

**100% FRESH GUARANTEE**  
**GUARANTEED FRESH OR YOUR MONEY BACK**

**SAFEWAY**

**Sobeys**

**All Fresh Pork!**  
**BUY 2 GET 1 FREE**  
\*of equal or lesser value see offers on page 3

COMPLIMENTS  
 Fresh AIR-CHILLED Split Chicken Wings Family Size 13.21/kg  
**5.99** /lb

**4.49** /lb  
 Fresh Regular Ground Beef Family Size 9.90/kg

Fresh Steelhead Trout Fillets product of Western Canada all size packages  
**3.49** /100 g

**5.99** **4LB BOX** **FIRST OF THE SEASON**  
 Chinese Mandarins product of China 1.81 kg or 4 lb box

Cauliflower product of Canada or USA no 1 grade  
**3.99**

**ACTIVIA** active probiotics - probiotiques actifs  
**ACTIVIA** active probiotics - probiotiques actifs  
**HOT PRICE 3.64**  
 ACTIVIA Yogurt or Drinkable 8 pk

LAY'S Potato Chips 220-235 g, Poppables 130 g or Baked 177 g  
**HOT PRICE 2.79**  
 Lay's Classic Classique, Lay's wavy ondulées Original

KELLOGG'S Family Size Cereal selected 480-650 g  
**HOT PRICE 5.47**  
 Rice Krispies, Two Scoops Raisin Bran

ARMSTRONG Cheese 600 g, Shreds 450-500 g or SAPUTO Mozzarellissima 690 g  
**HOT PRICE 7.97**  
 Armstrong Triple Cheddar, Armstrong Mozzarella

**GET UP TO 2,500 PTS** That's like \$25 toward your groceries  
**WHEN YOU LOAD THIS OFFER IN THE SOBEYS OR SAFEWAY APP OR AT MyGroceryOffers.ca OCTOBER 31 - NOVEMBER 20, 2024**  
 LOAD THIS OFFER AND GET **500 PTS** ON 3 TRANSACTIONS OF \$50+ AND GET A **1000 PTS** BONUS FOR USING ALL 3 OFFERS.  
See Back page for full terms & conditions. \*Card must be registered and offer must be loaded, eligible \$50+ transactions must occur on 3 separate days, 1,000 points = \$10 of free groceries.

**Happy Halloween**  
 Prices and offers in effect October-November 2024  
**THU 31 FRI 1 SAT 2 SUN 3 MON 4 TUE 5 WED 6**  
**More deals!** Scan here for our full flyer



Scene

MEMBER

PRICING

Swipe your Scene+ Card and Save



**MEMBER PRICING**

**9<sup>99</sup>**

**SAVE \$3**

**12<sup>99</sup>** without Scene+ Card  
 SWISS CHALET or MONTANA'S Pork Back Ribs 600-650 g

**MEMBER PRICING**

**10<sup>99</sup>**

**SAVE \$3**

**13<sup>99</sup>** without Scene+ Card  
 HIGH LINER Signature Cuts or Pan-Seared or Breaded or Battered Premium Fish 425-540 g

**MEMBER PRICING**

**2<sup>99</sup>**

**SAVE 50¢**

**3<sup>49</sup>** without Scene+ Card  
 NATURE VALLEY Sweet & Salty Bars or Selected Varieties 125-226 g

**100 PTS** when you buy 2

**MEMBER PRICING**

**4<sup>44</sup>**

**SAVE \$1**

**5<sup>44</sup>** without Scene+ Card  
 COMPLIMENTS Frozen Fruit 300-600 g

Look for more Member Pricing throughout the flyer and in-store.

Scene MEMBER DAY

TUESDAY ONLY! TUESDAY, NOVEMBER 5, 2024 EXCLUSIVELY FOR SCENE+ MEMBERS

GET 15% OFF

OR 200 PTS

FOR EVERY \$20 SPENT<sup>1</sup> ON A MINIMUM \$50 GROCERY PURCHASE!<sup>1</sup>

See back page for details

ALL TREATS. NO TRICKS! HAPPY HALLOWEEN



Scene

TURN POINTS INTO GROCERIES



400 PTS when you buy 4  
\$5 MULDOON'S Boneless Dry Pork Bites, Asian Inspirations or WONG WING Entrées, Spring Rolls or Egg Rolls 360-680 g



100 PTS when you buy 2  
3.49 COMPLIMENTS ORGANIC Whole White or Cremini Mushrooms product of Canada 227 g



That's like \$6 toward your groceries  
600 PTS when you buy 2  
10.99 NESCAFÉ Gold Espresso 200 g or COFFEE-MATE Powder 1.4 kg



That's like \$10 toward your groceries  
1000 PTS when you buy 4  
7.49 BUBLY Sparkling Water 12x355 mL

1000 Points = \$10 of free groceries

Scene

EARN POINTS ON HALLOWEEN TREATS

GET UP TO 1000 PTS when you purchase Halloween Treats\* October 31

SPEND \$20-29.99, GET 250 PTS

SPEND \$30-39.99, GET 500 PTS

SPEND \$40 OR MORE, GET 1000 PTS

\*Must be in a single transaction that contains at least \$20 of Halloween treats, and excludes tax. Applies to all in-stock items only. No rain checks or special orders. Offer valid from Oct. 24-31, 2024.







# Pickup or Delivery. Just like that.



**\$800** off  
your groceries\*

USE  
CODE: **VOILASTART**

**Shop Now**

\*\$20 off your first four orders. New customers only. See terms and conditions for details. Expires November 30th, 2024.



