

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

# Sobeys

**value size**

Fresh Pork Shoulder Picnic  
Roast hock removed 6.59/kg  
Rôti d'épaule de porc picnic  
frais jarret enlevé

**2.99** /lb

Fresh Lean Ground Beef  
5 lb Tube 11.00/kg  
Bœuf frais haché maigre  
rouleau de 5 lb

**4.99** /lb

**10.99** /lb

Fresh Atlantic Salmon Fillets Family Size  
subject to availability 24.23/kg  
Filets de saumon frais de l'Atlantique  
format familial selon les arrivages

**7.99** /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  
Rôti de pointe de surfoige déossé frais à cuire au four ou bifteck à mariner  
format familial STERLING SILVER coupé par votre expert boucher, coupe de  
bœuf Canada AAA

**local**

From Canada du Canada

Seedless Cucumbers  
product of Canada,  
Canada no 1 grade  
Concomres sans  
pépins produit du  
Canada, catégorie  
Canada n° 1

**1.49** /lb

Honeycrisp Apples product of Atlantic  
Canada, Canada extra fancy 4.39/kg  
Pommes Honeycrisp produit du Canada  
atlantique, Canada extra de fantaisie

From Atlantic Canada  
du Canada Atlantique

**1.99** /lb

Scene+  
MEMBER  
PRICING

**50% off**

30% without Scene+ Card

JAMIESON Vitamins or Supplements assorted variety  
Vitamines ou suppléments JAMIESON variété assortie

ROBIN HOOD  
Flour 10 kg  
Farine  
ROBIN HOOD

**HOT PRICE**

**11.97**

VILLAGGIO Bread  
570-675 g or Buns  
6-8 pk  
Pain VILLAGGIO  
ou petits pains

**HOT PRICE**

**2.97**

Kraft  
**Singles**  
Original Cheddar Original

**HOT PRICE**

**3.97**

KRAFT Singles 410 g  
Singles KRAFT

NESTLÉ Premium Frozen Dessert or Real Dairy Ice Cream 1.5 L or  
Drumsticks or Selected Premium Novelties 4-12 pk  
Dessert glacé de qualité supérieure ou crème glacée de qualité  
supérieure La Vraie Crème NESTLÉ, Drumsticks ou nouveautés de  
qualité supérieure sélectionnées

**HOT PRICE**

**4.94**

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

Prices and offers in effect October 2024 - New Brunswick  
Prix et offres en vigueur ces jours octobre 2024 - Nouveau Brunswick

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

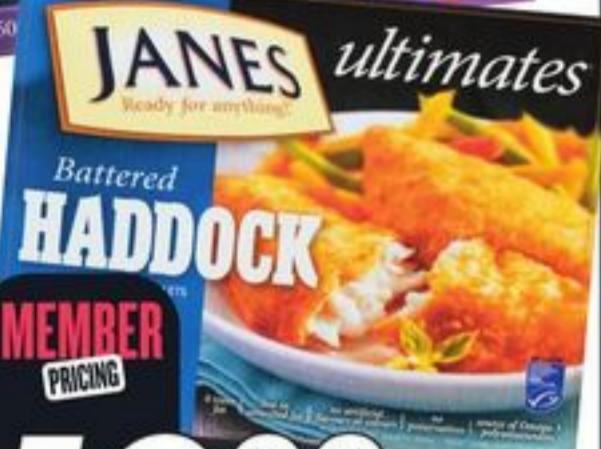
**So many deals**  
Scan here for our full digital flyer

Scene

# MEMBER

## PRICING

Swipe your Scene+ Card and Save



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

SAVE \$2

**12<sup>99</sup>** without Scene+ Card  
JANES Ultimates or Pan Sear selected 500-615 g  
Ultimes ou JANES ou poêlée selecte certaines variétés



**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  
Champignons entiers blancs ou Cremini COMPLIMENTS BIOLOGIQUE produit du Canada



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

SAVE \$7

**17<sup>99</sup>** without Scene+ Card  
HERSHEY Assorted Chocolate or Candy 100 pk  
Chocolats et friandises assortis HERSHEY'S

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>

LARSEN Wieners 900 g or Smoked Boneless Ham Slices 375 g.  
SCHNEIDERS Pepperttes or Sausage Rings 300-375 g or MAPLE LEAF Fully Cooked Breakfast Sausages or Natural Shredded Chicken 250-300 g. Saucisses fumées LARSEN ou jambon désossé, fumé et tranché, Pepperttes ou anneaux de saucisse SCHNEIDERS ou saucisses à déjeuner entièrement cuites ou poulet effiloché naturel MAPLE LEAF



100 PTS  
when you buy 2

5<sup>49</sup>

From Atlantic Canada  
du Canada Atlantique  
Stew Packs Atlantic Grown 5 lb  
Légumes pour ragoût. Cultivés  
au Canada atlantique



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. Mélange à crêpes PEARL MILLING COMPANY ou sirop



400 PTS  
when you buy 2

9<sup>99</sup>

COMPLIMENTS Honey 750 g-1 kg or Peanut Butter 2 kg. Miel COMPLIMENTS ou beurre d'arachide



200 PTS  
when you buy 2

4<sup>79</sup>

SENSODYNE or PRONAMEL Toothpaste selected 75-100 mL. Dentifrice SENSODYNE ou PRO-EMAIL certaines variétés

1000 Points = \$10 of free groceries

**BUY MORE SAVE MORE**  
**value size**  
**5.50** ea 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

Porc haché maigre COMPLIMENTS, poulet haché extra-maigre ou dinde hachée extra-maigre, agneau haché maigre AGNEAU CE SOIR, saucisse JOHNSONVILLE, bison haché NOBLE PREMIUM BISON ou veau haché maigre FONTAINE

**4.49** /lb  
Fresh Boneless Pork Loin Centre and Rib Combo Chops 9.90/kg  
Rôti de longe de porc coupe du centre ou de côte déossés frais ou combo de côtelettes

**14.99**  
COMPLIMENTS NATURALLY SIMPLE Wild Pink Salmon, Cod or Haddock Fillets 908 g  
Filets de saumon rose sauvage, de morue ou d'aiglefin COMPLIMENTS SIMPLE NATURELLEMENT

**3** PACK  
**4.99**  
Romaine Hearts product of USA 3 pk  
Cœurs de romaine produit des E.-U.

**2** LB BAG  
**4.99**  
Mandarins or Clementines 907 g product of South Africa  
Mandarines ou clémentines produit d'Afrique du Sud

**7.99**  
BAKED IN STORE  
Cinnamon Buns 8 pk 630 g  
Brioches à la cannelle

**12**  
+200 PTS when you buy 1  
BOTHWELL Cheese 540 g  
Fromage BOTHWELL

**9.99**  
STARTING AT  
PILLER'S Family Size Pepperoni Topping 400 g or Club Packs or Sliced Deli Meats selected 350 g  
Pepperoni Topping format familial PILLER'S ou paquets club ou charcuterie en tranches certaines variétés

