

100% **fresh** GUARANTEE\*  
Guaranteed fresh or your money back

# Sobeys

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

Fresh Pork Side Ribs breast bone removed 6.59/kg

**value size**

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

Fresh Lean Ground Beef 5 lb Tube 11.00/kg

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

Fresh Atlantic Salmon Fillets Family Size subject to availability 24.23/kg

**7<sup>99</sup>** /lb

STERLING SILVER Fresh Boneless Sirloin Tip Oven Roast or Family Size Marinating Steak cut by your meat expert from Canada AAA grade beef 17.61/kg

CHOOSE CANADIAN SEAFOOD

Dependent on Weather

From Ontario

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

Regular Pumpkins or Jumbo Pumpkins 3.99 ea product of Ontario

From Ontario

**99¢**

Seedless Cucumbers product of Ontario, Canada no 1 grade

**so local**

From Ontario

**7<sup>88</sup>** /lb

Honeycrisp Apples product of Ontario, Canada extra fancy 4.14/kg

Scene+ MEMBER PRICING

**50% off**

30% without off Scene+ Card

JAMIESON Vitamins or Supplements assorted variety

ROBIN HOOD or FIVE ROSES Flour 10 kg

**HOT PRICE 11<sup>97</sup>**

VILLAGGIO Bread 570-675 g or Buns 6-8 pk

**HOT PRICE 2<sup>49</sup>**

**HOT PRICE 3<sup>97</sup>**

KRAFT Singles 410 g

**HOT PRICE 4<sup>94</sup>**

NESTLÉ Premium Frozen Dessert or Real Dairy Ice Cream 1.5 L or Drumsticks or Selected Premium Novelties 4-12 pk

Scene+ SPEND & GET

SPEND \$125 OR MORE ON GROCERIES, GET **1000 PTS**

That's like \$10 toward your groceries

DON'T FORGET YOUR COUPON

Offer also available through mygroceryoffers.ca or on the Sobeys app

0 61925 86634 8

Valid Thursday, October 17 - Sunday, October 20, 2024

Offer valid October 17 to October 20, 2024 at all Sobeys locations in Ontario. Receive 1000 Scene+ points when you spend a minimum qualifying purchase of \$125 in a single transaction. No base Scene+ points earned. Printed or digital coupon and Scene+ digital or physical membership card must be presented. Spending \$125 or more awards only one 1000 Scene+ points allotment. Offer can be redeemed by flyer coupon or through My Grocery Offers. Offer excludes taxes and other goods and services which are non-discountable or excluded by law or as we determine from time to time. Limit of one basket builder offer per Scene+ membership card per day. Coupon has no cash value and cannot be combined with any other offers. 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 Offer subject to change and may be withdrawn without notice.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.

Prices and offers in effect October 2024

THU 17 | FRI 18 | SAT 19 | SUN 20 | MON 21 | TUE 22 | WED 23

**so many deals**

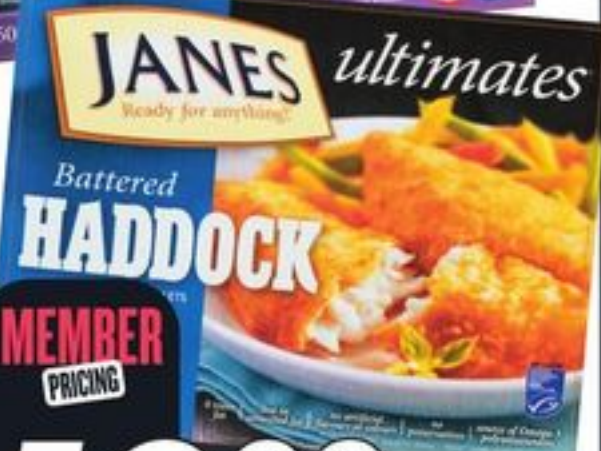
Scan here for our full digital flyer



# Scene+ MEMBER

## PRICING

Swipe your Scene+ Card and Save



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

SAVE \$2

**12<sup>99</sup>** without Scene+ Card  
JAMES Ultimates or Pan Sear selected 500-615 g



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

SAVE \$1

**3<sup>49</sup>** without Scene+ Card  
COMPLIMENTS ORGANIC Whole White or Cremini Mushrooms product of Canada 227 g

**10<sup>00</sup>**

**100**

MEMBER PRICING

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

SAVE \$7

**17<sup>99</sup>** without Scene+ Card  
HERSHEY Assorted Chocolate or Candy 100 pk

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



# Scene

## TURN POINTS INTO GROCERIES



400 PTS  
when you buy 3

### 6<sup>99</sup>

SCHNEIDERS Pepperettes, Bologna or Sausage Rings 300-500 g or MAPLE LEAF Fully Cooked Breakfast Sausages or Natural Shredded Chicken 250-300 g



300 PTS  
when you buy 2

### 9<sup>99</sup>

SUNRYPE Fruit Source Bars Variety Pack 12 pk



That's like \$5 toward your groceries

500 PTS  
when you buy 4

### 3<sup>99</sup>

PEARL MILLING COMPANY Pancake Mix 905 g or Syrup 710 mL



400 PTS  
when you buy 2

### 9<sup>99</sup>

COMPLIMENTS Honey 750 g-1 kg or Peanut Butter 2 kg



200 PTS  
when you buy 2

### 4<sup>79</sup>

SENSODYNE or PRONAMEL Toothpaste selected 75-100 mL

1000 Points = \$10 of free groceries



**BUY MORE SAVE MORE**  
**value size**  
**5.50**  
each when you buy 2 or more

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 starting at 5.99 ea

**11.99**  
PINTY'S Chicken Wings, Fillets, Chunks or Gluten Free Breaded Strips, Nuggets or Burgers 750-790 g

**4.49** /lb  
Fresh Boneless Pork Loin Centre and Rib Combo Chops 9.90/kg

**14.99** COMPLIMENTS NATURALLY SIMPLE Wild Pink Salmon, Cod or Haddock Fillets 908 g

**3.99** Romaine Hearts product of USA 3 pk

**4.99** 2 LB BAG Mandarins or Clementines 907 g product of South Africa

**7.99** BAKED IN STORE value size Cinnamon Buns 8 pk 630 g

**\$12** 200 PTS when you buy 1 BOTHWELL Cheese 540 g

**9.99** STARTING AT PILLER'S Family Size Pepperoni Topping 400 g or Club Packs or Sliced Deli Meats selected 350 g

**3.49** OLD DUTCH Potato Chips 235 g

**5.99** GAY LEA Butter 454 g (excludes sticks)

**6.99** 500 PTS when you buy 3 ROYALE Bathroom Tissue 12=24 rolls, Paper Towels 3=6 rolls or Facial Tissue 6 pk

**13.99** CADBURY Chocolate or MAYNARDS Candy 90 pk while supplies last

**4.97** KRAFT Salad Dressing 355 mL

**3.49** OIKOS Greek Yogurt 4 pk

**2/\$3** CLOVER LEAF Skipjack Light Tuna 170 g or Flavoured Tuna 85 g

**9.99** GAIN Laundry Detergent 2.6-2.72 L, Flings 31-35 pk, DOWNY or GAIN Beads 379 g, BOUNCE or GAIN Sheets 120-200 pk, DOWNY Softener 1.89-2.63 L or TIDE Simply 31-34 L