Scene  
**DIGITAL  
EXCLUSIVE**

# LOAD IT TO GET IT!

- 1 Download the Sobeys or Safeway app
- 2 Load your offers to activate them
- 3 Shop and scan your Scene+ card

## Get up to **450** PTS

Activate your offers in the **Sobeys** or **Safeway** app or at [MyGroceryOffers.ca](https://www.MyGroceryOffers.ca)

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



### Get **250** PTS when you buy 3

COMPLIMENTS Canned Tomatoes 796 mL

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

EIGHT TREASURES Coconut Milk 400 mL



Download on the  
**App Store**



GET IT ON  
**Google Play**



Offer valid October 31<sup>st</sup> to November 6<sup>th</sup>, 2024 at all Sobeys and Safeway locations in Western 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.



HAPPY **DIWALI**



**2.49** /lb  
Red Carrots product of Canada 5.49/kg



**5.49**  
PANJIMI Mini Naan 500 g



**16.99**  
INDIA GATE Premium Basmati Rice 4.54 kg



**4.49**  
TRE STELLE Paneer 350 g



**2/\$6**  
Pomegranates product of USA

### Fresh Picks. Grown here.



**1.29** /lb  
Rutabaga product of Western Canada 2.84/kg



**2/\$6** 50 PTS when you buy 2  
GOODLEAF Microgreens product of Canada 50 g



**2/\$8** 50 PTS when you buy 2  
GOODLEAF Lettuce Blends product of Canada 113 g



**2.99** 3 LB BAG  
COMPLIMENTS Carrots product of Western Canada 3 lb 1.36 kg



**3.49** 3 LB BAG  
COMPLIMENTS ORGANIC Button Mushrooms product of Canada 227 g



**2.99** /lb  
Bosc Pears product of British Columbia, Canada extra fancy grade 6.59/kg



**6.99** 3 LB BAG  
COMPLIMENTS Honeycrisp Apples product of British Columbia, Canada extra fancy grade 1.36 kg

**100% FRESH GUARANTEE** **GUARANTEED FRESH OR YOUR MONEY BACK**

### Fruity Fresh...



**4.99** 5 PACK  
Avocados product of Mexico



**5.99** 100 PTS when you buy 2  
Whole Golden Large Pineapple or Prepared Fresh Daily Cored Pineapple product of Costa Rica



**5.49**  
Kiwi product of New Zealand 454 g



**3.99**  
Cantaloupe product of USA



**2/\$5** 100 PTS when you buy 2  
Mangoes product of Brazil



**2.29** /lb  
Navel Oranges product of Australia 5.05/kg

### Veggie love...



**1.99** /lb  
Sweet Potatoes product of USA 4.39/kg



**2.49**  
Methi product of Mexico



**6.49** 3 PACK  
Rainbow Peppers product of Canada or Mexico 3 pk



**2.99** ORGANIC 4.49  
INSPIRED GREENS Living Lettuce product of Western Canada or Iceberg Lettuce product of USA no 1 grade or ORGANIC Iceberg Lettuce product of USA or Mexico no 1 grade



**2.99**  
Celery product of USA



**2/\$9**  
COMPLIMENTS Caesar Salad Kit 280 g, FRESH ATTITUDE Caesar Bacon Salad 171 g or Spring Mix Salad 155 g product of Canada

### bulk



**15% off**  
Prepared Fresh Daily Mixed Melon, Watermelon, Honeydew or Cantaloupe Chunks assorted sizes



**25% off** BUY 1 GET 2ND  
Prepared Fresh Daily In-Store Taco or Guacamole Dip, Pineapple Salsa or Bruschetta Mix assorted sizes



**5.99**  
COMPLIMENTS Snack or Trail Mixes selected 400-500 g



**8.99**  
WONDERFUL No Shell Pistachios selected 155-170 g

### floral



**26.99** 100 PTS when you buy 1  
Rose Lily Bouquet assorted colours



**14.99** STARTING AT  
Phalaenopsis Orchids in Ceramic Pot assorted colours and sizes



**11.99**  
Potted Rose assorted colours 6"



**15.99**  
6-Stem Garden Roses from Equador assorted colours

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



# Introducing

# RICARDO

# NEW

## Simple gourmet meal solutions for your family



Quebec-based celebrity chef Ricardo



**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



**20% off** RICARDO Dips 300 g or Dressings 250 mL



**500 PTS** when you buy 2 RICARDO Boxed Sides or Entrées

**Learn more**

**Simplify meal prep with the new selection of easy, chef quality meal solutions**  
Available Exclusively at Sobeys and Safeway



**CERTIFIED TENDER TENDRETE CERTIFIÉE**

**STERLING SILVER PREMIUM CUT**

**HAND-SELECTED AAA BEEF**

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

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

**READY FOR YOU**

**79<sup>99</sup> /lb** **STERLING SILVER Fresh Capless Prime Rib Premium Oven Roast or Family Size Grilling Steak** cut by your meat expert from Canada AAA grade beef 44.07/kg

**11<sup>99</sup> /lb** **STERLING SILVER Fresh Boneless Sirloin Tip Roast Royale** seasoned, prime rib fat added, cut by your meat expert from Canada AAA grade beef 26.43/kg

**12<sup>99</sup> /lb** **Fresh Capless Prime Rib Premium Oven Roast or Family Size Grilling Steak** cut by your meat expert from Canada AA or USDA Choice grade beef while supplies last 28.64/kg

