

100% fresh
GUARANTEE*
 Guaranteed fresh or
 your money back

Sobeys

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



19.99 **2KG**

PINEHILL Seasoned Boneless Skinless Chicken Breasts frozen 2 kg

Fresh Regular Ground Beef Family Size 11.00/kg

4.99 /lb



Fresh Atlantic Salmon Portions skin on plain or marinated product of Canada 113 g

\$3



2.99 /lb

Extra Large Black, Red or Green Seedless Grapes product of USA 6.59/kg

Cauliflower product of Canada or USA no 1 grade

4.99



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



KELLOGG'S Family Size Cereal selected 480-650 g

HOT PRICE

5.47



ARMSTRONG Cheese 400 g, Shreds 300-320 g, Sticks 210 g, Combos 180 g, Swirls 283-340 g or SAPUTO Mozzarellissima 500 g

HOT PRICE

4.77



GET UP TO 2,500 PTS There's like \$25 toward your groceries

SPEND \$50+

1st Shop GET 500 PTS
 2nd Shop GET 500 PTS
 3rd Shop GET 500 PTS

Shop 3 times and get a 1000 PTS bonus

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 31 - November 20, 2024 Newfoundland

THU 31 FRI 1 SAT 2 SUN 3 MON 4 TUE 5 WED 6

So many deals
 Scan here for our full digital flyer

NS_MER_P1410

Scene

MEMBER

PRICING

Swipe your Scene+ Card and Save



9⁹⁹

SAVE \$3

12⁹⁹ without Scene+ Card
SWISS CHALET or MONTANA'S
Pork Back Ribs 600-650 g



10⁹⁹

SAVE \$3

13⁹⁹ without Scene+ Card
HIGH LINER Signature Cuts or
Pan-Seared or Breaded or Battered
Premium Fish 425-540 g



2⁹⁹

SAVE 50c

3⁴⁹ without Scene+ Card
NATURE VALLEY Sweet &
Salty Bars or Selected Varieties
125-226 g



4⁴⁴

SAVE \$1

5⁴⁴ without Scene+ Card
COMPLIMENTS Frozen Fruit
300-600 g

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



SPY_00027601414_NS_MER_P1410

Scene

TURN POINTS INTO GROCERIES



400 PTS when you buy 4

\$5

ASIAN INSPIRATIONS or WONG WING Entrées, Spring Rolls or Egg Rolls 360-680 g



100 PTS when you buy 2

3.99

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

6.49

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 24/24 to Oct 31, 2024.

compliments
BEEF LASAGNA
LASAGNE AU BOUF

StHubert
POULET
CHICKEN

Johnsonville
WILD ITALIAN SAUSAGE MEAT
SAUSAGE ITALIENNE SAUCE

BUY MORE SAVE MORE
5.50
no when you buy 2 or more

COMPLIMENTS Lean Ground Pork, 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

7.99
ST-HUBERT, SWISS CHALET or MONTANA'S Frozen Meat Pies or COMPLIMENTS Lasagna, Mac & Cheese or Chili 470 g-1 kg

9.99 /lb
Fresh Boneless Top Sirloin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Canada AA or USDA Choice grade beef while supplies last 22.02/kg

BUY 1 GET 1 FREE
*of equal or lesser value

MARINA DEL REY Raw Argentinian Shrimp 20-40 ct per lb peeled and deveined or Shrimp Meat 300 g

7.99
Wonderful Pistachios no shell selected 155-170 g

3.49 /lb
Honeycrisp Apples product of Atlantic Canada, Canada extra fancy grade 7.69/kg