**Check for this symbol in store!**

**10.49** OLYMPIC ORGANIC Yogurt 1.75 kg

**27.88** value size FOLGERS Coffee K-Cup® Pods 48 pk, BEST BUY Coffee Pods 100 pk or COMPLIMENTS Coffee Pods 80 pk

**7.99** PEPPERIDGE FARM Family Size Goldfish Crackers 750 g or Snack Packs 22 pk or CHRISTIE Oreo Multipack 20 pk or Party Size 637-685 g

**10.99** COCA-COLA or PEPSI Soft Drinks 24x355 mL

**17.99** GATORADE Team Pack 24x591 mL

**9.97** CRACKER BARREL Cheese 740 g or Shreds 590 g or BLACK DIAMOND Cheese Strings 28 pk 588 g

**8.99** KELLOGG'S, GENERAL MILLS or POST Jumbo Cereal 700 g-1.3 kg

**12.99** 500 PTS when you buy 2 QUAKER Dips or Chewy Bars Club Pack 935-960 g

SPEND \$25 IN BOSTON PIZZA, PIZZA PIZZA OR KOBO GIFT CARDS AND GET A BONUS \$5 SOBEYS GIFT CARD

Offer valid during October 17 - 23, 2024. Sorry no rainchecks or price matching. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

PROUDLY CANADIAN **sobeys.com** Partners in Growth For every ton of paper used in the printing of this flyer, SJC's Partners in Growth program will contribute to the planting of a tree through Trees for Life Canada.

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# Cheers to great fall choices!



From Ontario

**\$1 off**  
STEAM WHISTLE Pilsner  
12x355 mL cans



**\$2 off**  
BUD LIGHT Lager  
30x355 mL cans



**50¢ off**  
PABST BLUE RIBBON  
5.9% 473 mL 4x6 pk



**\$1 off**  
TWISTED TEA  
Original 12x355 mL cans



**\$1 off**  
WHITE CLAW Tequila Smash  
8x355 mL



**\$1 off**  
COORS SELTZER  
Island Breeze Variety Pack  
12x355 mL cans



Scene  
**DIGITAL  
EXCLUSIVE**

# LOAD IT TO GET IT!

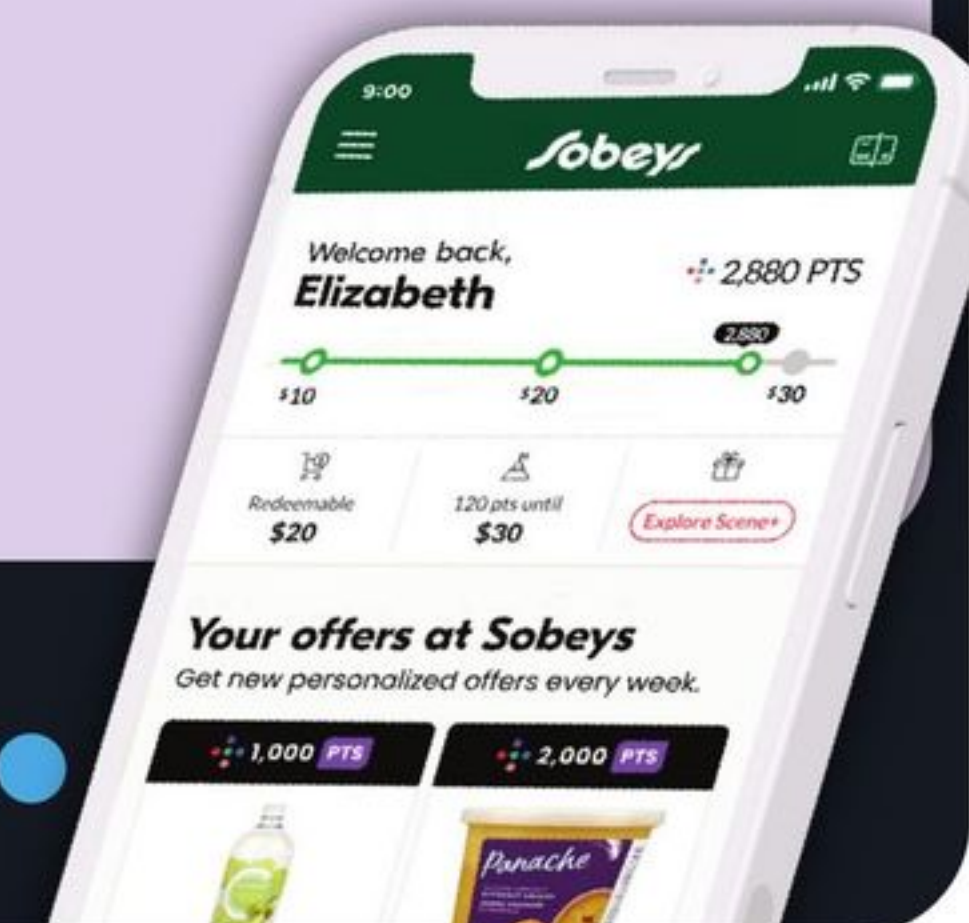
- 1 Download the Sobeys app
- 2 Load your offers to activate them
- 3 Shop and scan your Scene+ card

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

Activate your offers in the [Sobeys app](#) or at [MyGroceryOffers.ca](#)



EIGHT  
TREASURES  
Coconut Milk  
400 mL



Download on the  
**App Store**



GET IT ON  
**Google Play**

Offer valid October 17<sup>th</sup> to October 23<sup>rd</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.



# 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



**7.99**  
RICARDO Frozen Entrées 385-395 g



**22.99**  
RICARDO Cakes Chocolate or Vanilla & Strawberry frozen 600 g



Quebec-based celebrity chef Ricardo  
**Quality ready-to-cook meals**  
Available Exclusively at Sobeys Ontario

# so.local

Grown right here at home



From Ontario  
**1.49** /lb  
Local Apples Ambrosia, Cortland, Empire, Golden Delicious, McIntosh, Red Delicious or Spartan product of Ontario, Canada extra fancy grade 3.28/kg



From Ontario  
**4.49**  
COMPLIMENTS Ambrosia, Cortland, Empire, Gala, Macintosh, Spartan, Golden or Red Delicious Apples product of Ontario 1.36 kg 3 lb bag



From Ontario  
**1.29** /lb  
Assorted Squash product of Ontario 2.84/kg



From Ontario  
**1.99** /lb  
Fuji Apples product of Ontario, Canada extra fancy grade 4.39/kg



From Ontario  
**1.99** /lb  
Bartlett Pears product of Ontario, Canada extra fancy grade 4.39/kg



From Ontario  
**6.99**  
HIROS Cherry Tomatoes on the Vine product of Ontario 340 g  
100 PTS when you buy 2



From Ontario  
**4.99**  
COMPLIMENTS Potatoes product of Ontario 5 lb 2.27 kg  
75 PTS when you buy 2