**100 PTS** when you buy 1 pkg

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

**9<sup>99</sup> /lb** **Fresh Boneless Skinless Turkey Breast** 22.02/kg

**7<sup>49</sup> /lb** **Marinated In-Store Fresh Bone-In Chicken Breast Halves** 16.51/kg

**100 PTS** when you spend \$10 or more

**4<sup>99</sup> /lb** **Fresh Beef Liver sliced** 11.00/kg

**300 PTS** when you buy 2

**5<sup>99</sup>** **MAPLE LODGE FARMS Chicken Sausages** 375-500 g

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

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

**All Fresh Pork!**

**BUY 2 GET 1 FREE**

\*of equal or lesser value

**value size** **Fresh Pork Shoulder Picnic Roast** hock removed

**value size** **Fresh Pork Shoulder Blade Roast** or Family Size Steak

**value size** **Fresh Pork Loin Back Ribs** cryovac

**value size** **NAGANO Premium Fresh Pork Loin Hotel Cut Chop, Tenderloin or Back Ribs**

**value size** **Fresh Pork Side Ribs** breast bone removed, regular cut or sweet & sour cut

**value size** **Fresh Whole Skinless Pork Belly** cryovac

**quick & easy**

**150 PTS** when you buy 2

**9<sup>99</sup>** **LILYDALE Oven Roasted Chicken or Turkey** 300 g

**STARTING AT 7<sup>99</sup>** **GRIMM'S Pepperoni or Bites** 300-450 g

**STARTING AT 6<sup>99</sup>** **LOU'S Fully Cooked Entrées or Bacon** 375-400 g or **LIL' JUAN'S Mexican Style Entrées** 300-400 g

**6<sup>99</sup> /lb** **PANACHE Simple-Carve Ham** 15.41/kg

**NEW** **120 PTS** when you buy 2

**5<sup>99</sup>** **WHOLLY VEGGIE!** Cauliflower Wings Buffalo, Ranch, Hot Honey, Japanese Inspired BBQ or CHEF BOMBAY Indian Inspired Appetizers 240-375 g

**NEW** **260 PTS** when you buy 2

**12<sup>99</sup>** **COMPLIMENTS Traditional Beef Burgers** 850-907 g or TACO TRUCK Kits Crispy Chicken with Mexican Style Sauce or Crispy Pork with Chipotle & Lime Sauce 840 g Makes 12 Tacos!

**13<sup>99</sup>** **PINTY'S Eatwell Gluten Free Breaded Chicken Burgers, Strips or Nuggets** 765-790 g

**value size** **16<sup>99</sup>** **POGO Minis** 32 pk, Original 20 pk or Value Size 960 g-1.5 kg

**GET TO FREE GROCERIES FASTER**

when you join your Sobeys membership card and pay with your Scotiabank Scotia Visa Card

**100 pts** on every \$10 spent

**100 pts** = \$10 in groceries

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

\$10 in groceries. Sobeys points redeemed at any participating Empire location must be redeemed in increments of 100. Total \$100 in every \$10 spent. On eligible everyday purchases. Excludes participating grocery stores. Other conditions apply. See full list of participating merchants across Canada at [sobeys.com/participatingstores](http://sobeys.com/participatingstores). Visa Inc. Licensed user.





# Everyone deserves more reasons to eat bacon



**150 PTS**  
when you buy 2

**5<sup>99</sup>**

COMPLIMENTS Turkey Bacon 375 g



**100 PTS**  
when you buy 2

**5<sup>99</sup>**

COMPLIMENTS Bacon 375 g



**100 PTS**  
when you buy 2

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

COMPLIMENTS Bacon Rounds 375 g



**BUY MORE SAVE MORE**

**value size**

**13<sup>99</sup>**  
ea when you buy 2 or more

COMPLIMENTS Thick Cut Bacon 1 kg 15.99 ea



# seafood

**COMPLIMENTS** Crab or Lobster-Flavoured Alaskan Pollock 227 g

**150 PTS** when you buy 2

**2.99**

**MUSSEL KING** Whole Cooked PEI Mussels frozen 454 g or Bacon Wrapped Scallops Skewer 100 g previously frozen

**5.99**

**2.49** /100 g

Yellowfin Tuna Steaks previously frozen or frozen product of Vietnam

**300 PTS** when you buy 2

**25% off**

COMPLIMENTS Hokkaido, Bay or Sea Scallops 340-400 g

**1.99** /100 g

Fresh Wild Pacific Rockfish Fillets product of British Columbia subject to availability

**1.75** /100 g

MRS. FRIDAY'S Crab-Style Crab Cakes 65 g previously frozen or 8 pk frozen for \$12.99

**100 PTS** when you buy 1

**9.99**

COMPLIMENTS Smoked Steelhead, Atlantic Salmon or Gravlax 150 g

**9.99**

EARLS Restaurant Clam Chowder frozen 550 mL

**11.99**

IFC Coldwater Cooked Shrimp 150-250 ct. 350 g

**100 PTS** when you buy 1

**\$12**

BEST BUY BREADED POPCORN SHRIMP or SQUID RINGS 800 g

**13.99**

WATERVIEW MARKET Lemon Garlic Shrimp & Pasta 907 g or Shrimp Lo Mein Meal Kits 877 g

**9.99**

HIGH LINER Wild Pacific Salmon Fillets 400 g or AQUA STAR Wild Pacific Salmon Fillet 567 g product of USA

# bakery

**7.99** SAVE 80¢

8.79 without Scene+ Card

Brownie Cakes 310-390 g

**BUY 4 GET 5TH FREE** of equal or lesser value

MIX & MATCH Small or Large Patisseries

**150 PTS** when you buy 1

**18.99**

ELITE SWEETS Cakes 700 g

**BUY MORE SAVE MORE**

**6.99** ea when you buy 2 or more

TASTY SELECTIONS Bundt Cake 500 g 7.99 ea

**BAKED IN STORE**

**75 PTS** when you buy 2

**3.99**

Strudel Fingers 228 g

**9.99**

TOP DESSERT Carrot or Banana Cake 485 g

**BAKED IN STORE**

**100 PTS** when you buy 2

**6.49**

100% Butter Danish 4 pk. 420 g

**LIMITED TIME ONLY**

**9.49**

TABLE TALK Apple Caramel or Apple Cranberry Pie 625 g

**4.99**

STUYVER'S Ciabatta or Portuguese Buns 4 pk 340-400 g

**BAKED IN STORE**

**3.99**

Focaccia Breads 315-365 g

**BAKED IN STORE**

**4.29**

Butter Crust, Dutch Crunch, Soft Italia or Sesame Seed Topped Bread 450 g

Sign up for our E-Flyer & **SAVE \$5** off your next purchase of \$40 or more!  
[www.sobeys.com/getflyer](http://www.sobeys.com/getflyer) or [www.safeway.ca/getflyer](http://www.safeway.ca/getflyer)





# PROTEIN PACKED MEALS WITH BEYOND.

Cooks and grills like meat.