3.99
Small Crusty Buns 12 pk 725 g

5.99
BOURSIN 150 g or Cuisine 220 g

100 PFB when you buy 2

5.99
COMPLIMENTS Natural Ingredients Sliced Meats selected 175 g

4.25
CRACKER BARREL Cheese Slices 200-240 g or Snacks 168 g

5.49
COMPLIMENTS Salted Butter 454 g

3.49
SILK Beverages assorted varieties 1.75-1.89 L

2/\$8
COCA-COLA or PEPSI Soft Drinks 6x710 mL

9.99
MAXWELL HOUSE Coffee 631-925 g or STARBUCKS Coffee 340 g, Pods 10 pk, Instant 90 g or Cold Brew 946 mL

UP TO 40% off
JAMIESON Vitamins and Supplements assorted variety

10.97
KRAFT Peanut Butter 2 kg or BEE-MAID Liquid Honey 1 kg

3.99
OIKOS Greek Style Yogurt 4 pk

2/\$5
LECLERC Celebration Cookies 240-350 g or VACHON Snacks 248-336 g

11.99
CASHMERE Bathroom Tissue 24-48 or 12-48 rolls, SPONGE TOWELS 6-12 rolls or SCOTTIES Facial Tissue 12 pk

19.99
TIDE Laundry Detergent 3.9 L, Pods 45-76 pk, GAIN Flings 76 pk or IVORY SNAW 3.1 L or Pods 45 pk

STARTING AT 3.99
CREST 3D White or Prohealth Toothpaste 63-120 mL or ORAL-B Toothbrushes 1-2 pk, O-LAY 364 mL or IVORY 621 mL, Body Wash, SECRET or OLD SPICE Deodorant 45-96 g or PANTENE Hair Care 170-355 mL or 187-200 g selected

150 PFB when you buy 2

*Card must be registered. Offer valid and available to be loaded from October 31st to November 20th 2024, at all Sobeys locations within Newfoundland. Minimum \$50 spend must be made in a single transaction. Limit [1] 500 points per transaction, and three [3] total allowances on three [3] separate transactions. 1000 points bonus to be awarded within 4 weeks of the end of the offer period and qualifying purchases must be made on different days. Digital Offer has no cash value and cannot be combined with any other 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. Offer cannot be combined with other minimum spend/receive offer(s). SCENE is a registered digital or physical card must be presented. Visit <https://www.sobeyplus.ca/terms-and-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Sobeys Plus P Corporation used under license by Sobeys Capital Incorporated.

It is our intention to have every advertised item in stock for all customers, so we reserve the right to limit quantities to reasonable family requirements while supplies last. We regret we are unable to provide large quantities to retail outlets. Occasionally an item may not be available due to unforeseen difficulties. In such cases, we'll leave you a rain check so you may buy the item at the advertised price when it becomes available, or if you prefer, we'll offer you a similar item at a comparable price. Text prevails for product size and type identification. We reserve the right to change the offer at any time without notice. Advertised prices do not include any applicable taxes or deposits, or 24 Hour locations, prices effective from 8 am Thursday morning until midnight Wednesday evening. The Sobeys Loyalty Program is available at all participating Sobeys locations within Newfoundland. No base Sobeys points earned. See weekly offers for current ways to earn Sobeys points. All weekly Sobeys offers exclude taxes, delivery charges, bill payments, service fees, event tickets, gift cards, fluid dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, MacCallum's Farm Horticulture, Starbucks products and services in select regions, prescription pharmacy services, liquor and alcoholic beverages, tobacco products, battery phone charging, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Redeem 1000 Sobeys points for \$10 towards your purchase up to a maximum of \$2000 Sobeys points \$2000 per day. For full Sobeys Terms & Conditions or to redeem your points, visit <https://www.sobeyplus.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Sobeys Plus P Corporation used under license by Sobeys Capital Incorporated.

581_WK27_F06_ATL_NFLD



Shop online. Pick up at Sobeys.



\$45 off your groceries*

USE CODE: **VOILAFALL24**

Shop Now

*\$15 off your first three 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 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 app** or at **MyGroceryOffers.ca**