**3.49**  
OLD DUTCH Potato Chips 235 g  
Croustilles OLD DUTCH

**5.99**  
PARKAY Margarine 1.28-1.36 kg  
Squares or Soft or LACTANTIA Healthy Attitude or OLIVINA Margarine 850 g  
Margarine PARKAY carrés ou molle ou margarine Attitude Santé LACTANTIA ou OLIVINA

**6.99**  
+500 PTS when you buy 3  
ROYALE Bathroom Tissue 12=24 rolls, Paper Towels 3=6 rolls or Facial Tissue 6 pk  
Papier hygiénique ROYALE 12=24 rouleaux, essuie-tout 3=6 rouleaux ou mouchoirs

**13.99**  
CADBURY Chocolate or MAYNARDS Candy 90 pk while supplies last  
Chocolat CADBURY ou friandises MAYNARDS jusqu'à épuisement des stocks

**4.97**  
KRAFT Salad Dressing 355 mL  
Vinaigrette KRAFT

**3.49**  
OIKOS Greek Yogurt 4 pk  
Yogourt grec OIKOS

**2/\$3**  
CLOVER LEAF Skipjack Light Tuna 170 g or Flavoured Tuna 85 g  
Thon pâle listao 355 mL ou thon aromatisé

**9.99**  
GAIN Laundry Detergent 2.6-2.72 L, Flings 31-35 pk, DOWNY or GAIN Beads 379 g, BOUNCE or GAIN Sheets 200-200 pk, DOWNY Softener 1.89-2.63 L or TIDE Simply 31-34 L  
Détergent à lessive GAIN, Flings; perles DOWNY ou GAIN, feuilles assouplissantes BOUNCE ou GAIN, assouplissant DOWNY ou TIDE Simply

**10.79**  
OLYMPIC ORGANIC Yogurt BIOLOGIQUE OLYMPIC

**27.88**  
FOLGERS Coffee K-Cup® Pods 48 pk, BEST BUY Coffee Pods 100 pk or COMPLIMENTS Coffee Pods 80 pk  
Capsules de café K-Cup® FOLGERS, capsules de café VALEUR PLUS ou capsules de café COMPLIMENTS

**7.99**  
+value size  
PEPPERIDGE FARM Family Size Goldfish Crackers 750 g or Snack Packs 22 pk or CHRISTIE Oreo Multipack 20 pk or Party Size 637-645 g  
Craquelins Goldfish format familial PEPPERIDGE FARM ou sachets collations ou emballage multiple Oreo CHRISTIE ou format Party

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

**19.99**  
GATORADE Team Pack 24x591 mL  
GATORADE en format d'équipe

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

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

**12.99**  
+500 PTS when you buy 2  
QUAKER Dips or Chewy Bars Club Pack 935-960 g  
Barres Dips ou Chewy paquet club QUAKER

Available at all New Brunswick stores.  
\*Pricing may be subject to change. Pricing excludes taxes & refundable container deposit.

**18.79**  
MOLSON CANADIAN Lager 8x355 mL cans  
Lager MOLSON CANADIAN en cannettes

**16.49**  
HEINEKEN Lager 6x330 mL cans  
Lager HEINEKEN en cannettes

**19.79**  
SIMPLY SPIKED Peach or VIZZY MAXX Dragon Fruit Mango 6x355 mL cans  
Pêche SIMPLY SPIKED ou pitaya et mangue VIZZY MAXX en cannettes

**14.99**  
SMOKY BAY Cabernet Sauvignon or Pinot Grigio 1 L  
Cabernet Sauvignon ou Pinot Grigio SMOKY BAY

**250 PTS** when you buy 2  
SIMPLY SPIKED Peach or VIZZY MAXX Dragon Fruit Mango 6x355 mL cans

**150 PTS** when you buy 2  
SMOKY BAY Cabernet Sauvignon or Pinot Grigio 1 L

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

**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.

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 larger quantities to retail outlets. Occasionally an item may not be available due to unforeseen difficulties. In such cases, we'll have you 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 reveals for product size and type identification. We reserve the right for any typographical errors. Advertised prices do not include any applicable taxes or deposits. At 24 Hour locations, price effective from 8 am Thursday morning until midnight Wednesday evening. The Sobeys Loyalty Program is available at all participating Sobeys locations within New Brunswick. No base Sobeys points earned. See website for details on how to earn Sobeys points. Sobeys offers exclude taxes, delivery charges, all payments, service fees, credit fees, event tickets, gift cards, fluid dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, MacCall's Farm Horticulture/Starbucks products and services in select regions, prescription drugs, non-prescription pharmacy products, liquor and alcoholic beverages, tobacco products, battery phone/financial 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 \$20,000 Sobeys points (\$2000 per day). For full Sobeys Terms & Conditions or to redeem your points, visit <https://www.sobey.com/terms-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Sobeys Plus (S) Corporation used under license by Sobeys Capital Incorporated. Please recycle where facilities exist. Printed with vegetable based inks. New Brunswick, Supplement to The Telegraph-Journal, The Daily Gleaner & The Chronicle Herald.

SOBEYS\_WK2L\_DBC\_ATL\_NB\_8L

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For every ton of paper used in the printing of this flyer, 54.3 Partners in Growth program will contribute to the planting of a tree through Trees for Life Canada.

5  
MIX  
FSC® C211322

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 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.



CHOOSE CANADIAN SEAFOOD

# Choose Canadian Seafood!

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



**FRESH CHOICE Oysters**  
product of Canada subject to availability  
Huîtres de CHOIX FRAÎCHES produit du Canada selon les arrivages

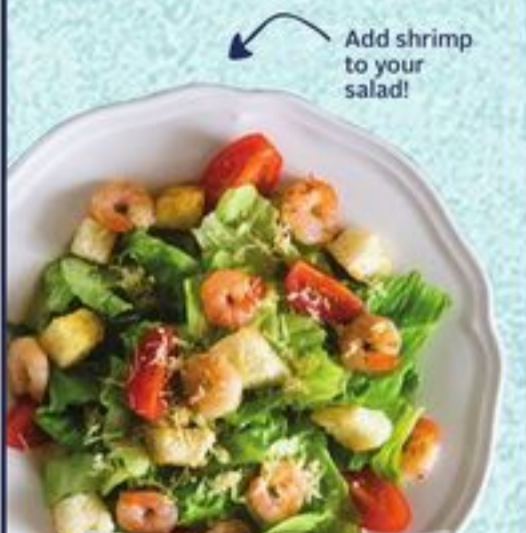


Try cooking your mussels in a garlic wine broth!