**Guaranteed fresh or your money back**

## Fruity fresh...



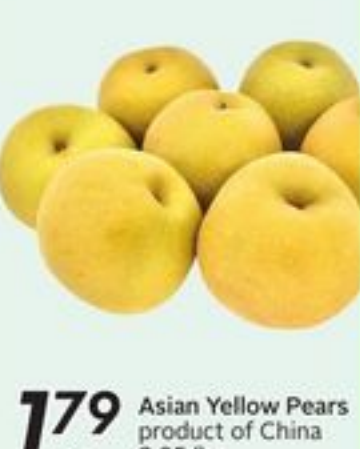
3 LB BAG  
**7.49**  
LIL SNAPPERS ORGANIC Apples Gala or Granny Smith product of USA extra fancy grade 1.36 kg



**1.99** /lb  
Navel Oranges product of South Africa 4.39/kg



1 LB  
**3.99**  
Strawberries product of USA or Mexico no 1 grade 454 g



**1.79** /lb  
Asian Yellow Pears product of China 3.95/kg



5.99 VALUE  
**FREE** Reusable Produce Bag with purchase of any 2 LOOP Smoothies 355 mL selected

## Veggie love...



5 PACK  
**3.49**  
Avocados product of Mexico 5 pk



From Ontario  
**2.29** /lb  
Red Cluster Tomatoes on the Vine product of Ontario 5.05/kg



ORGANIC 4.99  
**3.49**  
COMPLIMENTS Baby Spinach, Baby Arugula or Spring Mix product of Canada or USA or GREENBELT Organic Salad Blends product of Ontario 142 g



**2.99** /lb  
Broccoli product of Canada or USA 6.59/kg



From Ontario  
**99¢** /lb  
Bok Choy or Napa Cabbage product of Ontario 2.18/kg



From Canada  
**5.99** + 100 PTS when you buy 2  
COMPLIMENTS ORGANIC Portabella Mushroom Caps product of Canada 170 g



READY FOR YOU  
**25% off**  
BUY 1 GET 2nd off  
Prepared Daily Fruit and Yogurt Parfait Cups assorted sizes



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



From Ontario  
**2/\$8**  
Assorted Tropicals or Succulents 4"



From Ontario  
**12.99**  
Mini Gerbera 15-stem or Farm Fresh Bouquet



**\$20**  
Ecuadorian Rose Bouquet one dozen

## bulk



BUY MORE SAVE MORE  
**3.99** ea when you buy 2 or more  
COMPLIMENTS Candies selected 350-400 g 4.49 ea



**10.99**  
PLANTERS In-Shell Peanuts 2 kg

## floral



From Ontario  
**2/\$8**  
Assorted Tropicals or Succulents 4"



From Ontario  
**12.99**  
Mini Gerbera 15-stem or Farm Fresh Bouquet



**\$20**  
Ecuadorian Rose Bouquet one dozen

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



**So tender**  
**STERLING SILVER**  
**HAND-SELECTED AAA BEEF**  
 Well-marbled - Aged to perfection  
 Cut from Canada AAA Beef  
 Exclusive to Sobeys

**12<sup>99</sup>** /lb  
 STERLING SILVER Fresh Boneless Top Sirloin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Canada AAA grade beef 28.64/kg

**14<sup>99</sup>** /lb  
 Fresh Boneless Striploin Premium Oven Roast or Family Size Grilling Steak cut by your meat expert from Australia graded beef while supplies last 33.05/kg

**CERTIFIED TENDER**  
**TENDRETÉ CERTIFIÉE**

**100% fresh GUARANTEE**  
**Guaranteed fresh or your money back**

**200 PTS** when you buy 1 pkg  
**5<sup>99</sup>** /lb  
**PANACHE Flattened Chicken** Lemon Greek, Jerk or Portuguese 13.21/kg

**200 PTS** when you buy 1 pkg  
**COMPLIMENTS Fresh AIR-CHILLED Boneless Skinless Chicken Breasts** Family Size

**16<sup>99</sup>** /lb  
**Fresh Canadian Lamb Loin Chops** 37.46/kg

**200 PTS** when you spend \$20  
**5<sup>99</sup>** /lb  
**Fresh Pork Loin Back Ribs** Family Size cryovac 13.21/kg

**300 PTS** when you spend \$20  
**7<sup>99</sup>** /lb  
**Fresh Lean Ground Beef Burgers** Family Size 4 pk 17.61/kg

**300 PTS** when you spend \$20  
**5<sup>49</sup>**  
**OLYMEL Breakfast or Dinner Pork Sausages** 375-450 g

**STARTING AT 10<sup>49</sup>**  
**NOBLE PREMIUM BISON Cubes, Inside Round, Rib Eye, Striploin or Sirloin Steak** 226 g

**100 PTS** when you buy 2  
**11<sup>99</sup>**  
**FRESHSTONE Meal Kits** tex mex chicken, beef bulgogi or butter chicken entrées with rice 680 g

**100 PTS** when you buy 2  
**9<sup>99</sup>**  
**FRESHSTONE Rollees Supreme or Meat Lovers Pizza or Philly Cheesesteak** 540 g

**value size Big format Big value**

**6<sup>99</sup>** /lb **1000 PTS** when you buy 1  
**STERLING SILVER Fresh Whole Boneless Eye of Round** cryovac cut from Canada AAA grade beef 15.41/kg

**500 PTS** when you buy 1  
**3<sup>99</sup>** /lb  
**Pork Belly skin on frozen** 8.80/kg

That's like \$10 toward your groceries  
 That's like \$5 toward your groceries

Check for this symbol in store!

**quick & easy**

**6<sup>99</sup>**  
**LOU'S Quick-n-Easy Entrées or Applewood Smoked Bacon** 375-400 g or LIL' JUAN'S Mexican Style Entrées 300-400 g

**150** pts when you buy 2 or more  
**7<sup>50</sup>**  
**CARL BUDDIG Sliced Meats** 55 g 1.99 ea

**100 PTS** when you buy 2  
**7<sup>99</sup>**  
**FREYBE European Wieners, Ham Sticks or Mennonite Farmer Sausage** 375-500 g

**250 PTS** when you buy 2  
**7<sup>49</sup>**  
**OLYMEL Bacon** 375 g

**3<sup>99</sup>**  
**COMPLIMENTS Stuffed Chicken Cutlets** 284 g

**6** pts when you buy 2 or more  
**6<sup>99</sup>**  
**NOTCO Plant-Based Chickenless Nuggets or Burgers** 260-340 g 6.99 ea

**200 PTS** when you buy 2  
**14<sup>99</sup>**  
**COMPLIMENTS Shepherd's or Farmhouse Pie** 900 g or PANACHE Rich & Creamy Meat Lasagna 1.13 kg

**250 PTS** when you buy 2  
**14<sup>99</sup>**  
**BELMONT, CARDINAL Roadhouse Angus, ST LOUIS BAR & GRILL, JACK ASTOR'S Beef Burgers or COMPLIMENTS Burgers** selected varieties 680 g-1.02 kg

**GET TO FREE GROCERIES FASTER**  
 when you open your Scene membership card and pay with your Scotiabank Scene Visa Card. GET \$10 OFF EVERY \$1 SPENT. 1000 pts = \$10 in groceries.

©2023 Sobeys. \$10 in groceries. Scene points redeemed at any participating Empire location must be redeemed in increments of 1000. Scan Scene points for every \$1 spent. On eligible everyday purchases. Excludes participating grocery stores. Other conditions apply. See full list of participating merchants across Canada at Sobeys.com/participatingstores. Visa Inc. Licensed user.