## INTRODUCING BEYOND STEAK®

7<sup>99</sup>

BEYOND STEAK  
Plant-Based Seared  
Tips 226 g

NEW



24 g OF PROTEIN\*

\*Per 100 g serving



6<sup>99</sup>

BEYOND CHICKEN Plant-Based Breaded Tenders 226 g, BEYOND BREAKFAST SAUSAGE Plant-Based Links 8 pk 235 g or BEYOND BURGER Plant-Based Burgers 2 pk 226 g



7<sup>99</sup>

BEYOND BEEF Plant-Based Ground 340 g or BEYOND SAUSAGE Plant-Based Links mild or hot Italian 4 pk 400 g

18<sup>99</sup>

BEYOND BURGER Plant-Based Burgers 6 pk 678 g

\*†Than the average leading brands of Hot/Mild Italian Sausage



# Pizza & Wings Halloween meal deal.

READY  
FOR  
YOU



149  
ea.

PLUS add one  
1-litre  
Coca-Cola  
product

500 PTS  
when you buy  
Pizza & Wings

That's like  
\$5  
toward your  
groceries

**BUY 1**  
14" Take & Bake Pizza  
**& GET**  
Wings  
for only  
**\$12** /lb



Get **250 PTS**  
When you buy  
200 g or more  
Ready for you Meal Kits  
Value Sized or Individual Sized  
Chilled Meals



READY  
FOR  
YOU

17.99

Charcuterie  
Boards  
400-500 g



Scene  
**MEMBER  
PRICING**  
5.99  
SAVE \$1  
6.99 without  
Scene's  
Card  
COMPLIMENTS Sliced  
Cheese 150-170 g

50 PTS  
when you buy 1  
9.99  
PILLER'S Family  
Size Pepperoni  
Toppings 400 g

3.79  
/100 g  
SCHNEIDERS Ham,  
Summer Sausage or  
Thuringer Sausage

100%  
**FRESH**  
GUARANTEE

**GUARANTEED FRESH  
OR YOUR MONEY BACK**

If you buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can present the product and/or receipt and we will provide you with the appropriate reimbursement. Restrictions apply, see [www.sobeys.com/value-flyer](http://www.sobeys.com/value-flyer) or [www.safeway.ca/value-flyer](http://www.safeway.ca/value-flyer) for details.

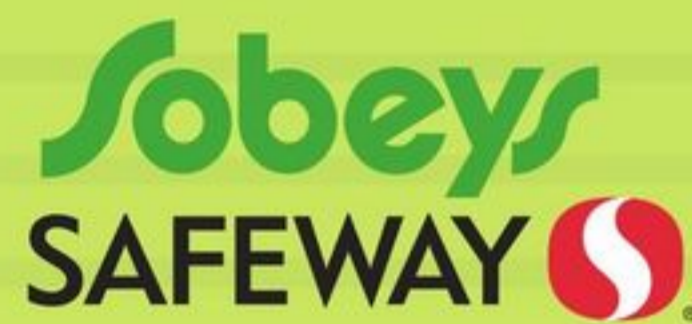




# Local gems you'll love.

## Proudly supporting Western Canadians

Our partnership with Venturepark Labs, a non-profit organization that helps consumer goods brands grow, is propelling the future of local entrepreneurs and paving the way for homegrown brands. We support diverse-owned businesses on our shelves. Here are a few local products you can find close to home.



Helping aspiring food entrepreneurs take their innovative ideas to market. For details visit [ventureparklabs.ca](http://ventureparklabs.ca)



## Meet Ian Gladue, founder of Mitsoh

A current Cohort 18 member and originally from Bigstone Cree Nation, Ian Gladue founded Mitsoh in 2018 to share traditional Indigenous foods with the world. Mitsoh uses local ingredients bringing pemmican to prairie store shelves.



MITSOH Pemmican Strips selected 23 g



# dairy & frozen

**100 PTS** when you buy 2

**5.99** LIBERTÉ Kefir 1 L

**5/\$5** YOPLAIT Yop Drinkable Yogurt 200 mL

**7.49** YOPLAIT Source 16 pk or LIBERTÉ Greek Yogurt 900 g-1 kg

**3.99** **SAVE \$1** without Scene+ Card  
SHEPHERD GOURMET SKYR Icelandic Style Yogurt 500 g

**100 PTS** when you buy 2

**5.49** KRAFT PHILADELPHIA Dips 340 g

**1.99** LUCERNE Chocolate Milk 750 mL

**6.99** PARKAY Margarine Quarters 1.36 kg or Soft Tub 1.28 kg or LACTANTIA Health Attitude Omega-3 or Olivina 850 g

**4.97** **200 PTS** when you buy 2  
PHILADELPHIA Cream Cheese 227-250 g selected varieties

**4.99** COMPLIMENTS Cozy Coop Large White Eggs 12 pk

**3.49** CRAVE Scramble Kit 57-85 g

**4.99** KOZY SHACK Pudding 6 pk

**200 PTS** when you buy 4  
**3.49** go when you buy 2 or more  
PILLSBURY Biscuits, Rolls, Pizza or Pie Crust 318-400 g, Cinnamon Rolls 351 g or Cookies 468 g (excludes seasonal) 3.99 ea

