% off JERGENS Lotion 200-620 mL</p>
<p>500 PTS when you buy 1</p> <p>39⁹⁹ PAMPERS Huge Diapers 80-160 pk</p> <p>That's like \$5 toward your groceries</p>	<p>7⁴⁹ LIVE CLEAN Baby Care 300 mL or 75 g</p>	<p>150 PTS when you buy 1</p> <p>15⁹⁹ COMPLIMENTS Training Pants 33-44 pk</p>	<p>50 PTS when you buy 1</p> <p>5⁴⁹ NESTLÉ Gerber Cereal 227 g</p>

pharmacy

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

<p>300 PTS when you buy 1</p> <p>15% off BIO-K+ Daily Care 15-60 pk selected</p>	<p>100 PTS when you buy 1</p> <p>15% off PEPCID Heartburn Relief 25-30 pk</p>	<p>100 PTS when you buy 1</p> <p>15% off LAX-A-DAY Laxative 1020 g - 60 doses</p>	<p>100 PTS when you buy 1</p> <p>15% off VISINE Eye Care selected 15 mL</p>
--	---	---	---

<p>300 PTS when you buy 1</p> <p>15% off NICORETTE Gum or Lozenges 80-103 pk or Quick Mist or Nicoderm 7 pk selected</p> <p>To be sure these products are right for you, always read and follow the label. © Johnson & Johnson Inc. 2024.</p>	<p>360Health Sobeys PHARMACY & WELLNESS</p> <p>Introducing our digital pharmacy service</p> <ul style="list-style-type: none"> Manage prescriptions Request refills Book appointments & more <p>Sign up for 360Health in the Sobeys App</p> <p>360healthpharmacy.ca</p> <p>See our privacy policy on 360healthpharmacy.ca for more information.</p>
---	---

Scene+ **JOIN SCENE+ TODAY.** scenepus.ca/register

**Due to provincial regulations, products purchased using a prescription filled by a pharmacist may not be eligible for Scene+™ points.

SOBEYS_WK04_P09_ONT

GET AN
ASSIST
ON ANY MESS



PACK SOME
PROTEIN
INTO YOUR
PREGAME SNACK



MAIN STREET Deli

DELICIOUS FLAVOUR THE WHOLE FAMILY WILL ENJOY

- ✓ No Artificial Flavours
- ✓ Excellent Source of Protein
- ✓ Gluten Free
- ✓ Proudly Canadian Brand



MAIN STREET Deli

PIZZA TRIO POUR PIZZA

SALAMI

SMOKED HAM - JAMBON FUMÉ

PEPPERONI

NO ARTIFICIAL FLAVOURS / SANS SAVEURS ARTIFICIELLES

EXCELLENT SOURCE OF PROTEIN / EXCELLENTE SOURCE DE PROTÉINES

GLUTEN FREE / SANS GLUTEN

250 g

Nutrition Facts / Valeur nutritive
 Per 5 assorted slices (56 g) / pour 5 tranches assorties (56 g)

Calories 110	% Daily Value*
Total Fat 2.5 g	5%
Sodium 200 mg	4%
Total Carbohydrate 20 g	4%
Dietary Fiber 0 g	0%
Sugars 1 g	2%
Protein 10 g	20%
Total Cholesterol 10 mg	2%
Total Iron 0 mg	0%

*Percent Daily Values are based on a diet of other people's secrets.



MAIN STREET Deli

2 PACK PAQUETS

SMOKED BLACK FOREST HAM

MEAT PROTEIN 15% PROTÉINES DE VIANDE

JAMBON FORÊT-NOIRE FUMÉ

NO ARTIFICIAL FLAVOURS / SANS SAVEURS ARTIFICIELLES

EXCELLENT SOURCE OF PROTEIN / EXCELLENTE SOURCE DE PROTÉINES

GLUTEN FREE / SANS GLUTEN

250 g

Nutrition Facts / Valeur nutritive
 Per 3 slices (54 g) / pour 3 tranches (54 g)

Calories 50	% Daily Value*
Fat 1 g	2%
Saturated fat 0.4 g	0.8%
Trans fat 0 g	0%
Carbohydrate 2 g	0.4%
Fiber 0 g	0%
Sugars 1 g	2%
Protein 9 g	18%
Cholesterol 20 mg	4%
Sodium 450 mg	9%
Potassium 250 mg	5%
Calcium 0 mg	0%
Iron 0.4 mg	2%

*Percent Daily Values are based on a diet of other people's secrets.



MAIN STREET Deli

2 PACK PAQUETS

SMOKED TURKEY BREAST

MEAT PROTEIN 18% PROTÉINES DE VIANDE

POITRINE DE DINDE FUMÉE

NO ARTIFICIAL FLAVOURS / SANS SAVEURS ARTIFICIELLES

EXCELLENT SOURCE OF PROTEIN / EXCELLENTE SOURCE DE PROTÉINES

GLUTEN FREE / SANS GLUTEN

250 g

Nutrition Facts / Valeur nutritive
 Per 3 slices (50 g) / pour 3 tranches (50 g)

Calories 45	% Daily Value*
Fat 0.2 g	0.4%
Saturated fat 0.1 g	0.2%
Trans fat 0 g	0%
Carbohydrate 1 g	0.2%
Fiber 0 g	0%
Sugars 0 g	0%
Protein 9 g	18%
Cholesterol 15 mg	3%
Sodium 250 mg	5%
Potassium 250 mg	5%
Calcium 0 mg	0%
Iron 0.4 mg	2%

*Percent Daily Values are based on a diet of other people's secrets.



A close-up image of a sandwich made with a sesame seed bun, filled with sliced smoked ham, Swiss cheese, lettuce, tomato, and pickles.

2/10

MAIN STREET DELI
Sliced Meats
200-300 g

Subscribe to Emails from Sobeys to get *more*



Get everything you love about Sobeys like:

- Access to weekly flyers
- Email exclusive offers
- Recipes plus tips & tricks from our experts
- Important updates about your store



Sign up today to get your first email exclusive *offer*

SAVE \$5

on your next purchase of \$40*

*New subscribers only. Terms and conditions apply.

Subscribe now