# Choose Canadian Seafood!

We work hard to bring you quality Canadian Seafood from Coast-to-Coast. Explore our delicious offering to make tonight a seafood night.



CHOOSE CANADIAN SEAFOOD



**9.99**  
/lb

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



**11.99**

IFC Coldwater Cooked Shrimp 150-250 pk 340 g



**5.99**  
ea

Fresh Mussels product of Atlantic Canada 908 g



STARTING AT

**1.25**  
ea

FRESH CHOICE Oysters product of Canada subject to availability



# seafood



**100 PTS** when you buy 1  
**4.99** COMPLIMENTS Crab-Flavoured Seafood 454 g



**300 PTS** when you buy 2  
**25% off** COMPLIMENTS Bay, Atlantic or Hokkaido Scallops 340 g or PANACHE Bacon-Wrapped Scallops 250 g

**READY FOR YOU** Ready for you seafood.

**7.99** Jalapeno Poppers Stuffed with Imitation Crab & Seafood Stuffing 17.61/kg

**8.99** Stuffed Mushroom Caps with Imitation Crab & Seafood Stuffing 19.82/kg

**13.99** Fresh Atlantic Salmon Roasts with Apple Chipotle Flavoured Imitation Crab & Seafood Stuffing 30.84/kg

**5.99** Prepared In-store Cooked or Raw Garlic Shrimp Griller previously frozen 280 g or Imitation Crab Platter with Cocktail Sauce 450 g

**What a catch!** 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!



**100 PTS** when you buy 1  
**\$12** BEST BUY Breaded Popcorn Shrimp or Squid Rings 800 g



**8.99** ULTRA NATURAL Fair Trade Honduras Shrimp cooked or raw 300 g



**12.99** IFC Mahi-Mahi Portions 454 g

**Score! MEMBER** **11.99** SAVE \$3  
**14.99** without Scene+ Card COMPLIMENTS Cooked Shrimp in Bag with Cocktail Sauce 680 g



**100 PTS** when you buy 1  
**8.99** HIGH LINER Breaded or Battered Haddock or Pollock, Butterfly or Popcorn Shrimp, Chips & Fish or Fish Cakes 330-700 g



**9.99** EARLS Restaurant Clam Chowder frozen 550 mL or HIGH LINER Wild Pacific Salmon Fillets 400 g

# deli



**6.99** ILE DE FRANCE Petit Brie 125 g or KERRYGOLD Irish Reserve, Dubliner or Irish Blarney 198 g

**100 PTS** when you buy 400 g or more  
**20% off** FRICO Gouda mild, medium or spiced works out to 3.59/100 g or Smoked works out to 3.39/100 g

**100 PTS** when you buy 1  
**14.49** COMPLIMENTS Sliced Cheeses 440 g



**9.49** RABEL Queso Iberico, Cabra al Vino or Cabra al Romero 150 g

**100 PTS** when you buy 2  
**6.99** MARCANGELO Sliced Italian Deli Meats selected 100 g

**100 PTS** when you buy 2  
**3.99** LA BELLE BRETAGNE Pate selected 150 g



**BUY MORE SAVE MORE**  
**8.99** COOMBE CASTLE Dorset Drum, Irish Porter or Coastal Rugged Cheddar 200 g or ILCHESTER Applewood Smoked 150 g 9.99 ea

**SLICED FRESH**  
**200 PTS** when you buy 300 g or more  
**PANACHE** Ham, Turkey, Chicken or Beef selection varies by store

**SLICED FRESH**  
**50 PTS** when you buy 100 g or more  
**3.99** SAN DANIELE Prosciutto



**STARTING AT**  
**5.99** SOMETHING SPECIAL Gourmet Antipasto or Jelly selected 250-300 g

**SLICED FRESH**  
**STARTING AT**  
**3.79** /100 g MCLEAN Deli Meat selection varies by store

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



# kitchen

Scene<sup>®</sup> MEMBER **3.49** SAVE 30c  
 3.79 without Scene+ Card  
 COMPLIMENTS Dips or Hummus 227 g

**12.99** MAPLE LEAF Raised Without Antibiotics Chicken 900 g-1 kg

**2/\$8** COMPLIMENTS Snack Hummus or Tzatziki 4 pk Mini 228 g

**READY FOR YOU** This week's family meal deals.

**250 PTS** when you buy 1 family meal deal

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

**Feed a family of 4 for \$4.75 ea.**

**BUY 1** Whole Assorted Dagwood Sandwich 1.15 kg  
**+1** SUMMER FRESH Salad 750-800 g  
**for only 18.99**

**READY FOR YOU**

**100 PTS** when you buy 200 g or more

Ready for you Meal Kits Value Sized or Individual Sized Chilled Meals

**100 PTS** when you buy 1

RANA Meal and Pasta Kits 454-540 g

**100 PTS** when you buy 1

COMPLIMENTS Fresh Pasta or Sauce 350-360 g or 170-300 mL

# bakery

**11.49** MONSTER Cake 705 g

Scene<sup>®</sup> MEMBER **6.99** SAVE \$1  
 7.99 without Scene+ Card  
 Brownies 550-585 g