**3.99** CAVENDISH FARMS Quick Crisp Fries 650 g

**3.99** CAVENDISH FARMS Sun-On Riced Hash Browns 800 g

**4.69** TENDERFLAKE Pie or Tart Shells or Puff Pastry 255-397 g

**4.94** **100 PTS** when you buy 2  
HÄAGEN-DAZS Ice Cream 400-450 mL or Novelties 3-4 pk

**1.99** SWANSON Pies 200 g

**6.99** MCCAIN Regular Fries 1.5 kg

**14.99** MCCAIN Pizza Pockets 12 pk

**4.99** CRAVE or KD or SMART ONES Frozen Entrées 200-340 g

**1.99** SIMPLY PICKED SUPER SWEET CORN 300 g

**11.99** **150 PTS** when you buy 2  
P.F. CHANG'S or BERTOLLI Multi Serve Meals 624 g

**200 PTS** when you buy 2  
COMPLIMENTS Ice Cream Sandwiches selected 12 pk

**Here for your budget and lifestyle** **Compliments BEST BUY**

**50 PTS** when you buy 1  
**3.99** COMPLIMENTS Lemonade or Iced Tea 1.54 L

**50 PTS** when you buy 1  
**3.79** COMPLIMENTS Cheddar Flavour Slices 400 g

**50 PTS** when you buy 1  
**5.99** COMPLIMENTS Cottage Cheese 750 g

**100 PTS** when you buy 2  
**5.49** COMPLIMENTS Greek Yogurt 650 g

**6.99** COMPLIMENTS Mini Pizzas 8 pk

**99¢** COMPLIMENTS Frozen Punch 283 mL

**2.99** COMPLIMENTS Perogies 907 g

**3.49** BEST BUY FROZEN VEGETABLES PLUS  
WHOLE KERNEL CORN  
HARD EN GRAINS  
ENTRÉES



# drinks & snacks

**5<sup>99</sup>** ORVILLE REDENBACHER Microwave Popcorn 6-8 pk, 249-492 g or Gourmet Popping Corn 850 g

**2/\$8** STACY'S Pita Chips 208-227 g

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

**2/850** TOSTITOS Tortilla Chips 205-300 g

**2/\$4** GATORADE 710 mL

**150 PTS** when you buy 2 SODASTREAM Fountain Style 440 mL

**2<sup>99</sup>** MONSTER Energy Drinks 444-473 mL

**300 PTS** when you buy 2 COMPLIMENTS Soft Drinks or Sparkling Water 12x355 mL

**4<sup>49</sup>** HERSHEY'S Bagged Chocolate 160-290 g, EXCEL Bottle Gum or 5 Gum 35 pk

**120 PTS** when you buy 2 HARIBO Goldbears

**2/\$4** CADBURY King Size Bars 66-90 g or MARS Singles 30-57 g

**50 PTS** when you buy 2 NESTLE Juniors 65-112 g

**9<sup>99</sup>** RED ROSE Orange Pekoe Tea 216 pk

**9<sup>99</sup>** SUNRYPE Juice 3.78 L

**4<sup>99</sup>** NESTLE Carnation Hot Chocolate Envelopes 7-10x25 g

**200 PTS** when you buy 2 SUNRYPE Slim 1.36 L

**50 PTS** when you buy 2 DARE Breton or Vinta Crackers 135-225 g or Veggie Crisps 100 g

**3<sup>99</sup>** CHRISTIE Crispers or Ritz Chips Family 240 g, KELLOGG'S Cheez-It, Snap'D or Town House Crackers 213-391 g

**2/\$5** DARE Econo Cookies 280 g

**100 PTS** when you buy 2 COMPLIMENTS Cookies selected 300-350 g

**4<sup>49</sup>** ARNOTT'S Tim Tam Biscuits 175-200 g, LOTUS Biscoff 250 g or MCVITIE'S Cookies 300-400 g

**3<sup>99</sup>** CHRISTIE Mini Cookies 150-225 g 3.49 ea

**8<sup>99</sup>** KELLOGG'S Pop-Tarts 1.152 kg, Rice Krispies Squares 660 g or Special K Bars 500 g

**Here for your budget and lifestyle**  *panache*

**5<sup>99</sup>** **SAVE \$1** COMPLIMENTS Peanut Butter Bites 340 g or Milk or Dark Chocolate Covered Almonds or Milk Chocolate Covered Cashews 350-400 g

**100 PTS** when you buy 1 PANACHE Belgian Deluxe Biscuits Tin 650 g while supplies last

**4<sup>99</sup>** COMPLIMENTS Roasted Peanuts 700 g

**100 PTS** when you buy 2 COMPLIMENTS Potato Chips 200 g

**3<sup>49</sup>** COMPLIMENTS Soda Crackers 450 g

**250 PTS** when you buy 2 COMPLIMENTS Roast & Ground Coffee 300 g

**250 PTS** when you buy 2 COMPLIMENTS Coffee Pods 12 pk

**4/\$5** COMPLIMENTS Sparkling or Fizzy Flavoured or Unflavoured Water 503 mL-1 L





We all deserve great snacks!



100 PTS when you buy 1

COMPLIMENTS Milk Chocolate Toffee Hazelnuts 250 g while supplies last

High in / Elevé en  
Sat fat / Gras sat  
Sugars / Sucres



250 g



75 g

100 PTS when you buy 1

COMPLIMENTS Mixed Nuts with Truffle Flavouring 275 g while supplies last

value size

100 PTS when you buy 1

COMPLIMENTS Mixed Nuts assorted varieties 1.13 kg



value size · format valeur

compliments  
DELUXE MIXED NUTS  
40% CASHEWS  
NOIX MÉLANGÉES DE LUXE  
40 % DE NOIX DE CAJOU

1.13 kg

ADD SOME Panache

Add some sweetness to your everyday!