That's
like over
\$4
toward your
groceries



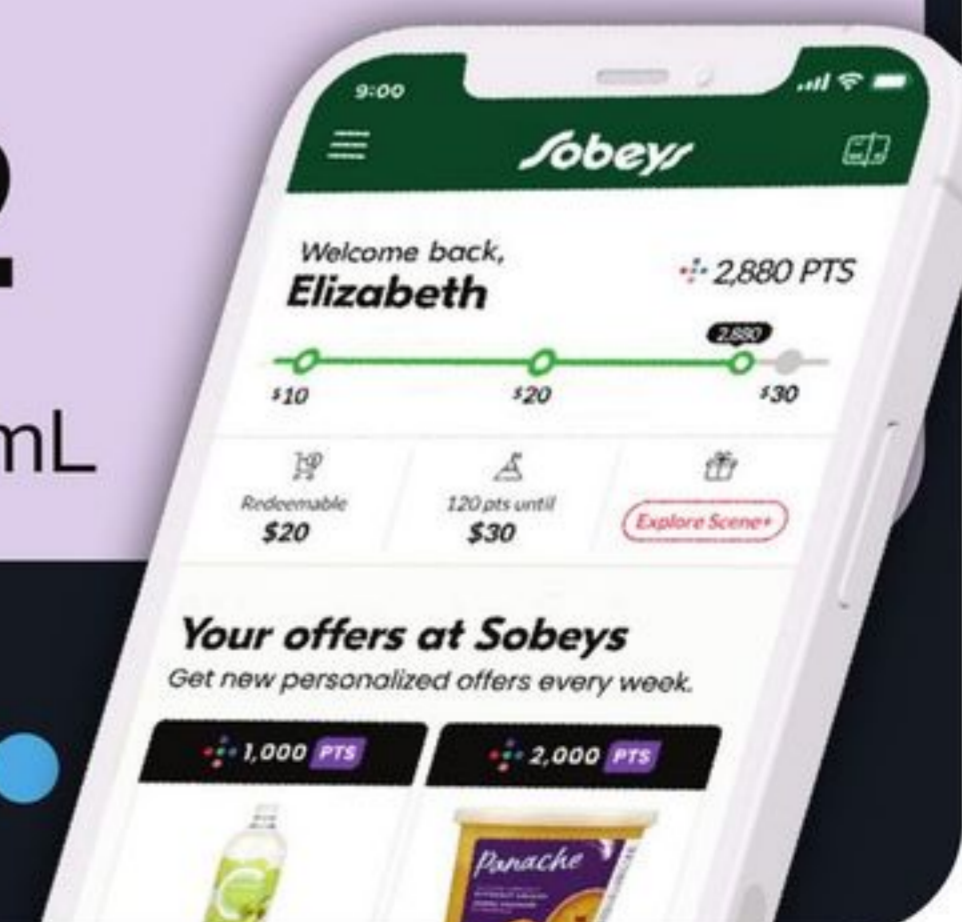
Get **250** PTS when you buy 3

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 31st to November 6th, 2024 at all Sobeys locations in Atlantic Canada. Minimum qualifying purchase must be made in a single transaction. No base Scene+ points earned. Offer must be loaded to a registered Scene+ card prior to purchase. Limit one digital offer per Scene+ membership card. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

Happy **Diwali**
Find everything you need for your festivities.

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

4.99
KFI Butter Chicken Cooking Sauce selected varieties 375-455 mL

2/\$6
Pomegranates product of USA

so.local
Grown right here at home

1.29 /lb
Turnips product of Atlantic Canada 2.84/kg

5.49
GOODLEAF Lettuce Blends product of Canada 113 g

3.99 3 LB BAG
COMPLIMENTS Carrots product of Atlantic Canada 3 lb 1.36 kg

4.49
COMPLIMENTS ORGANIC Button Mushrooms product of Canada 227 g

8.49 3L
Bartlett Pears product of Atlantic Canada, Canada extra fancy grade 3 L (product may not be exactly as shown)

2.99 /lb
Bartlett Pears product of Atlantic Canada, Canada extra fancy grade 6.59/kg

8.79 3 LB BAG
COMPLIMENTS Honeycrisp Apples product of Atlantic Canada, Canada extra fancy grade 1.36 kg

100% fresh GUARANTEE
Guaranteed fresh or your money back

Fruity fresh...

5.49 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

2.29 /lb
Sweet Potatoes product of Atlantic Canada 5.05/kg

3.49 ORGANIC 4.99
Iceberg Lettuce product of USA

5.99
Kiwi product of New Zealand 454 g

3.99
Cantaloupe product of Brazil

2.49
Methi product of Mexico

3.99
Celery product of USA

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

2.49 /lb
Navel Oranges product of South Africa 5.49/kg

7.49 3 PACK
Rainbow Peppers product of Canada or Mexico 3 pk

2/10
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

20% off
LITEHOUSE Dressings 591 mL

5.99
COMPLIMENTS Snack or Trail Mixes selected 400-500 g

5.99
BASSE Nut Mixes selected varieties 415 g

floral available at most stores

6.49
Frosty Fern 4" or Zygo "Christmas" Cactus 4"

7.99 100 PTS when you buy 1
Fleurette 4.5"

\$16
Rainbow Gerbera Bouquet 10-Stem

18.99
Rose & Alstroemeria Bouquet

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

Roast Royale!

Our **STERLING SILVER** Boneless Sirloin Tip Roast Royale is seasoned with Compliments steak spice and we add prime rib fat to self baste as it cooks for an easy family dinner. Simply remove the string and fat cap and slice accordingly.