**200 PTS** when you buy 1  
**18.99** Cheesecake chocolate or chocolate caramel 6" 850-875 g

**5.99** All Butter Croissants or Pastries 4 pk 275-400 g

**100 PTS** when you buy 1  
**10.99** RICARDO Cookie Dough Chocolate Chip or Double Chocolate frozen 375 g

**8.99** Small Bar Cakes chocolate fudge or cookies'n cream or Snickers 460-540 g

**200 PTS** when you buy 2  
**6.99** Chocolate Iced Ring Donut 6 pk

**100 PTS** when you buy 2  
**5.99** Cookies assorted 10 pk 310 g

**100 PTS** when you buy 2  
**3.99** Hot Dog or Hamburger Buns 8 pk

**3.49** Bagels 4 pk 450 g

**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



# frozen & dairy

<p><b>100 PTS</b> when you buy 2</p> <p><b>4.99</b> COMPLIMENTS Orange Juice 1.54 L</p>	<p><b>5.99</b> GAY LEA Premium Butter 250 g</p>	<p><b>100 PTS</b> when you buy 2</p> <p><b>4.49</b> MCCAIN Breakfast Bowls 200 g</p>	<p><b>5.99</b> GREEN GIANT Veggie Tots or Fries 340-454 g</p>
<p><b>8.99</b> PHILADELPHIA Cream Cheese 450 g</p>	<p><b>6.99</b> STOK Cold Brew Coffee 1.42 L</p>	<p><b>4.49</b> MCCAIN Superfries 454-800 g</p>	<p><b>3/\$5</b> COMPLIMENTS Frozen Lemonade 283 mL</p>
<p><b>BUY MORE SAVE MORE</b></p> <p><b>3.49</b> JEL-L-O Refrigerated Pudding or Gels 4 pk or HERSHEY'S Refrigerated Pudding 4 pk 4.49 ea</p>	<p><b>4.99</b> GAY LEA Spreadable Butter 227 g or COMPLIMENTS 68% Vegetable Oil Margarine 850 g</p>	<p><b>6.49</b> MCCAIN Hashbrown Patties 20 pk</p>	<p><b>100 PTS</b> when you buy 2</p> <p><b>7.49</b> DR. OETKER The Good Baker Pizza 300-390 g, GIUSEPPE Easy Pizza 560-600 g or Tradizionale Pizza 385-415 g</p>
<p><b>200 PTS</b> when you buy 2</p> <p><b>7.49</b> STARBUCKS Coffee Creamer 828 mL</p>	<p><b>100 PTS</b> when you buy 2</p> <p><b>3.99</b> KRAFT Dips 227 g</p>	<p><b>100 PTS</b> when you buy 3</p> <p><b>4.99</b> HUNGRY-MAN XL Bowls 368-397 g</p>	<p><b>3.49</b> MCCAIN Pizza Pockets 3 pk</p>
<p><b>6.99</b> IÖGO Yogurt 16 pk</p>	<p><b>6.99</b> SIGGI'S Yogurt 650-750 g</p>	<p><b>3.49</b> PILLSBURY Toaster Strudel 326 g</p>	<p><b>3.49</b> MICHELINA'S Grande Entrées 454 g</p>
<p><b>3.99</b> YOPLAIT Minigo Yogurt 6 pk or Yogurt Tubes 8 pk</p>	<p><b>100 PTS</b> when you buy 2</p> <p><b>4.99</b> IÖGO Nano Drinkables 6x93 mL</p>	<p><b>50 PTS</b> when you buy 1</p> <p><b>5.99</b> RUSTICA Single Serve Pizza 360-382 g</p>	<p><b>8.99</b> CATARINA Mexican Snacks 320 g</p>

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

**100% MONEY-BACK GUARANTEE**

<p><b>50 PTS</b> when you buy 1</p> <p><b>3.79</b> COMPLIMENTS Cheddar Flavour Slices 400 g</p>	<p><b>4.49</b> COMPLIMENTS Cozy Coop Large White Eggs 12 pk</p>	<p><b>3/\$5</b> COMPLIMENTS Frozen Entrées selected 227-284 g</p>	<p><b>50 PTS</b> when you buy 1</p> <p><b>6.49</b> COMPLIMENTS Aerosol Whipped Cream 400 g</p>
<p><b>100 PTS</b> when you buy 2</p> <p><b>2.99</b> COMPLIMENTS Lemonade or Watermelon Beverage 1.75 L</p>	<p><b>100 PTS</b> when you buy 2</p> <p><b>4.99</b> COMPLIMENTS Cheese Sticks 210 g or Cheese Strings 8 pk or 168 g</p>	<p><b>500 PTS</b> toward your groceries</p> <p><b>5.99</b> COMPLIMENTS Classic Crust Pizza 437 g</p>	<p><b>100 PTS</b> when you buy 2</p> <p><b>2.99</b> COMPLIMENTS Frozen Waffles 8 pk, 280 g</p>

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# So spooky!

Trick or Treat



**19<sup>99</sup>**

HERSHEY Assorted Candy  
120 pk white  
supplies last



**4<sup>49</sup>**

HERSHEY  
Harry Potter  
Kisses 180 g



**100 PTS**  
when you buy 2

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

MARS Fun Size  
Assorted Chocolate  
50 pk white  
supplies last



**100 PTS**  
when you buy 2

**15<sup>99</sup>**

MARS Chocolate Bars  
Variety Pack 16 pk  
white supplies last



**100 PTS**  
when you buy 1

**11<sup>49</sup>**

NESTLÉ Assorted Minis  
50 pk white supplies last



FERRERO Kinder or  
Bueno Chocolate  
Minis 297-330 g  
white supplies last

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





# drinks & snacks

<p><b>3.49</b></p> <p>CHRISTIE Cookies selected 212-303 g or COMPLIMENTS Soda Crackers 450 g</p>	<p><b>10.99</b></p> <p>Laura Secord Hot Chocolate Pods 12 pk or VAN HOUTTE Coffee K-Cup® Pods 10-12 pk or STARBUCKS Instant Coffee 90 g</p>	<p><b>2/4.50</b></p> <p>ALLEN'S Juices or Drinks selected varieties 1 L</p>	<p><b>2/\$6</b></p> <p>DEL MONTE on Ice 1.89 L</p>
<p><b>3.99</b></p> <p>CHRISTIE Peek Freans 275-350 g or Dad's Cookies 300-320 g</p>	<p><b>3.99</b></p> <p>CHRISTIE Ritz Chips or Crispers Family Size 240 g</p>	<p><b>5.79</b></p> <p>FRITO-LAY Snacks 275-480 g</p>	<p><b>2/\$9</b></p> <p>MISS VICKIE'S Kettle Chips 190-200 g or DORITOS Tortilla Chips 210-280 g</p>
<p><b>2/\$3</b></p> <p>SPARKLING ICE Sparkling Water 503 mL or PEACE TEA 695 mL</p>	<p><b>2.99</b></p> <p>MONSTER, NOS, REIGN or FULL THROTTLE Energy Drinks 355-473 mL</p>	<p><b>2.50</b></p> <p>CADBURY Family Bars 95-100 g 2.99 ea</p>	<p><b>100 PTS</b> when you buy 2</p> <p>COMPLIMENTS Kettled Cooked Peanuts 275 g</p>
<p><b>2/\$5</b></p> <p>BAI Beverage 530 mL</p>	<p><b>7.49</b></p> <p>HERSHEY'S Halloween Chocolates or Candy 25 pk while supplies last or NESTLE Cellos 380-400 g</p>	<p><b>5.99</b></p> <p>KINDER Surprise 100 g while supplies last</p>	<p><b>6.99</b></p> <p>NATURE VALLEY Midsize or Trail Mix Granola Bars or BETTY CROCKER Fruit Gushers selected varieties 340-525 g</p>

**Love it. Or it's free.\***

\*For details, see COMPLIMENTS.ca

<p><b>200 PTS</b> when you buy 2</p> <p>COMPLIMENTS Snack Crackers 200-225 g, Rice Crackers 100 g or Jazz Crackers 200 g</p>	<p><b>50 PTS</b> when you buy 1</p> <p>COMPLIMENTS Solid Milk Halloween Chocolate Balls 250 g while supplies last</p>	<p><b>100 PTS</b> when you buy 2</p> <p>COMPLIMENTS Potato Chips Extraal Flavour 200 g</p>	<p><b>200 PTS</b> when you buy 2</p> <p>COMPLIMENTS Soft Drinks 12x355 mL</p>
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# natural health

<p><b>2/\$9</b></p> <p>POPCORNERS Popcorn 142 g</p>	<p><b>3.49</b></p> <p>KIJU Beverages 1 L or 4 pk</p>	<p><b>5.99</b> SAVE \$1</p> <p>MARY'S ORGANIC Crackers 155-184 g</p>
<p><b>30% off</b></p> <p>WEBBER NATURALS Vitamins and Supplements assorted varieties</p>	<p><b>5.49</b></p> <p>YOGI Tea 16 pk</p>	<p><b>9.99</b></p> <p>ATKINS Endulge Bars 5 pk</p>
<p><b>7.99</b></p> <p>WHOLLY VEGGIE! Plant-Based Mozza or Cheddar Sticks 250-283 g</p>	<p><b>9.99</b></p> <p>LUNDBERG Rice 907 g</p>	<p><b>5.99</b></p> <p>CHICKAPEA One Pot Pasta 198 g</p>
<p><b>5.79</b></p> <p>DAIYA Plant-Based Deluxe Cheezy Mac 300 g</p>		