**2.29** /lb  
Fresh Mussels product of Atlantic Canada 5.05/kg  
Moules fraîches produit du Canada atlantique



**9.99** /lb  
Fresh Wild Haddock Fillets Family Size product of Atlantic Canada 22.02/kg subject to availability  
Filets d'aiglefin sauvage frais format familial produit du Canada atlantique selon les arrivages



Add shrimp to your salad!



**11.99** /lb  
IFC Coldwater Cooked Shrimp 150-250 ct per lb 340 g  
Crevettes nordiques cuites IFC

# So Local

Grown right here at home



**7.99** /lb  
McIntosh or Cortland Apples product of Atlantic Canada, Canada extra fancy grade 4.39/kg  
Pommes McIntosh ou Cortland produit du Canada atlantique, catégorie Canada extra de fantaisie



**4.99** /lb  
Regular Pumpkins product of Atlantic Canada  
Citrouilles régulières produit du Canada atlantique



**6.99** /lb  
Jumbo Pumpkins product of Atlantic Canada  
Citrouilles géantes produit du Canada atlantique



**4.99** /lb  
Sweet Tango Apples product of Atlantic Canada, Canada Extra Fancy Grade 907 g 2 lb bag  
Pommes Sweet Tango produit du Canada atlantique, catégorie Canada extra de fantaisie



**6.99** /lb  
HIIROS Cherry Tomatoes on the Vine product of Canada 340 g  
Tomates cerises sur vigne HIIROS produit du Canada



**1.49** /lb  
Assorted Squash product of Atlantic Canada 3.28/kg  
Courges assorties produit du Canada atlantique



**3.99** /lb  
Potatoes product of Canada 5 lb 2.27 kg  
Pommes de terre produit du Canada



**5.49** /3 LB BAG  
COMPLIMENTS Apples Gravenstein, Cortland, Empire, Gala, McIntosh, Spartan, Golden or Red Delicious product of Atlantic Canada 1.36 kg 3 lb bag.  
Pommes Gravenstein, Cortland, Empire, Gala, McIntosh, Spartan, Délicieuse jaune ou Délicieuse rouge COMPLIMENTS produit du Canada atlantique sac de 3 lb



**Guaranteed fresh or your money back**

## Fruity fresh...



**8.49** /3 LB BAG  
LIL SNAPPERS ORGANIC Apples Gala or Granny Smith product of USA extra fancy grade 1.36 kg  
Pommes BIOLOGIQUES Gala ou Granny LIL SNAPPERS produit des E.-U. catégorie extra de fantaisie



**1.99** /lb  
Navel Oranges product of South Africa 4.39/kg  
Oranges navel produit d'Afrique du Sud



**2.99** /lb  
Bartlett Pears product of USA extra fancy grade 6.59/kg  
Poires Bartlett produit des E.-U. catégorie extra de fantaisie



**1.99** /lb  
Asian Yellow Pears product of China 4.39/kg  
Poires asiatiques jaunes produit de la Chine



**5.99 VALUE**  
FREE Reusable Produce Bag with purchase of any 2 LOOP Smoothies 355 mL selected  
Sac à épicerie réutilisable GRATUIT avec l'achat de 2 smoothies LOOP certaines variétés



**99¢** /lb  
Bok Choy or Napa Cabbage product of Canada 2.18/kg  
Pak-choi ou chou nappa produit du Canada

## Veggie love...



**3.99** /5 PACK  
Avocados product of Mexico 5 pk  
Gros avocats produit du Mexique



**2.79** /lb  
Roma Tomatoes product of USA or Mexico 6.15/kg  
Tomates Roma produit des E.-U. ou du Mexique



**3.99** /lb  
COMPLIMENTS Baby Spinach, Baby Arugula or Spring Mix product of USA or Canada 142 g  
Jeune épinard, jeune roquette ou mélange printanier  
COMPLIMENTS produit des E.-U. ou du Canada



**3.49** /lb  
Broccoli Bunches product of Canada  
Bottes de brocoli produit du Canada



**5.99** /lb  
COMPLIMENTS ORGANIC Portabella Mushroom Caps product of Canada 170 g  
Chapeaux de champignons Portabella COMPLIMENTS BIOLOGIQUE produit du Canada



**25% off**  
BUY 1 GET 2nd off  
Prepared Daily Fruit and Yogurt Parfait Cups assorted sizes  
Bols de fruits et de parfaits au yogourt frais préparés chaque jour certains formats



**15% off**  
Prepared Fresh Daily Mixed Melon, Watermelon, Honeydew or Cantaloupe Chunks assorted sizes  
Salades de morceaux de melon, melon d'eau, melon miel ou cantaloup frais préparés chaque jour certains formats



**3.99** /lb  
COMPLIMENTS Candies selected 350-400 g 4.49 ea  
Friandises COMPLIMENTS certaines variétés



**10.99** /2 kg  
PLANTERS In-Shell Peanuts 2 kg  
Arachides en écale PLANTERS

## floral fleurs

Available at most stores  
Disponibles dans la plupart des magasins



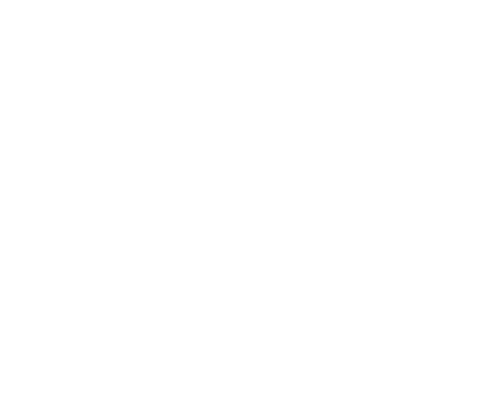
**2/10**  
Assorted Tropicals or Succulents 4" Pot  
Plantes tropicales ou succulentes assorties 4 po



**11.99** /lb  
Mini Rose Aroma 4" Pot  
Mini roses arôme en pot 4 po



**14.99** /lb  
Mini Gerbera 15-stem or Farm Fresh Bouquet  
Bouquet de mini gerbera 15 fleurs ou champêtre frais



**21.99** /lb  
Ecuadorian Rose Bouquet one dozen  
Bouquet de roses provenant d'Equateur une douzaine

**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

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

**10% off**

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. Rôti de haut de surlonge à cuire au four déossé frais de qualité supérieure ou bifteck à griller format familial STERLING SILVER coupé par votre expert boucher, coupe de bœuf Canada AAA



**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  
 Poulet en crapaudine  
 PANACHE au citron à la grecque, jerk ou à la portugaise