READY FOR YOU

77⁹⁹ /lb **300 PTS** when you spend \$15 or more

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

8⁹⁹ /lb **STERLING SILVER** Fresh Boneless Sirloin Tip Oven Roast or Family Size Marinating Steak cut by your meat expert from Canada AAA grade beef 19.82/kg

19⁹⁹ /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

CERTIFIED TENDER TENDRE CERTIFIÉE

9⁹⁹ /lb **BUTTERBALL** Fresh Seasoned Raised Without Antibiotics Boneless Skinless Turkey Breast 22.02/kg

100 PTS when you buy 1 pkg

5⁴⁹ /lb **COUNTRY RIBBON** Fresh AIR-CHILLED Chicken Breast Halves Family Size 12.10/kg

100 PTS when you spend \$10 or more

4⁹⁹ /lb **Fresh Beef Liver** sliced 11.00/kg

300 PTS when you buy 2

5⁹⁹ **MAPLE LODGE FARMS** Chicken Sausages 375-500 g

12⁴⁹ **SUNGOLD** Lamb Tonight 284-375 g

5⁴⁹ **OLYME!** 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 Loin Back Ribs** cryovac

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

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

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

9⁹⁹ **LILYDALE** Oven Roasted Chicken or Turkey 300 g

350 **SCHNEIDERS** Lunch Mate Stackers or Adult Kits or **GREENFIELD** Kits 74-120 g selected 3.99 ea

STARTING AT 6⁹⁹ **LOU'S** Fully Cooked Entrées or Bacon 375-400 g or **LIL' JUAN'S** Mexican Style Entrées 300-400 g

6⁹⁹ /lb **PANACHE** Simple-Curve Ham 15.41/kg

120 PTS when you buy 2

5⁹⁹ **WHOLLY VEGGIE!** Cauliflower Wings Buffalo, Ranch, Hot Honey, Japanese Inspired BBQ or **CHEF BOMBAY** Indian Inspired Appetizers 240-375 g

12⁹⁹ **260 PTS** when you buy 2

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!

13⁹⁹ **PINTY'S** Eatwell Gluten Free Breaded Chicken Burgers, Strips or Nuggets 765-790 g

16⁹⁹ **POGO** Minis 32 pk, Original 20 pk or Value Size 960 g-15 kg

GET TO FREE GROCERIES FASTER when you open your Scene membership card and pay with your Scotiabank Scene Visa Card. **GET 100 PTS ON EVERY \$1 SPENT** **100 pts = \$10 in groceries**

©2020 Scotiabank. \$10 in groceries. Scene points redeemed at any participating Empire location must be redeemed in increments of 100. *See full list of participating merchants across Canada at Scotiabank.com/participatingmerchants. Visa Inc. Licensed user.



Everyone deserves more reasons to eat bacon



150 PTS
when you buy 2

5⁹⁹

COMPLIMENTS Turkey Bacon
375 g



5⁹⁹

COMPLIMENTS Bacon
375 g



100 PTS
when you buy 2

5⁴⁹

COMPLIMENTS Bacon Rounds
375 g



BUY MORE SAVE MORE

value size

13⁹⁹
ea when you buy 2 or more

COMPLIMENTS Thick Cut Bacon 1 kg
15.99 ea

Stay on top of your family's wellness this fall.

Make appointments for

- flu shots
- COVID immunizations
- shingles immunizations
- other immunizations

with the 360Health scheduler.



Click on Pharmacy
in your grocery app

[Book today](#)



seafood

COMPLIMENTS Crab or Lobster-Flavoured Alaskan Pollock 227 g

150 PTS when you buy 2

2.99

CHOOSE CANADIAN SEAFOOD

2.29 /lb

Fresh Mussels product of Atlantic Canada 5.05/kg

10.99 /lb

Yellowfin Tuna Steaks previously frozen or frozen product of Vietnam 24.23/kg

COMPLIMENTS Hokkaido, Bay or Sea Scallops 340-400 g

300 PTS when you buy 2

25% off

CHOOSE CANADIAN SEAFOOD

9.99 /lb

Wild North Atlantic Cod Fillets product of NEWFOUNDLAND Bay or previously frozen 22.02/kg

3.50 ea

Authentic Maryland Crab Cakes 120 g frozen or previously frozen or 2 pk of cakes for 7.00

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

100 PTS when you buy 1

10.99

9.99

EARLS Restaurant Clam Chowder frozen 550 mL

11.99

IFC Coldwater Cooked Shrimp 150-250 ct. 350 g

BEST BUY VALUE PLUS

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

6.99

IFC Seafood Appetizer Trio 312 g

bakery

Scene MEMBER

7.99 SAVE 80¢

8.79 without Scene Card

Brownie Cakes 310-390 g

MIX & MATCH

Small or Large Patisseries

BUY 4 GET 5TH FREE (of equal or lesser value)

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

75 PTS when you buy 2

4.99

Danish 4 pk 375 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 315-340 g

BAKED IN STORE

4.29

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

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



PROTEIN PACKED MEALS WITH BEYOND.