Panache

CHOCOLATE TRUFFLES  
TRUFFES AU CHOCOLAT

Sumptuous chocolate truffles dusted in premium cocoa

De somptueuses truffes au chocolat saupoudrées de cacao de première qualité



200 g

PHOTO ENLARGED · SUGGESTED SERVING  
PHOTO AGRANDIE · PRÉSENTATION SUGGÉRÉE

50 PTS when you buy 1

5.49

PANACHE Chocolate Truffles 200 g while supplies last



# meal makers

 <p><b>2<sup>99</sup></b> COMPLIMENTS Sauce 350 mL or Soy Sauce 450 mL selected varieties</p>	 <p><b>3<sup>99</sup></b> COMPLIMENTS Jasmine or Basmati Rice 900 g</p>	 <p><b>STARTING AT 6<sup>99</sup></b> SCHAR Bread or Buns 200-400 g</p>	 <p><b>3<sup>49</sup></b> DEMPSTER'S White or Whole Wheat Texas Toast, White or 100% Whole Wheat Bread 675 g or COMPLIMENTS Grain Bread 600 g</p>
 <p><b>4<sup>99</sup></b> GENERAL MILLS Cereal selected varieties 297-430 g</p>	 <p><b>3<sup>99</sup></b> COMPLIMENTS Granola 325 g or CREAM OF WHEAT 336-800 g</p>	 <p><b>5<sup>49</sup></b> SNACK PACK Pudding 12 pk</p>	 <p><b>100 PTS</b> when you buy 2 <b>4<sup>49</sup></b> JIF or ADAMS Peanut Butter 500 g</p>
 <p><b>3<sup>99</sup></b> CRISCO Shortening selected varieties 454 g or COMPLIMENTS Chocolate Chips 250-300 g</p>	 <p><b>20% off</b> COMPLIMENTS Baking Nuts 100 g selected (excludes pine nuts)</p>	 <p><b>100 PTS</b> when you buy 2 <b>5<sup>99</sup></b> E.D. SMITH Pure Pumpkin 796 mL</p>	 <p><b>4<sup>49</sup></b> BETTY CROCKER Cake, Cookie, Brownie or Bisquick Mix 263 g-1.13 kg or MRS. DASH Seasonings selected 70 g</p>
 <p><b>4<sup>99</sup></b> SPAM Luncheon Meat or HEREFORD Corned Beef 340 g</p>	 <p><b>4<sup>99</sup></b> CHOLULA Hot Salsa 150 mL or Salsa 325 mL</p>	 <p><b>50 PTS</b> when you buy 5 <b>49¢</b> COMPLIMENTS Instant Noodles 85 g</p>	 <p><b>100 PTS</b> when you buy 2 <b>2<sup>99</sup></b> COMPLIMENTS Ready To Eat Soup 540 mL</p>
 <p><b>1<sup>99</sup></b> ALLEN'S White Vinegar 1 L</p>	 <p><b>1<sup>69</sup></b> CLUB HOUSE French Fry Seasoning 25-27 g</p>	 <p><b>9<sup>99</sup></b> RAO'S Pasta Sauce 660-680 mL</p>	 <p><b>50 PTS</b> when you buy 2 <b>3<sup>29</sup></b> CATELLI Gluten Free or Supergreens Spaghetti 300-340 g</p>

# natural health

 <p><b>100 PTS</b> when you buy 2 <b>7<sup>49</sup></b> ELMHURST Plant-Based Beverages 946 mL, Creamers 473 mL or Sour Cream 227 mL</p>	 <p><b>50 PTS</b> when you buy 1 <b>5<sup>99</sup></b> KASHI ORGANIC or Go Lean Cereal 275-460 g or Granola 311-340 g</p>	 <p><b>100 PTS</b> when you buy 1 <b>8<sup>99</sup></b> CHOSEN FOODS Dressing 237 mL</p>	 <p><b>100 PTS</b> when you buy 2 <b>4<sup>49</sup></b> DAIYA Cheese Style shreds, slices or blocks 185-220 g</p>
 <p><b>19<sup>99</sup></b> or 1.79 ea <b>SAVE \$3</b> <b>22<sup>99</sup></b> without Scene* or 1.99 ea Card KIND Bars 12 x 40 g</p>	 <p><b>20% off</b> LEAN FIT Whey or Plant Protein Powders 715-875 g</p>	 <p><b>15% off</b> THE UNSCENTED COMPANY Laundry Detergent, Dish Soap, Hand Soap, Shampoo or Conditioners 465 mL-4 L, 3-30 pk</p>	 <p><b>2/\$8</b> EARTH'S OWN Beverages 1.75-1.89 L or Creamers 946 mL</p>
 <p><b>10<sup>99</sup></b> KICKING HORSE Ground Coffee 284 g</p>	 <p><b>2/\$7</b> SENSIBLE PORTIONS Chips or Straws 120-142 g</p>	 <p><b>3<sup>99</sup></b> MADE GOOD Bars, Minis or Rice Crisps 120-132 g</p>	 <p><b>2/\$5</b> GUAYAKI Beverages 458 mL</p>