**200 PTS** when you spend \$20

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

**Fresh Pork Loin Back Ribs Family Size cryovac 13.21/kg**  
 Côtes de longe de porc frais format familial sous vide

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

**Fresh Canadian Lamb Loin Chops 37.46/kg**  
 Côtelettes de longe d'agneau canadien fraîches

**300 PTS** when you spend \$20

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

**Fresh Lean Ground Beef Burgers Family Size 4 pk 17.61/kg**  
 Burgers de bœuf haché maigre frais format familial

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

**OLYMEL** Breakfast or Dinner Pork Sausages 375-450 g  
 Sausisse de porc à déjeuner ou diner OLYMEL

**STARTING AT 10<sup>49</sup>**

**NOBLE PREMIUM BISON** Cubes, Inside Round, Rib Eye, Striploin or Sirloin Steak 2.25 g  
 Cubes, intérieur de ronde, faux-filet, contre-filet ou surlonge  
 NOBLE PREMIUM BISON

**100 PTS** when you buy 2

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

**FRESHSTONE** Meal Kits tex mex chicken, beef bulgoggi or butter chicken entrees with rice 680 g  
 Trousses-repas FRESHSTONE tex mex, Bulgoggi de bœuf ou repas de poulet au beurre avec riz

**100 PTS** when you buy 2

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

**FRESHSTONE** Rollees Supreme or Meat Lovers Pizza or Philly Cheesesteak 540 g  
 Pizza supreme Rollees FRESHSTONE ou amateur de viande ou bifteck au fromage style Philly

**value size Big format Big value**

**6<sup>99</sup>** /lb

**1000 PTS** when you buy 1

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

**STERLING SILVER** Fresh Whole Boneless Eye of Round cryovac cut from Canada AAA grade beef 15.41/kg  
 Noix de ronde entière déossée fraîche STERLING SILVER sous vide coupe de bœuf Canada AAA

**500 PTS** when you buy 1

**3<sup>99</sup>** /lb

**Pork Belly skin on frozen 8.80/kg**  
 Poitrine de porc avec peau surgelée

**Check for this symbol in store!**

**quick & easy rapide et facile**

**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  
 Repas faciles et rapides ou bacon fumé au bois de pomier LOU'S ou repas à la mexicaine LIL' JUAN'S

**150** go when you buy 2 or more

**7<sup>50</sup>**

**CARL BUDDIG** Sliced Meats 55 g 1.99 ea  
 Viandes tranchées CARL BUDDIG

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

**SUNRISE** Bologna thick or thin slices 375 g  
 Bologna SUNRISE tranches épaisses ou minces

**250 PTS** when you buy 2

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

**OLYMEL** Bacon 375 g  
 Bacon OLYMEL

**3<sup>99</sup>**

**COMPLIMENTS** Stuffed Chicken Cutlets 284 g  
 Escaloppettes de poulet farcies  
 COMPLIMENTS

**6** go when you buy 2 or more

**NOTCO** Plant-Based Chickenless Nuggets or Burgers 260-340 g 6.99 ea  
 Lanieres ou burgers de végé-poulet à base de plantes NOTCO

**14<sup>99</sup>** **200 PTS** when you buy 2

**COMPLIMENTS** Shepherd's or Farmhouse Pie 900 g or PANACHE Rich & Creamy Meat Lasagna 1.13 kg  
 Pâté chinois ou fermier  
 COMPLIMENTS ou lasagne à la viande riche et crémeuse PANACHE

**14<sup>99</sup>** **250 PTS** when you buy 2

**BELMONT, CARDINAL** Roadhouse Angus, JACK ASTOR'S Beef Burgers or COMPLIMENTS Burgers selected varieties 680 g-1.02 kg  
 Burgers de bœuf BELMONT, CARDINAL ROADHOUSE ANGUS, JACK ASTOR'S ou burgers COMPLIMENTS certaines variétés

**GET TO FREE GROCERIES FASTER**

when you open your Sobeys membership card and pay with your Scotiabank Scene+ Visa Card

**1000 PTS** when you spend \$10 on groceries

Certified by the Canadian Beef Grading Agency / Certifié par l'Agence Canadienne de Classement du Bœuf  
 SOBEYS\_WHOLES\_P03\_AFL\_N6\_N6\_3L6

# seafood fruits de mer



**100 PTS** when you buy 1

**4.99**

COMPLIMENTS Crab-Flavoured Seafood 454 g  
Fruits de mer saveur de crabe  
COMPLIMENTS



**25% off** **300 PTS** when you buy 2

COMPLIMENTS Bay, Atlantic or Hokkaido Scallops 340 g or PANACHE Bacon-Wrapped Scallops 250 g  
Pétoncles de la baie, de l'Atlantique ou Hokkaido  
COMPLIMENTS ou pétoncles enrobés de bacon  
PANACHE



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

**7.99**

Jalapeno Poppers Stuffed with Imitation Crab & Seafood Stuffing 17.6L/kg  
Croquettes à jalapeño farcies avec simili-crabe et farce de fruits de mer



**13.99**

Fresh Atlantic Salmon Roasts with Apple Chipotle Flavoured Imitation Crab & Seafood Stuffing 30.84/kg  
Rôis de saumon frais de l'Atlantique avec farce de simili-crabe saveur pomme et chipotle

**8.99**

Stuffed Mushroom Caps with Imitation Crab & Seafood Stuffing 19.82/kg  
Chapeaux de champignons farcis avec farce de simili-crabe et fruits de mer



**5.99**

Prepared In-store Cooked or Raw Garlic Shrimp Griller previously frozen 290 g or Imitation Crab Flavored Imitation Crab & Seafood Stuffing 450 g  
Barquettes de crevettes à l'ail cuites ou crues préparées en magasin décongelées ou assiettes de simili-crabe avec sauce cocktail

**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  
Crevettes popcorn panées ou rondelles de calmars VALEUR PLUS



**8.99**

ULTRA NATURAL Fair Trade Honduras Shrimp cooked or raw 300 g  
Crevettes équitables de l'Honduras ULTRA NATURAL cuites ou crues



**12.99**

IFC Mahi-Mahi Portions 454 g  
Portions de Mahi-Mahi IFC



**11.99** **SAVE \$3**

**14.99** without Scene+ Card

COMPLIMENTS Cooked Shrimp in Bag with Cocktail Sauce 680 g  
Crevettes cuites  
COMPLIMENTS dans un sachet avec sauce cocktail



**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  
Aiglefin ou gobberge pané ou en pâte, crevettes en papillon ou popcorn, poisson et frites ou galettes de poisson HIGH LINER



**3.99**

COMEAU Seafood Spreads shrimp or lobster 140 g  
Tartinades aux fruits de mer  
COMEAU crevettes ou homard

# deli charcuterie



**6.99**

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



**100 PTS** when you buy 400 g or more

**20% off**

FRIGO Gouda mild, medium or spiced works out to 3.59/100 g or Smoked works out to 3.39/100 g  
Gouda FRIGO doux, mi-fort ou épicé soit 3.59/100 g ou fumé soit 3.39/100 g



**100 PTS** when you buy 1

**14.49**

COMPLIMENTS Sliced Cheeses 440 g  
Fromages tranchés  
COMPLIMENTS



**9.49**

RABEL Queso Ibérico, Cabra al Vino or Cabra al Romero 150 g  
Fromages Queso Ibérico Cabra al Vino or Cabra al Romero RABEL