Cooks and grills like meat.

INTRODUCING BEYOND STEAK®

7⁹⁹

BEYOND STEAK
Plant-Based Seared
Tips 226 g

NEW



24 g OF PROTEIN*

*Per 100 g serving



6⁹⁹

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



7⁹⁹

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

18⁹⁹

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[®]
Card
COMPLIMENTS Sliced
Cheese 150-170 g

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

2.29
/100 g
MAPLE LEAF
Bologna
Bologna Big Stick



**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 for details.

So Local

Made right here
at home

Proudly supporting local since 1907

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.

Sobeys | VENTUREPARK LABS 

Helping aspiring food entrepreneurs take their innovative ideas to market. For details visit ventureparklabs.ca

Meet Cathy Munro, founder and farmer at Bramble Hill Farm

A current Cohort 17 member, Cathy Munro is the Founder and Farmer at Bramble Hill Farm, a commercial greenhouse operation in Pictou Co., N.S, established in 2017. Her passion to help connect people with their food sources and grow the freshest product available has led to the development of Micro Garden, a unique to market grow-your-own microgreens kit.



dairy & frozen

100 PTS when you buy 2
5.99 LIBERTE Kefir 1 L

5/\$5 YOPLAIT Yop Drinkable Yogurt 200 mL

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

3.99 without Scene+ Card
4.99 SHEPHERD GOURMET SKYR Icelandic Style Yogurt 500 g

100 PTS when you buy 2
5.49 KRAFT PHILADELPHIA Dips 340 g

2.49 Chocolate Milk 1 L brands vary by province

6.99 PARKAY Margarine Quarters 1.36 kg or LACTANTIA Healthy Altitude Omega-3 or Olivina 850 g

200 PTS when you buy 2
4.97 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 Hashbrowns 800 g

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

100 PTS when you buy 2
4.94 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 Frozen Vegetables 300 g

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

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

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 750 g

drinks & snacks

<p>5.99 ORVILLE REDENBACHER Microwave Popcorn 6-8 pk, 249-492 g or Gourmet Popping Corn 850 g</p>	<p>2/\$8 STACY'S Pita Chips 208-227 g</p>	<p>2/\$9 RUFFLES Potato Chips 180-200 g or MISS VICKIE'S Kettle Chips 190-200 g</p>	<p>2/8.50 TOSTITOS Tortilla Chips 205-300 g +200 PTS when you buy 2</p>
<p>2/\$4 GATORADE 710 mL</p>	<p>150 PTS when you buy 2 SODASTREAM Fountain Style 440 mL</p>	<p>100 PTS when you buy 2 2.99 MONSTER Energy Drinks 444-473 mL</p>	<p>300 PTS when you buy 2 BIG 8 Soft Drinks or COMPLIMENTS Sparkling Water 12x355 mL</p>
<p>4.49 HERSHEY'S Bagged Chocolate 160-290 g, EXCEL Bottle Gum or 5 Gum 35 pk</p>	<p>120 PTS when you buy 2 5.99 HARIBO Candy 284 g</p>	<p>2/\$4 CADBURY King Size Bars 66-90 g or MARS Singles 30-57 g</p>	<p>50 PTS when you buy 2 2/4.44 NESTLE Juniors 65-112 g</p>
<p>9.99 RED ROSE Orange Pekoe Tea 216 pk</p>	<p>5.49 KING COLE Orange Pekoe Tea Bags 30-60 pk or MORSE'S 72 pk</p>	<p>4.99 NESTLE Carnation Hot Chocolate Envelopes 7-10x25 g</p>	<p>200 PTS when you buy 2 4.49 SUNRYPE Slim 1.36 L</p>
<p>50 PTS when you buy 2 2.99 DARE Breton or Vinta Crackers 135-225 g or Veggie Crisps 100 g</p>	<p>3.99 CHRISTIE Crisps or Ritz Chips Family 240 g, KELLOGG'S Cheez-It, Snap'D or Town House Crackers 213-391 g</p>	<p>200 PTS when you buy 2 2/\$5 PURITY Cream Crisps Crackers 200 g</p>	<p>100 PTS when you buy 2 3.49 COMPLIMENTS Cookies selected 300-350 g</p>
<p>4.49 ARNOTT'S Tim Tam Biscuits 175-200 g, LOTUS Biscoff 250 g or MCVITIE'S Cookies 300-400 g</p>	<p>3.00 when you buy 2 or more CHRISTIE Mini Cookies 150-225 g 3.49 ea</p>	<p>8.99 KELLOGG'S Pop-Tarts 1.152 kg, Rice Krispies Squares 660 g or Special K Bars 500 g</p>	