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product of China 3.95/kg



**249**  
/lb

Indian Eggplant  
product of Dominican  
Republic 5.49/kg



**5/\$5**

Passion Fruit  
product of Colombia



NEW

**349**

CHALO Naan  
500 g



**1699**

QILLA Premium  
Basmati Rice 4.54 kg



**579**

AURORA  
Arborio Rice 750 g



**779**

HENGSTENBERG  
Knax Gherkins 1.5 L



**399**

HENGSTENBERG Red Cabbage  
720 mL selected varieties



**399**

HENGSTENBERG Mildessa  
Mild Wine Sauerkraut 796 mL



**699**

THAI KITCHEN  
Fish Sauce 200 mL



HAPPY  
**DIWALI**

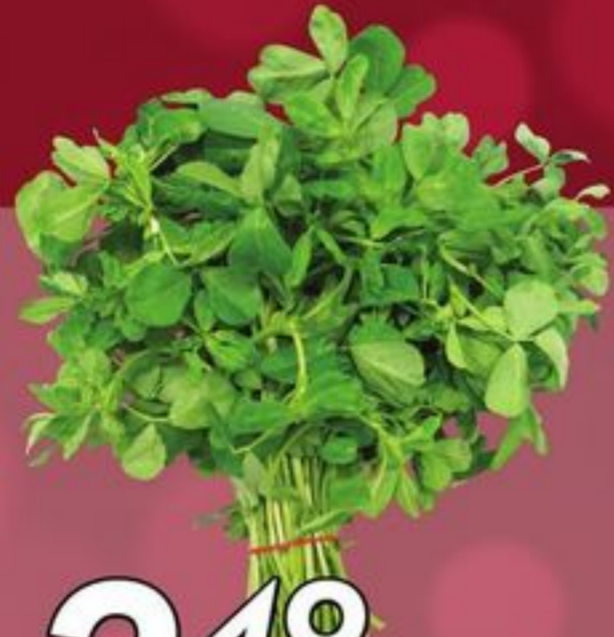
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for your festivities.



**16<sup>99</sup>**  
INDIA GATE Premium  
Basmati Rice 4.54 kg



**1<sup>99</sup>**  
/lb Long Squash  
product of Mexico  
4.39/kg



**2<sup>49</sup>**  
ea Methi  
product of USA or  
Mexico



**3<sup>49</sup>**  
NEW  
CHALO! Naan  
500 g



**19<sup>99</sup>**  
BRAR'S Desi Ghee  
800 g



**3<sup>99</sup>**  
THE SPICE TAILOR  
Meal Kits 215-375 mL



**49¢**  
MAGGI Masala Noodles  
70 g



**2<sup>49</sup>**  
FROOTI  
Mango Juice  
1 L



**1<sup>69</sup>**  
HALDIRAM Indian Snacks  
selected varieties 150 g



**1<sup>49</sup>**  
PARLE-G Biscuits  
300 g



**10<sup>99</sup>**  
TEA VALLEY Orange Pekoe Tea 685 g



**4<sup>99</sup>**  
KFI Butter Chicken  
Cooking Sauce  
selected varieties  
375-455 mL



**10<sup>99</sup>**  
BRAR'S Rasmalai,  
Kaisar Rasmalai or Mango  
Rasmalai 850 g



**8<sup>99</sup>**  
BRAR'S  
Milk Cake  
400 g



**6<sup>99</sup>**  
BRAR'S  
Gulab Jamun  
850 g



# home & pet care



**12<sup>99</sup>** PURINA Tidy Cats Cat Litter 2.72 L



**125** 20 when you buy 4 or more FANCY FEAST LI<sup>®</sup> Soups Broths or Pettes Singles 34-79.4 g 1.59 ea



**12<sup>99</sup>** PURINA ONE Smart Blend Dog Food 1.71-1.82 kg or Treats 566 g



**350 PTS** when you buy 10  
**10/10** COMPLIMENTS Wet Cat Food 156 g



**400 PTS** when you buy 2  
**14<sup>99</sup>** FINISH Dish Tabs 30-55 pk or Jet-Dry Rinse Aid 946 mL



**35<sup>99</sup>** TIDE Pods 85-112 pk or Power Pods 63 pk



**6<sup>99</sup>** DOWNY or GAIN Fabric Softener 1.31 L, DOWNY Infusions 946-960 mL or GAIN Flings! 16-32 pk



**10<sup>99</sup>** FLEECY Sheets 200 pk, Fabric Softener 3.5 L or PALMOLIVE Dish Soap 4.27 L



**200 PTS** when you buy 1  
**24<sup>99</sup>** SPONGE TOWELS 12=18 rolls



**400 PTS** when you buy 2  
**20<sup>99</sup>** CHARMIN Bathroom Tissue 12=48 rolls or BOUNTY Paper Towels 4-6 pk



**13<sup>99</sup>** ZIPLOC Mega Pack Storage Bags 60-270 pk



**100 PTS** when you buy 1  
**8<sup>29</sup>** COMPLIMENTS Waste Bags 90 L, 24-30 pk or Blue Recycling 20 pk

# health, beauty & baby



**25% off**  
DIAL Body Wash 473 mL, BLISTEX Lip Care 1 pk, SPEED STICK Deodorant 45-70 g or L'OREAL Kids or CAROL'S DAUGHTER Hair Care 265-355 mL selected



**20% off**  
L'ORÉAL Excellence Hair Colour 1 pk or MARC ANTHONY Hair Care 50-250 mL selected



**4<sup>99</sup>** LADY SPEED STICK 65 g or GARNIER Shampoo or Conditioner 354-370 mL or HERBAL ESSENCES Mousse 170-194 g selected