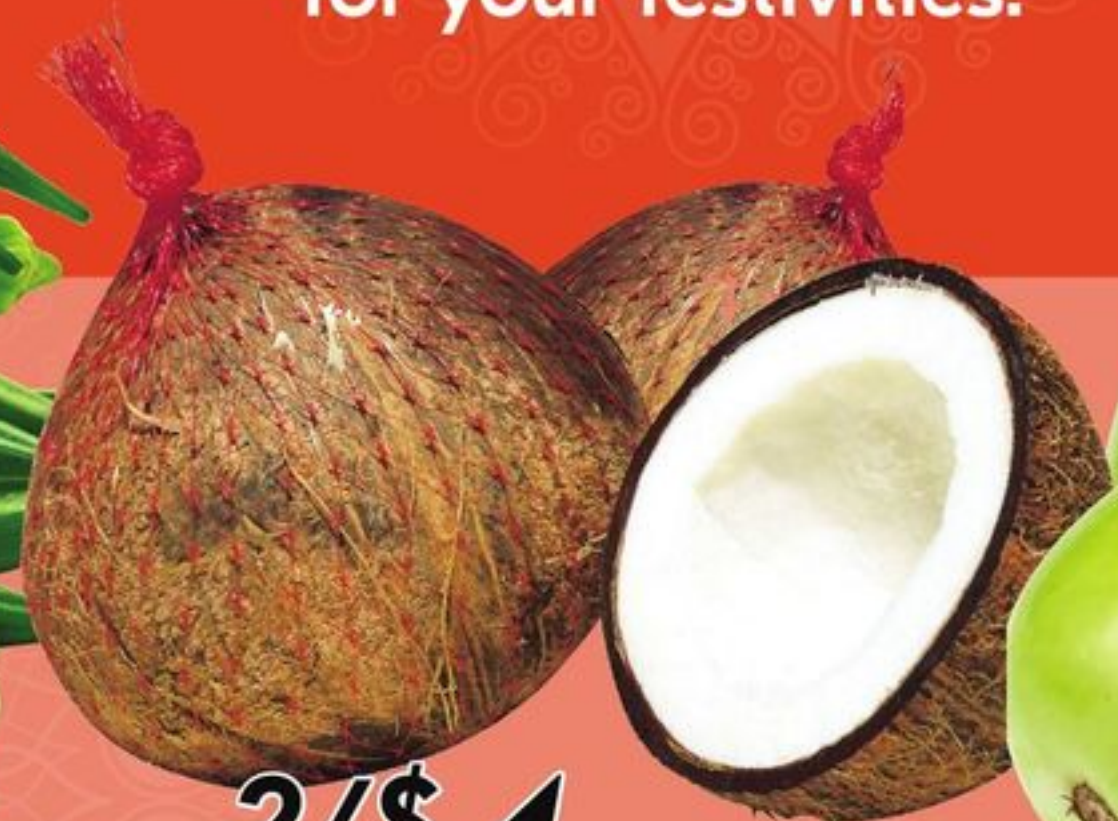


Celebrate  
**Diwali**

Find everything you need  
for your festivities.



**4.49**  
/lb  
Indian Okra  
product of Honduras  
or India 9.90/kg



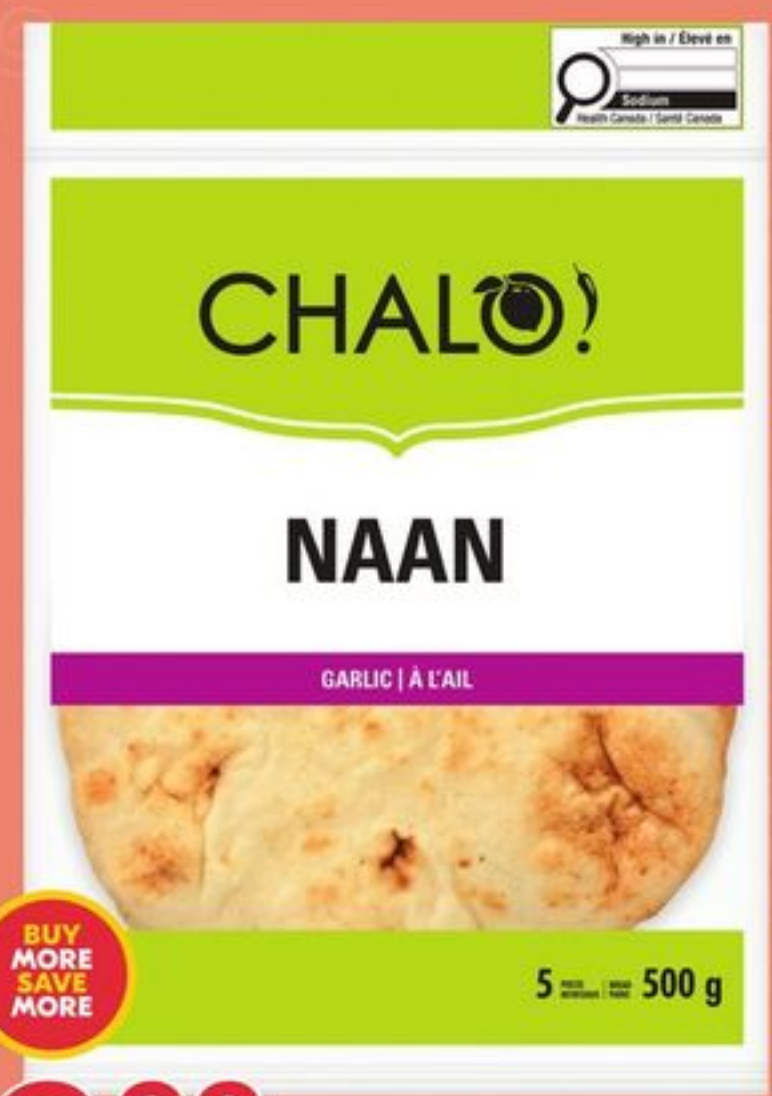
**2/\$4**  
Husk Coconuts  
product of Dominican  
Republic



**1.49**  
/lb  
Long Squash  
product of USA  
or Honduras  
3.28/kg



**16.99**  
INDIA GATE Basmati Rice  
4.54 kg



**2.99**  
ea when you  
buy 2 or more  
3.49 ea  
CHALO! Naan 500 g



**3/99¢**  
MAGGI Masala  
Noodles 70 g



**10.49**  
STARTING AT  
BRAR'S Rasmalai  
Frozen Dessert  
850-908 g



**2.29**  
FROOTI Juice  
Mango 1 L



**4.49**  
BESTROPICS  
Coconut Water 1 L



**2.99**  
SURATI Snacks  
250-341 g



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Asian Yellow Pears  
product of China  
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From Ontario  
**99¢** /lb  
Bok Choy or Napa  
Cabbage product of  
Ontario 2.18/kg