Here for your budget and lifestyle Compliments Panache

<p>5.99 without scene+ Card 6.99 COMPLIMENTS Peanut Butter Bites 340 g or Milk or Dark Chocolate Covered Almonds or Milk Chocolate Covered Cashews 350-400 g</p>	<p>100 PTS when you buy 1 16.49 PANACHE Belgian Deluxe Biscuits Tin 650 g while supplies last</p>	<p>4.99 COMPLIMENTS Roasted Peanuts 700 g</p>	<p>100 PTS when you buy 2 COMPLIMENTS Potato Chips 200 g</p>
<p>100 PTS when you buy 2 3.49 COMPLIMENTS Soda Crackers 450 g</p>	<p>250 PTS when you buy 2 6.99 COMPLIMENTS Roast & Ground Coffee 300 g</p>	<p>250 PTS when you buy 2 6.99 COMPLIMENTS Coffee Pods 12 pk</p>	<p>4/\$5 COMPLIMENTS Sparkling or Fizzy Flavoured or Unflavoured Water 503 mL-1 L</p>



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
Sati 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>2⁹⁹ COMPLIMENTS Sauce 350 mL or Soya Sauce 450 mL selected varieties</p>	 <p>3⁹⁹ COMPLIMENTS Jasmine or Basmati Rice 900 g</p>	 <p>6⁹⁹ SCHAR Bread or Buns 200-400 g</p>	 <p>3⁴⁹ DEMPSTER'S White or Whole Wheat Bread 570-675 g or COMPLIMENTS Grain Bread 600 g</p>
 <p>4⁹⁹ GENERAL MILLS Cereal selected varieties 297-430 g</p>	 <p>3⁹⁹ COMPLIMENTS Granola 325 g or CREAM OF WHEAT 336-800 g</p>	 <p>5⁴⁹ SNACK PACK Pudding 12 pk</p>	 <p>4⁴⁹ JIF or ADAMS Peanut Butter 500 g</p>
 <p>3⁹⁹ CRISCO Shortening selected varieties 454 g or COMPLIMENTS Chocolate Chips 250-300 g</p>	 <p>20% off COMPLIMENTS Baking Nuts 100 g selected (excludes pine nuts)</p>	 <p>5⁹⁹ E.D. SMITH Pure Pumpkin 796 mL</p>	 <p>4⁴⁹ BETTY CROCKER Cake, Cookie, Brownie or Bisquick Mix 263 g-1.13 kg or MRS. DASH Seasonings selected 70 g</p>
 <p>4⁹⁹ SPAM Luncheon Meat or HEREFORD Corned Beef 340 g</p>	 <p>4⁹⁹ CHOLULA Hot Sauce 150 mL or Salsa 325 mL</p>	 <p>49¢ COMPLIMENTS Instant Noodles 85 g</p>	 <p>2⁹⁹ COMPLIMENTS Ready To Eat Soup 540 mL</p>
 <p>1⁹⁹ ALLEN'S White Vinegar 1 L</p>	 <p>1⁶⁹ CLUB HOUSE French Fry Seasoning 25-27 g</p>	 <p>9⁹⁹ RAO'S Pasta Sauce 660-680 mL</p>	 <p>3²⁹ CATELLI Gluten Free or Supergreens Spaghetti 300-340 g</p>