**100 PTS** when you buy 2

**6.99**

MARCANGELO Sliced Italian Deli Meats selected 100 g  
Viandes de charcuterie Italienne tranchées MARCANGELO certaines variétés



**100 PTS** when you buy 2

**3.99**

LA BELLE BRETAGNE Pâté selected 150 g  
Pâté LA BELLE BRETAGNE certaines variétés



**8.99** (80 when you buy 2 or more)

COOMBE CASTLE Dorset Drum, Irish Porter or Coastal Rugged Cheddar 200 g or ILCHESTER Applewood Smoked 150 g 9.99 ea  
Cheddar Dorset Drum, Irish Porter, Coastal Rugged COOMBE CASTLE ou fumé au bois de pommier ILCHESTER



**SLICED FRESH**

**200 PTS** when you buy 300 g or more

PANACHE Ham, Turkey, Chicken or Beef selection varies by store  
Bacon, dinde, poulet ou bœuf PANACHE sélection variant selon le magasin



**SLICED FRESH**

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

**3.99** /100 g

SAN DANIELE Prosciutto Prosciutto SAN DANIELE



**STARTING AT 5.99**

SOMETHING SPECIAL Gourmet Antipasto or Jelly selected 250-300 g  
Antipasto ou gelée gourmet  
SOMETHING SPECIAL certaines variétés



**SLICED FRESH**

**STARTING AT 3.79** /100 g

MCLEAN Deli Meat selection varies by store  
Viandes de charcuterie MCLEAN sélection variant selon le magasin

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 cuisine**

Scene MEMBER **3.49** SAVE 30c  
 3.79 without Scene\* Card  
 COMPLIMENTS Dips or Hummus 227 g  
 Trempettes ou hummus COMPLIMENTS

**12.99**  
 MAPLE LEAF Raised Without Antibiotics Chicken 900 g-1 kg  
 Poulet MAPLE LEAF élevé sans antibiotiques

**2/\$8**  
 COMPLIMENTS Snack Hummus or Tzatziki 4 pk Mini 228 g  
 Collation hummus ou tzatziki COMPLIMENTS petit format

**READY FOR YOU**  
**This week's family meal deals.**  
 250 PTS when you buy 1 family meal deal  
 PLUS add one 1-litre Coca-Cola product PLUS ajoutez-y un produit Coca-Cola d'1 litre  
**149 ea.**  
 Feed a family of 4 for \$4.75 ea.  
**BUY 1 +1 for only 18.99**  
 Whole Assorted Dagwood Sandwich 1.15 kg  
 Sandwich Dagwood entier assorti  
 SUMMER FRESH Salad 750-800 g  
 Salade SUMMER FRESH

**READY FOR YOU**  
 100 PTS when you buy 200 g or more  
 Ready for you Meal Kits Value Sized or Individual Sized Chilled Meals  
 Trousses repas prêtes pour vous format Écono ou repas refroidis format individuel

**100 PTS** when you buy 1  
 RANA Meal and Pasta Kits 454-540 g  
 Trousses repas et pâtes RANA

**100 PTS** when you buy 1  
 COMPLIMENTS Fresh Pasta or Sauce 350-360 g or 170-300 mL  
 Pâtes fraîches ou sauce COMPLIMENTS

**bakery boulangerie**

**11.49**  
 MONSTER Cake 705 g  
 Gâteau EFFRAYANT

Scene 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  
 Gâteau au fromage au chocolat ou chocolat et caramel 6 po

**5.99**  
 All Butter Croissants or Pastries 4 pk 275-400 g  
 Croissants ou viennoiseries pur beurre

**200 PTS** when you buy 2  
**12.99**  
 PANACHE Cheesecakes frozen 600 g  
 Gâteau au fromage PANACHE surgelé

**8.99**  
 Small Bar Cakes chocolate fudge or Snickers 460-540 g  
 Petits gâteaux en barre chocolat et fudge, ou biscuits et crème ou Snickers

**200 PTS** when you buy 2  
**6.99**  
 Chocolate Iced Ring Donut 6 pk  
 Belnet en couronne glacé au chocolat

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

**100 PTS** when you buy 2  
**3.99**  
 Hot Dog or Hamburger Buns 8 pk  
 Petits pains à hot-dog ou hamburger

**3.49**  
 Bagels 4 pk 450 g

**BUY MORE SAVE MORE**  
**3.99**  
 go when you buy 2 or more  
 Homestyle Oat Bran, Mountain Grain, Good Haven or Low Fat Multigrain Bread 450 g 4.29 ea  
 Pain son d'avoine, de montagne aux grains, Good Haven ou faible en gras genre maison