**300 PTS** when you buy 2  
**5<sup>99</sup>** LISTERINE Mouthwash 1 L selected



**200 PTS** when you buy 2  
**9<sup>49</sup>** U BY KOTEX Liners or Pads 28-129 pk selected



**50 PTS** when you buy 2  
**5<sup>49</sup>** SENSODYNE or PRONAMEL Toothpaste 75-100 mL selected



**400 PTS** when you buy 2  
**2/30** NATIVE Deodorant 75 g selected



**250 PTS** when you buy 2  
**15% off** GARNIER Skincare 50 mL selected



**26<sup>99</sup>** PAMPERS Super or HUGGIES Giga Diapers 38-120 pk



**400 PTS** when you buy 3  
**3<sup>49</sup>** NESTLÉ Gerber Snacks 42-155 g



**200 PTS** when you buy 2  
**6<sup>49</sup>** JOHNSON & JOHNSON Baby Care 400-600 mL or 632 g



**200 PTS** when you buy 2  
**3<sup>49</sup>** COMPLIMENTS Baby Wipes 64-72 pk 3.99 ea

# pharmacy

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



**500 PTS** when you buy 2  
**15% off** NEUTROGENA Acne Products selected



**300 PTS** when you buy 2  
**15% off** VISINE Eye Care 15 mL selected



**200 PTS** when you buy 2  
**15% off** VICK'S Dayquil or Nyquil 25.4 mL or 24 pk or Vaporub 190 mL\*



**250 PTS** when you buy 1  
**10% off** NICORETTE Gum or Lozenges 160-210 pk or Quickmist Duo†



**500 PTS** when you buy 2  
**15% off** ADVIL Pain Relief 40-150 pk\* or CHILDREN'S ADVIL Liquid 230 mL or Chews 40 pk\*



**100 PTS** when you buy 2  
**15% off** TIGER BALM Healing Ointment 18 g

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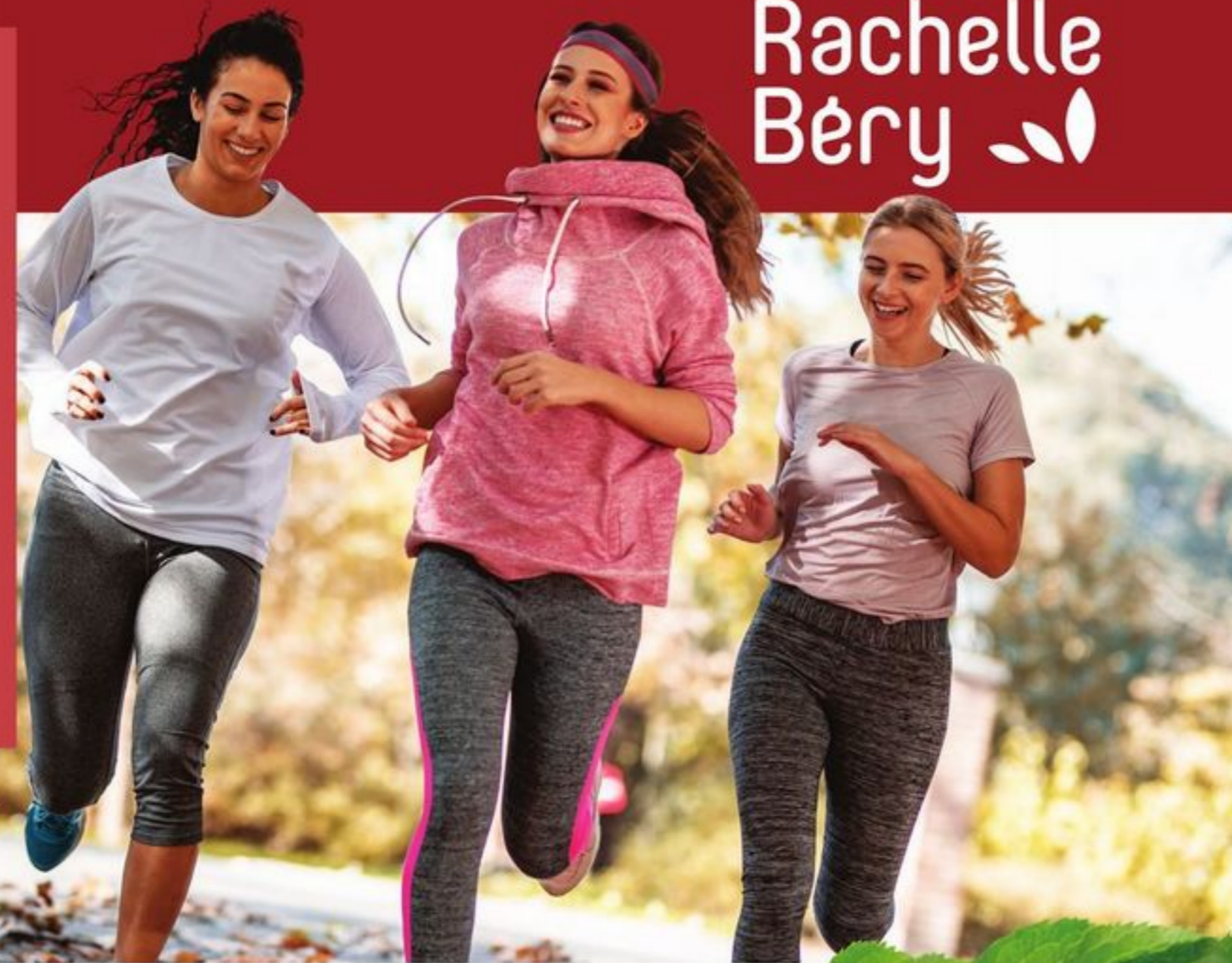
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wellness boutique



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GARDEN OF LIFE VITAMINS OR SUPPLEMENTS ASSORTED VARIETY 30-90 PK OR 58 ML

Get added benefits from sport hydration

Arm yourself for cold & flu season

**20% off**  
NATURE'S WAY SAMBUCUS GUMMIES 60 PK OR LIQUIDS 120 ML OR ZINC 60 PK

**150 PTS** when you buy 1

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NUUN VITAMINS OR ELECTROLYTES 10 PK

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**18.99**  
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**15% off**  
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