natural health

 <p>100 PTS when you buy 2</p> <p>7⁴⁹ ELMHURST Plant-Based Beverages 946 mL, Creamers 473 mL or Sour Cream 227 mL</p>	 <p>50 PTS when you buy 1</p> <p>5⁹⁹ KASHI ORGANIC or Go Lean Cereal 275-460 g or Granola 311-340 g</p>	 <p>100 PTS when you buy 1</p> <p>8⁹⁹ CHOSEN FOODS Dressing 237 mL</p>	 <p>100 PTS when you buy 2</p> <p>4⁴⁹ DAIYA Cheese Style shreds, slices or blocks 185-220 g</p>
 <p>19⁹⁹ or 1.79 ea SAVE \$3</p> <p>22⁹⁹ without Scene* or 1.99 ea Card</p> <p>KIND Bars 12 x 40 g</p>	 <p>20% off</p> <p>LEAN FIT Whey or Plant Protein Powders 715-875 g</p>	 <p>15% off</p> <p>THE UNSCENTED COMPANY Laundry Detergent, Dish Soap, Hand Soap, Shampoo or Conditioners 465 mL-4 L, 3-30 pk</p>	 <p>2/\$8</p> <p>EARTH'S OWN Beverages 1.75-1.89 L or Creamers 946 mL</p>
 <p>10⁹⁹</p> <p>JUST US! Coffee 340 g</p>	 <p>2/\$7</p> <p>SENSIBLE PORTIONS Chips or Straws 120-142 g</p>	 <p>3⁹⁹</p> <p>MADE GOOD Bars, Minis or Rice Crisps 120-132 g</p>	 <p>2/\$5</p> <p>GUAYAKI Beverages 458 mL</p>

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2.49 /lb

Indian Eggplant product of Dominican Republic 5.49/kg



9.99

Persimmon Case product of South Africa



NEW

3.49

CHALO Naan 500 g



18.99

QILLA Premium Basmati Rice 4.54 kg



5.79

AURORA Arborio Rice 750 g



8.99

HENGSTENBERG Knax Gherkins 1.5 L



3.99

HENGSTENBERG Red Cabbage 720 mL selected varieties



3.99

HENGSTENBERG Mildessa Mild Wine Sauerkraut 796 mL



6.99

THAI KITCHEN Fish Sauce 200 mL

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Diwali

Find everything you need
for your festivities.



16⁹⁹
INDIA GATE Premium
Basmati Rice 4.54 kg



1⁹⁹
/lb Long Squash
product of Mexico
4.39/kg



2⁴⁹
ea Methi
product of USA or
Mexico



3⁴⁹
NEW CHALO! Naan
500 g



19⁹⁹
BRAR'S Desi Ghee
800 g



3⁹⁹
THE SPICE TAILOR
Meal Kits 215-375 mL



49¢
MAGGI Masala Noodles
70 g



2⁴⁹
FROOTI
Mango Juice
1 L



1⁴⁹
PARLE-G Biscuits
300 g



10⁹⁹
TEA VALLEY Orange Pekoe Tea 685 g



10⁹⁹
BRAR'S
Rasmalai 850 g



9⁹⁹
BRAR'S
Milk Cake
400 g



7⁹⁹
BRAR'S
Gulab Jamun
850 g

home & pet care



13⁹⁹ PURINA Tidy Cats Cat Litter 2.72 L



12⁹⁹ FANCY FEAST LI' Soups Broths or Pettes Singles 34-79.4 g 1.49 ea



12⁹⁹ 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
14⁹⁹ FINISH Dish Tabs 30-55 pk or Jet-Dry Rinse Aid 946 mL



35⁹⁹ TIDE Pods 85-112 pk or Power Pods 63 pk



6⁹⁹ DOWNY or GAIN Fabric Softener 1.31 L, DOWNY Infusions 946-960 mL or GAIN Flings! 16-32 pk



10⁹⁹ FLEECY Sheets 200 pk, Fabric Softener 3.5 L or PALMOLIVE Dish Soap 4.27 L



200 PTS when you buy 1
24⁹⁹ SPONGE TOWELS 12=18 rolls



400 PTS when you buy 2
20⁹⁹ CHARMIN Bathroom Tissue 12=48 rolls or BOUNTY Paper Towels 4-6 pk



13⁹⁹ ZIPLOC Mega Pack Storage Bags 60-270 pk



100 PTS when you buy 1
8²⁹ 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



4⁹⁹ 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
5⁹⁹ LISTERINE Mouthwash 1 L selected