**749**  
THAI KITCHEN  
Coconut Milk  
160 mL



**599**  
KIKKOMAN Oyster  
Flavoured Sauce  
290 mL



**329**  
100 PTS  
when you buy 2  
SUNRISE Tofu  
Firm 500 g or  
Soyganic Xtra  
Firm 350 g



**499**  
THAI KITCHEN  
Curry Paste 112 g  
selected varieties



**599**  
KIKKOMAN  
Mirin Sauce  
291 mL



**429**  
RUBICON No Sugar  
Added Juice 1 L  
selected varieties



# meal makers

Scene MEMBER PICKS  
**769** without Scene+ Card  
**SAVE 30c**  
 COMPLIMENTS Coconut Milk regular or light 400 mL

**3.49** TILDA Ready to Heat Rice selected varieties 250 g

**15.99** BERIO Olive Oil 500 mL

**2.69** FRENCH'S Mustard 325 mL

**3.99** STAGG Chili 425 g

**4.99** FRENCH'S Worcestershire Sauce 295 mL

**4.29** CATELLI Pasta 900 g  
 +50 PTS when you buy 1

**5.99** PAM Cooking Sprays 113-170 g (excluding Non-GMO or ORGANIC)

**\$2** COMPLIMENTS Broth 900 mL  
 +100 PTS when you buy 3

**2.99** COMPLIMENTS Medium or Mild Salsa 430 mL or Refried Beans 398 mL  
 +100 PTS when you buy 2

**49¢** MR. NOODLES Instant Noodles 85 g

**2/\$7** CAMPBELL'S Chunky Soup 515 mL  
 +200 PTS when you buy 4

**4.99** CROSBY'S Molasses selected 675 g

**5.99** QUAKER Muffin or Cookie Mix 900 g or Oat Flour 700 g  
 +200 PTS when you buy 2

**6.49** CLUB HOUSE Seasoning Blends selected 65-248 g

**7.99** YELLOWSTONE Seasoning Blends 135-160 g  
 NEW

**9.99** BBQ PIT BOYS Seasonings selected 240-408 g

**2/\$8** QUAKER Harvest Crunch Cereal selected varieties 350-600 g  
 +200 PTS when you buy 2

**5.99** GENERAL MILLS Family Size Cheerios selected varieties 526-778 g

**4.99** DEL MONTE Canned Fruit 796 mL

**5.99** KRAFT Cheez Whiz 450 g

**9.99** COMPLIMENTS Strawberry or Raspberry Jam 1 L  
 value size +150 PTS when you buy 1

**4.99** DEMPSTER'S 10" Tortillas 366-610 g or Raisin Bread 600 g  
 +100 PTS when you buy 2

**2/\$5** HOSTESS Snacks 121-225 g  
 Cupcakes, Twinkies

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compliments Panache

**200 PTS** when you buy 2  
 COMPLIMENTS Canola Oil 946 mL

**500 PTS** when you buy 1  
 PANACHE Olive Oil 1 L

**75 PTS** when you buy 2  
**2/\$4** COMPLIMENTS Smoked Oysters or Mussels 85 g

**50 PTS** when you buy 2  
**2/2.98** COMPLIMENTS Tomato, Chicken Noodle, Cream of Mushroom or Vegetable Soup 284 mL

**100 PTS** when you buy 3  
**3/4.98** COMPLIMENTS Pudding Cups 4 pk

**20% off**  
 COMPLIMENTS Baking Nuts 400 g

**2.79** COMPLIMENTS Pure Pumpkin 398 mL

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*Paws-itively perfectly!*



**15<sup>99</sup>**

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1.36 kg



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SAVE MORE

**750**

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buy 4 or more

BEYOND  
Wet Cat  
Food Singles  
85 g 2.19 ea



100 PTS  
when you buy 1

**12<sup>99</sup>**

PURINA Tidy Cats  
Cat Litter 2.72 kg



BUY MORE  
SAVE MORE

**349**

ea when you  
buy 2 or more

FORTHGLADE Wet Dog  
Food 4.29 ea



BUY MORE  
SAVE MORE

**749**

ea when you  
buy 4 or more

SHEBA Bistro Wet Cat  
Food 75 g 1.79 ea



12  
PACK

**16<sup>99</sup>**

SHEBA Bistro  
Wet Cat Food  
12 pk

**15<sup>99</sup>**

LILY & JAX Dry  
Cat or Dog Food  
1.6-2 kg





# home & pet care

<p><b>5.49</b> MILK-BONE Biscuits Farmer's Medley, Dipped, Stacked or Celebration Biscuits 280-900 g</p>	<p><b>8.99</b> DENTALIFE Chews 439-595 g or PURINA Cat Chow 1.6-2 kg</p>	<p><b>18.99</b> ARM &amp; HAMMER Cat Litter selected 12.7 kg</p>	<p><b>\$1.74</b> <small>per 75 g when you buy 4 or more</small> SHEBA Bistro Wet Cat Food 75 g 1.79 ea</p>
<p><b>35.99</b> TIDE Pods 85-112 pk or Power Pods 63 pk</p>	<p><b>6.99</b> <small>+200 PTS when you buy 2</small> DAWN Powerwash Starter Kit 473 mL</p>	<p><b>12.99</b> <small>+300 PTS when you buy 2</small> FEBREZE Plug-Ins Dual Refills assorted 2 pk</p>	<p><b>11.49</b> <small>+250 PTS when you buy 2</small> FINISH Dish Tabs 21-30 pk, Dishwasher Cleaner 250 mL or Jet Dry 500-621 mL</p>
<p><b>15.99</b> <small>+200 PTS when you buy 2</small> CASHMERE Bathroom Tissue 12=36 Rolls or SPONGE TOWELS Ultra Choose-A-Size 6=9 Rolls</p>	<p><b>24.99</b> CHARMIN Bathroom Tissue 16=64 rolls or BOUNTY Paper Towel 6-8 Rolls</p>	<p><b>7.49</b> <small>+100 PTS when you buy 2</small> GLAD Tall Kitchen Catchers 26-52 pk or Compostable 10 pk</p>	<p><b>20% off</b> CANDLE-LITE Jar Candles 397-511 g while quantities last</p>

# health, beauty & baby

<p><b>STARTING AT 3.79</b> COLGATE Total or Crest Pro-Health Toothpaste or Toothbrushes 70-500 mL or 1-3 pk selected</p>	<p><b>5.49</b> ALWAYS Pads, Liners or TAMPAX Tampons 12-54 pk or LIVE CLEAN Hand Soap 400-500 mL selected</p>	<p><b>Get more for your little one</b> <i>Oh baby!</i></p>	
<p><b>6.99</b> <small>+100 PTS when you buy 2</small> SECRET or IVORY Deodorant 68-73 g selected</p>	<p><b>2/23.99</b> <small>+300 PTS when you buy 2</small> NATIVE Body Wash 532 mL or Hair Care 177-487 mL selected</p>	<p><b>62.99</b> <small>+300 PTS when you buy 1</small> ENFAMIL A+ Ready To Feed Formula 18x237 mL selected varieties</p>	<p><b>53.99</b> SIMILAC Pro-Advance Powder 837-859 g</p>
<p><b>6.49</b> OLAY Body Wash 364 mL or HEAD &amp; SHOULDERS or OLD SPICE Shampoo or Conditioner 315-400 mL selected</p>	<p><b>15% off</b> <small>+100 PTS when you buy 1</small> ST. IVES Skincare selected</p>	<p><b>1.99</b> <small>per 2.49 ea when you buy 3 or more</small> NESTLÉ Baby Purees 2.49 ea</p>	<p><b>15% off</b> <small>+300 PTS when you buy 2</small> HONEST CO. Baby Care or Wipes selected</p>
<p><b>350 PTS</b> <small>when you spend \$20 or more</small> COMPLIMENTS Baby Assortment Products</p>		<p><b>1.99</b> <small>per 2.49 ea when you buy 3 or more</small> NESTLÉ Baby Purees 2.49 ea</p>	