# 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](#)



# frozen & dairy produits surgelés et laitiers

 <p><b>100 PTS</b> when you buy 2</p> <p><b>4.99</b></p> <p>COMPLIMENTS Orange Juice 1.54 L Jus d'orange COMPLIMENTS</p>	 <p><b>6.99</b></p> <p>DAIRY ISLE Butter 454 g Beurre DAIRY ISLE</p>	 <p><b>100 PTS</b> when you buy 2</p> <p><b>4.49</b></p> <p>MCCAIN Breakfast Bowls 200 g Bols déjeuner MCCAIN</p>	 <p><b>5.99</b></p> <p>GREEN GIANT Veggie Tots or Fries 340-454 g Bouchées de légumes ou Veggie Fries GÉANT VERT</p>
 <p><b>8.99</b></p> <p>PHILADELPHIA Cream Cheese 450 g Fromage à la crème PHILADELPHIA</p>	 <p><b>6.99</b></p> <p>STOK Cold Brew Coffee 1.42 L Café infusé à froid STOK</p>	 <p><b>4.49</b></p> <p>MCCAIN Superfries 454-800 g Superfries MCCAIN</p>	 <p><b>3/\$5</b></p> <p>COMPLIMENTS Frozen Lemonade 283 mL Limonade surgelée COMPLIMENTS</p>
 <p><b>3.49</b> get when you buy 2 or more</p> <p>JELL-O Refrigerated Pudding or Gels 4 pk or HERSHEY'S Refrigerated Pudding 4 pk 4.49 ea Pouding ou gelées réfrigérées JELL-O ou pouding réfrigéré HERSHEY'S</p>	 <p><b>4.99</b></p> <p>GAY LEA Spreadable Butter 227 g or COMPLIMENTS 68% Vegetable Oil Margarine 850 g Beurre Spreadables GAY LEA ou margarine à 68 % d'huile végétale COMPLIMENTS</p>	 <p><b>6.49</b></p> <p>MCCAIN Hashbrown Patties 20 pk Galettes de pommes de terre rissolées MCCAIN</p>	 <p><b>7.49</b> <b>100 PTS</b> when you buy 2</p> <p>DR. OETKER The Good Baker Pizza 300-390 g, Giuseppe Easy Pizza 350-400 g or Tradizionale Pizza 385-415 g Pizza The Good Baker DR. OETKER, Simple Comme Pizza Giuseppe ou pizza Tradizionale</p>
 <p><b>200 PTS</b> when you buy 2</p> <p><b>7.49</b></p> <p>STARBUCKS Coffee Creamer 828 mL Crème à café STARBUCKS</p>	 <p><b>100 PTS</b> when you buy 2</p> <p><b>3.99</b></p> <p>KRAFT Dips 227 g Trempettes KRAFT</p>	 <p><b>100 PTS</b> when you buy 3</p> <p><b>4.99</b></p> <p>HUNGRY-MAN XL Bowls 368-397 g Bols XL HUNGRY-MAN</p>	 <p><b>3.49</b></p> <p>MCCAIN Pizza Pockets 3 pk Pizza Pochettes MCCAIN</p>
 <p><b>6.99</b></p> <p>IÖGO Yogurt 16 pk Yogourt IÖGO</p>	 <p><b>6.99</b></p> <p>SIGGIS Yogurt 650-750 g Yogourt SIGGIS</p>	 <p><b>3.49</b></p> <p>PILLSBURY Toaster Strudel 326 g Toaster Strudel PILLSBURY</p>	 <p><b>3.49</b></p> <p>MICHELINA'S Grande Entrées 454 g Repas Grande MICHELINA'S</p>
 <p><b>3.99</b></p> <p>YOPLAIT Minigo Yogurt 6 pk or Yogurt Tubes 8 pk Yogourt Minigo YOPLAIT ou yogurt Tubes</p>	 <p><b>100 PTS</b> when you buy 2</p> <p><b>4.99</b></p> <p>IÖGO Nano Drinkables 6x93 mL Yogourt à boire Nano IÖGO</p>	 <p><b>50 PTS</b> when you buy 1</p> <p><b>5.99</b></p> <p>RUSTICA Single Serve Pizza 360-382 g Pizza individuelle RUSTICA</p>	 <p><b>8.99</b></p> <p>CATARINA Mexican Snacks 320 g Collations mexicaines CATARINA</p>

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



**50 PTS**  
when you buy 1

**3.79**

COMPLIMENTS Cheddar Flavour Slices 400 g Tranches saumur Cheddar COMPLIMENTS



**4.99**

COMPLIMENTS Cozy Coop Large White Eggs 12 pk Oeufs blancs calibre gros provenant du poulailler douillet COMPLIMENTS



**3/\$5**

COMPLIMENTS Frozen Entrées selected 227-284 g Repas surgelés COMPLIMENTS certaines variétés



**50 PTS**  
when you buy 1

**6.49**

COMPLIMENTS Aerosol Whipped Cream 400 g Crème fouettée en aérosol COMPLIMENTS



**2.99** **100 PTS**  
when you buy 2

COMPLIMENTS Lemonade or Watermelon Beverage 1.75 L Limonade ou boisson au melon d'eau COMPLIMENTS



**4.99** **100 PTS**  
when you buy 2

COMPLIMENTS Cheese Sticks 210 g or Cheese Strings 8 pk or 168 g Bâtonnets de fromage COMPLIMENTS ou fromage effilochable

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



**500 PTS**  
when you buy 3

**5.99**

COMPLIMENTS Classic Crust Pizza 437 g Pizza à croûte classique COMPLIMENTS



**100 PTS**  
when you buy 2

**2.99**

COMPLIMENTS Frozen Waffles 8 pk, 280 g Gaufres surgelées COMPLIMENTS

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

# So spooky!

Trick or Treat



**120**  
**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 boissons et grignotines



**3.49**

CHRISTIE Cookies selected 212-303 g or COMPLIMENTS Soda Crackers 450 g Biscuits CHRISTIE certaines variétés ou craquelins COMPLIMENTS



**10.99**

LAURA SECORD Hot Chocolate Pods 12 pk or VAN HOUTTE Coffee K-Cup® Pods 10-12 pk or STARBUCKS Instant Coffee 90 g Capsules de chocolat chaud LAURA SECORD ou capsules de café K-Cup® VAN HOUTTE ou café instantané STARBUCKS



**200 PTS** when you buy 2

**3.49** GRAVES Apple Juice 1.36 L Jus de pomme GRAVES



**200 PTS** when you buy 2

**2/\$6** DEL MONTE on Ice 1.89 L DEL MONTE sur glace



**100 PTS** when you buy 2

**3.99** CHRISTIE Peek Freans 275-350 g or Dads Cookies 300-320 g Peek Freans CHRISTIE ou biscuits Dads



**3.99** CHRISTIE Ritz Chips or Crispers Family Size 240 g Chips Ritz ou Crispers format familial CHRISTIE



**5.79** FRITO-LAY Snacks 275-480 g Grignotines en format écono FRITO-LAY



**2/\$9** MISS VICKIE'S Kettle Chips 190-200 g or DORITOS Tortilla Chips 210-280 g Croustilles cuites à la marmite MISS VICKIE'S ou croustilles tortilla DORITOS



**2/\$3**

SPARKLING ICE Sparkling Water 503 mL or PEACE TEA 695 mL Eau pétillante SPARKLING ICE ou PEACE TEA



**2.99** **100 PTS** when you buy 2

MONSTER, NOS, REIGN or FULL THROTTLE Energy Drinks 355-473 mL Boissons énergisantes MONSTER, NOS, REIGN ou FULL THROTTLE



**2.50** **BUY MORE SAVE MORE** (so when you buy 2 or more)

CADBURY Family Bars 95-100 g 2.99 ea Barres format familial CADBURY



**100 PTS** when you buy 2

COMPLIMENTS Kettled Cooked Peanuts 275 g Arachides cuites en marmite COMPLIMENTS



**50 PTS** when you buy 2

**2/\$5** BAI Beverage 530 mL Boisson BAI



**7.49** **25**

HERSHEY'S Halloween Chocolates or Candy 25 pk while supplies last or NESTLE Ceilios 380-400 g Chocolats ou friandises Halloween HERSHEY'S jusqu'à épuisement des stocks ou sachets NESTLE



**5.99**

KINDER Surprise 100 g while supplies last KINDER Surprise jusqu'à épuisement des stocks



**6.99**

NATURE VALLEY Midsize or Trail Mix Granola Bars or BETTY CROCKER Fruit Gushers selected varieties 340-525 g Barres granola de taille moyenne ou Mélange montagnard VAL NATURE ou Fruit Gushers BETTY CROCKER certaines variétés

## Here for your budget and lifestyle



**200 PTS** when you buy 2

COMPLIMENTS Snack Crackers 200-225 g, Rice Crackers 100 g or Jazz Crackers 200 g Craquelins-collation COMPLIMENTS, craquelins de riz ou craquelins Jazz