200 PTS when you buy 2
9⁴⁹ U BY KOTEX Liners or Pads 28-129 pk selected



50 PTS when you buy 2
5⁴⁹ 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



26⁹⁹ PAMPERS Super or HUGGIES Giga Diapers 38-120 pk



400 PTS when you buy 3
3⁴⁹ NESTLÉ Gerber Snacks 42-155 g



200 PTS when you buy 2
6⁴⁹ JOHNSON & JOHNSON Baby Care 400-600 mL or 632 g



200 PTS when you buy 2
3⁴⁹ COMPLIMENTS Baby Wipes 64-72 pk 3.99 ea

pharmacy

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*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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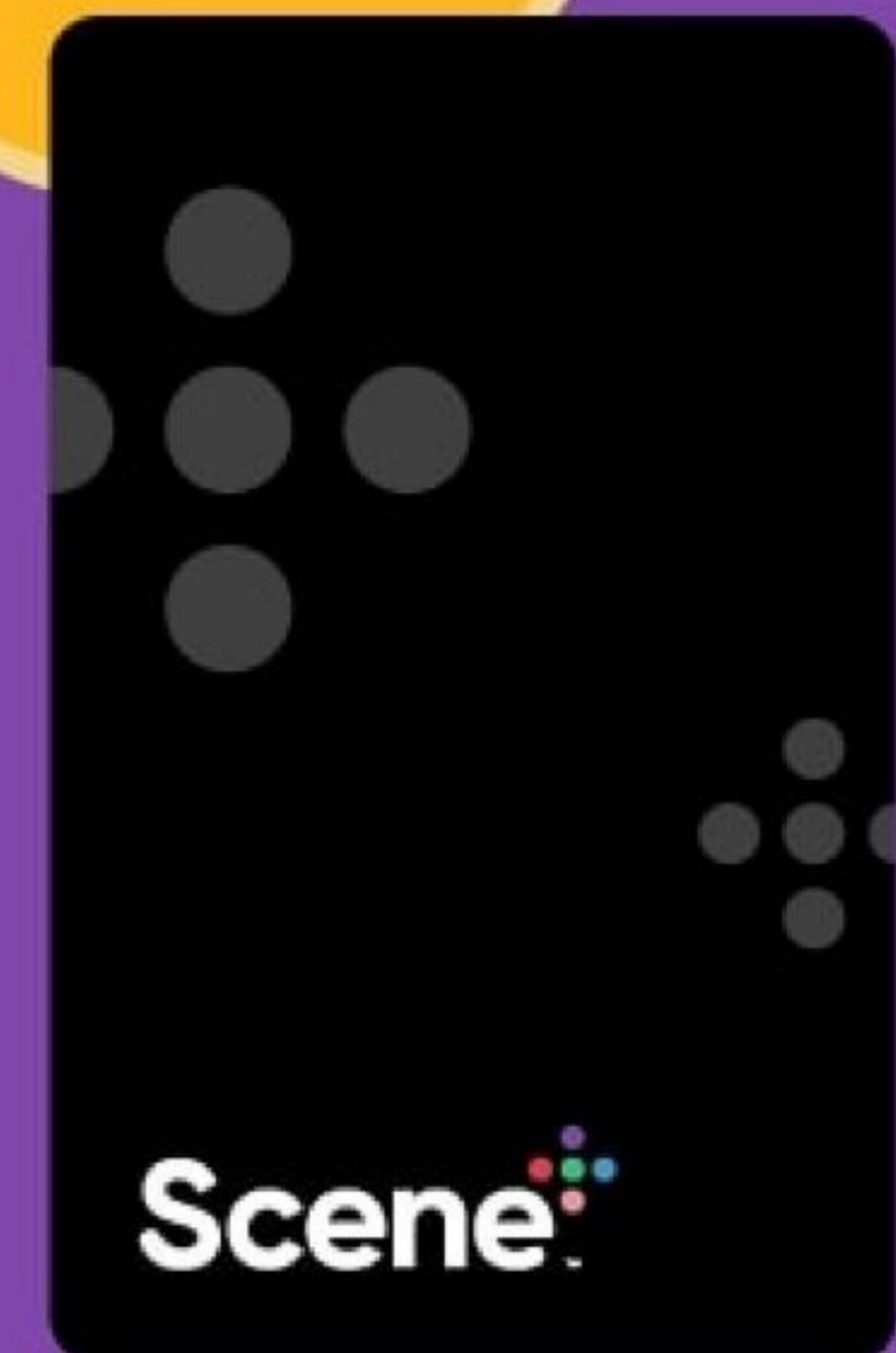
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