# pharmacy

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

<p><b>10% off</b> <small>+250 PTS when you buy 2</small> TYLENOL Pain Relief 40-200 pk or MOTRIN Muscle &amp; Body 40 pk selected*</p>	<p><b>10% off</b> <small>+200 PTS when you buy 2</small> ZARBEE'S Baby or Children's Cough Syrup 59 mL or 118 mL</p>	<p><b>19.99</b> <small>+300 PTS when you buy 2</small> POISE Pads or DEPEND Underwear selected</p>	<p><b>49.99</b> <small>+150 PTS when you buy 1</small> COLD-FX 150 pk or Extra Strength 100 pk</p>
<p><b>15% off</b> <small>+150 PTS when you buy 2</small> IMODIUM 20-24 pk selected</p>	<p><b>15% off</b> <small>+200 PTS when you buy 1</small> NEOCITRAN Cold or Flu Relief 10 pk*</p>	<p><b>Book your flu shot today</b></p> <p>360healthpharmacy.ca</p> <p>360Health   Sobey</p>	



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this fall**

Eat well, get active,  
practice mindfulness -  
and feel good!

Gluten- and  
soy-free;  
made in Canada

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

NAKED & SAUCY Natural Dressings 250 mL



**4<sup>49</sup>**

DAIYA Cheese Style Shreds, Slices or Blocks 170-227 g



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

DAIYA Thin Crust Pizza 346-550 g



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

KATZ Gluten-Free Donut Holes 170 g



**7<sup>99</sup>**

CARBONAUT Gluten-Free Bagels 335 g, Tortillas 210 g or Pizza Crust 164-216 g



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

CHICKAPEA Pasta 227 g



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

SIMPLY PROTEIN Chips



**7<sup>49</sup>**

SAVE DA SEA Plant-Based Salmon or Tuna 100 g



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

GREEN & BLACK'S Chocolate Bar 90 g



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

KICKING HORSE K-Cup® Pods 10-24 pk 11.99-24.99 ea



**2<sup>29</sup>**

ZEVIA Sodas 355 mL or 6 pk 6.99



**7<sup>49</sup>**

SANTA CRUZ 100% Juice 473 mL



**6<sup>49</sup>**

NATREL ORGANIC Milk 2 L or Cream 1 L 5.99 ea



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

MINOR FIGURES Barista Oat or Oat ORGANIC Milk 946 mL



Get **100 PTS** When you buy 1  
Get **300 PTS** When you buy 2

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

RIVIERA Kefir 946 mL or Greek Vegan Delights 500 g



Contains 50% more calcium per serving than dairy milk  
**2/\$5**

BLUE DIAMOND Almond Breeze 946 mL



Get **200 PTS** When you buy 1

EARTH'S OWN The Alt or Naked Oat Beverages 1.75 L or Oat Creamers 946 mL



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

OLYMPIC ORGANIC Greek Yogurt 650 g



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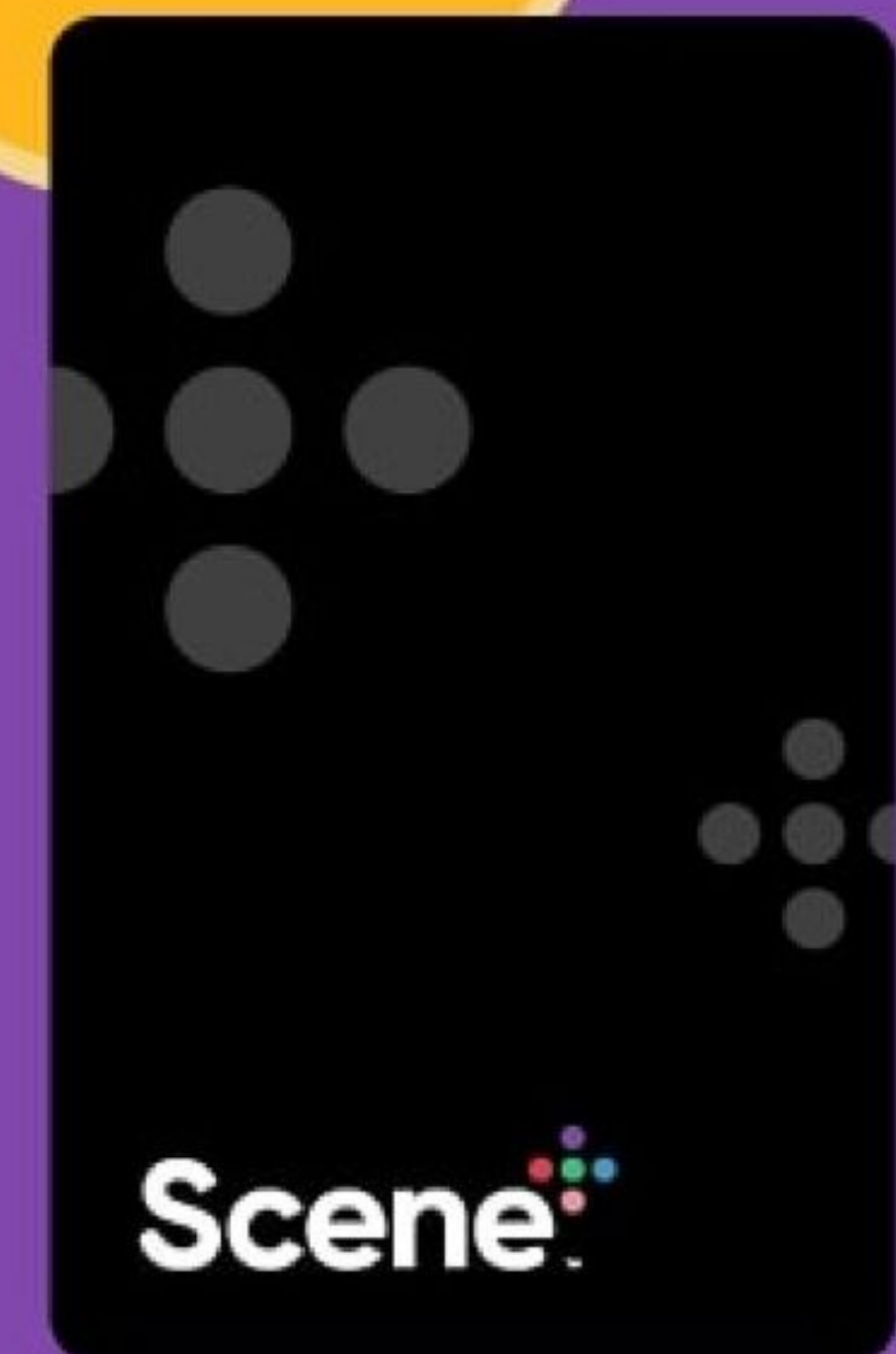
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