**50 PTS** when you buy 1

COMPLIMENTS Solid Milk Halloween Chocolate Balls 250 g while supplies last Boules de chocolat au lait solide pour l'Halloween COMPLIMENTS jusqu'à épuisement des stocks



**100 PTS** when you buy 2

COMPLIMENTS Potato Chips Extraa! Flavour 200 g Croustilles Saveur Extraa! COMPLIMENTS



**200 PTS** when you buy 2

BIG 8 Soft Drinks 12x355 mL Boissons gazeuses BIG 8

# natural health santé naturelle



**2/\$9**

POPCORNERS Popcorn 142 g Mais soufflé POPCORNERS



**3.49**

KIJU Beverages 1 L or 4 pk Boissons KIJU



**5.99** **SAVE \$1**

**6.99** without Scene+ Card MARY'S ORGANIC Crackers 155-184 g CRAQUELINS MARY'S ORGANIC



**400 PTS** when you buy 2

**30% off**

WEBBER NATURALS Vitamins and Supplements assorted varieties Vitamines et suppléments WEBBER NATURALS variété assortie



**50 PTS** when you buy 1

**5.49** YOGI Tea 16 pk Thé YOGI



**9.99** ATKINS Endulge Bars 5 pk Barres Endulge ATKINS



**20% off**

EVERYONE Body Lotions or Body Wash selected 946 mL Lotion pour le corps ou nettoyant pour le corps EVERYONE certaines variétés



**7.99**

WHOLLY VEGGIE! Plant-Based Mozza or Cheddar Sticks 250-283 g Bâtonnets style mozzarella ou cheddar à base de plantes WHOLLY VEGGIE!



**50 PTS** when you buy 1

**9.99** LUNDBERG Rice 907 g Riz LUNDBERG



**100 PTS** when you buy 2

**5.99** CHICKAPEA One Pot Pasta 198 g Pâtes tout-en-un CHICKAPEA



**100 PTS** when you buy 2

**5.79** DAIYA Plant-Based Deluxe Cheesy Mac 300 g Macaroni au fromage à base de plantes de luxe DAIYA

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SOBEYS\_WK25\_P07\_ATL\_N6\_N6\_B6

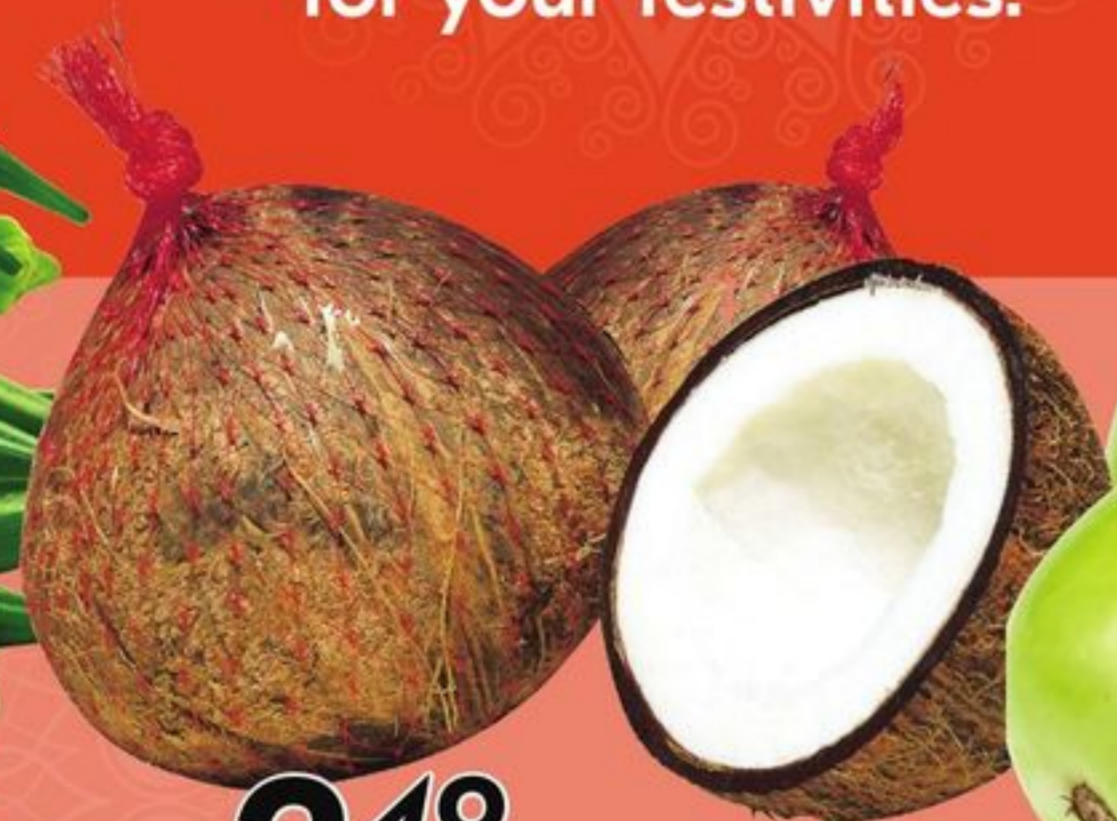


Celebrate  
**Diwali**

Find everything you need  
for your festivities.



**4<sup>99</sup>**  
/lb  
Indian Okra  
product of Honduras  
11.00/kg



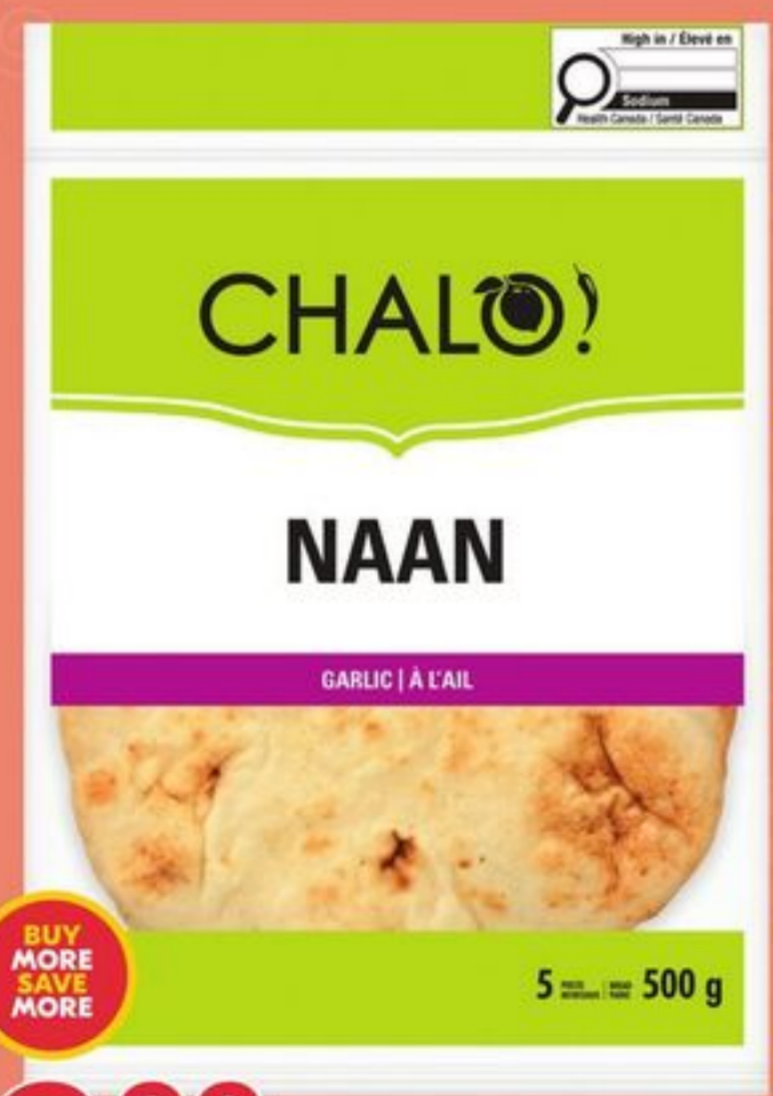
**2<sup>49</sup>**  
Husk Coconuts  
product of Dominican  
Republic



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



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



**2<sup>99</sup>**  
ea when you  
buy 2 or more  
3.49 ea  
CHALO! Naan 500 g



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



STARTING AT  
**10<sup>99</sup>**  
BRAR'S Rasmalai  
Frozen Dessert  
850-908 g



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



**4<sup>49</sup>**  
BESTROPICS  
Coconut Water 1 L



**2<sup>99</sup>**  
SURATI Snacks  
250-341 g

# Explore products from around the world!

Shop international foods storewide.



**7<sup>99</sup>**  
/lb  
Asian Yellow Pears  
product of China  
4.39/kg



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



**7<sup>49</sup>**  
THAI KITCHEN  
Coconut Milk  
160 mL



**5<sup>99</sup>**  
KIKKOMAN Oyster  
Flavoured Sauce  
290 mL



**3<sup>29</sup>**  
100 PTS  
when you buy 2  
SUNRISE Tofu  
Firm 500 g or  
Soyganic Xtra  
Firm 350 g



**6<sup>99</sup>**  
THAI KITCHEN  
Curry Paste 112 g  
selected varieties



**5<sup>99</sup>**  
KIKKOMAN  
Mirin Sauce  
291 mL



**4<sup>29</sup>**  
GOLDEN DRAGON  
Sauce 455 mL  
selected varieties

# meal makers alliés-repas

Scene MEMBER **769** without Scene Card **SAVE 99¢**

COMPLIMENTS Coconut Milk regular or light 400 mL. Lait de coco COMPLIMENTS ordinaire ou léger

**3.49**

TILDA Ready to Heat Rice selected varieties 250 g. Riz prêt à chauffer TILDA certaines variétés.

**15.99**

BERIO Olive Oil 500 mL. Huile d'olive BERIO

**2.69**

FRENCH'S Mustard 325 mL. Moutarde FRENCH'S

**3.99**

STAGG Chili 425 g. Chili STAGG

**4.99**

FRENCH'S Worcestershire Sauce 295 mL. Sauce Worcestershire FRENCH'S

**4.29** **50 PTS** when you buy 1

CATELLI Pasta 900 g. Pâtes CATELLI

**5.99**

PAM Cooking Sprays 113-170 g (excluding Non-GMO or ORGANIC). Enduits à cuisson PAM (sauf non-OGM ou BIOLOGIQUE)

**1.99** **100 PTS** when you buy 3

COMPLIMENTS Broth 900 mL. Bouillon COMPLIMENTS

**2.99** **100 PTS** when you buy 2

COMPLIMENTS Medium or Mild Salsa 430 mL or Refried Beans 398 mL. Salsa douce ou moyenne COMPLIMENTS ou haricots frites

**49¢**

MR. NOODLES Instant Noodles 85 g. Nouilles instantanées MR. NOODLES

**2/\$7** **200 PTS** when you buy 4

CAMPBELL'S Chunky Soup 515 mL. Soupe Chunky CAMPBELL'S

**4.99**

CROSBY'S Molasses selected 675 g. Mélasse CROSBY'S certaines variétés

**5.99** **200 PTS** when you buy 2

QUAKER Muffin or Cookie Mix 900 g or Oat Flour 700 g. Mélange à muffins ou biscuits QUAKER ou farine d'avoine

**6.49**

CLUB HOUSE Seasoning Blends selected 65-248 g. Mélanges d'assaisonnements CLUB HOUSE certaines variétés

**7.99** **NEW**

YELLOWSTONE Seasoning Blends selected 65-248 g. Mélanges d'assaisonnements YELLOWSTONE

**9.99**

BBQ PIT BOYS Seasonings selected 240-408 g. Assaisonnements BBQ PIT BOYS certaines variétés

**2/\$8** **200 PTS** when you buy 2

QUAKER Harvest Crunch Cereal selected varieties 350-600 g. Céréales Croque Nature QUAKER certaines variétés

**5.99**

GENERAL MILLS Family Size Cheerios selected varieties 526-778 g. Cheerios format familial GENERAL MILLS certaines variétés

**4.99**

DEL MONTE Canned Fruit 796 mL. Fruits en conserve DEL MONTE

**5.99**

KRAFT Cheez Whiz 450 g. Cheez Whiz KRAFT

**9.99** **150 PTS** when you buy 1

COMPLIMENTS Strawberry or Raspberry Jam 1 L. Confiture de fraises ou de framboises COMPLIMENTS

**4.99** **100 PTS** when you buy 2

DEMPSTER'S 10" Tortillas 366-610 g or SUN-MAID Cinnamon Raisin Bread 450 g. Tortillas de 10 po Dempster's ou pain à la cannelle et raisins SUN-MAID

**2/\$5**

HOSTESS Snacks 121-225 g. Collations HOSTESS

**Here for your budget and lifestyle**

**200 PTS** when you buy 2: COMPLIMENTS Canola Oil 946 mL. Huile de canola COMPLIMENTS

**500 PTS** when you buy 1: PANACHE Olive Oil 1 L. Huile d'olive PANACHE

**2/\$4** **75 PTS** when you buy 2: COMPLIMENTS Smoked Oysters or Mussels 85 g. Huîtres ou moules fumées COMPLIMENTS

**50 PTS** when you buy 2: **2/2.98** COMPLIMENTS Tomato, Chicken Noodle, Cream of Mushroom or Vegetable Soup 284 mL. Soupe aux tomates, poulet et nouilles, crème de champignons ou aux légumes COMPLIMENTS

**100 PTS** when you buy 3: **3/4.98** COMPLIMENTS Pudding Cups 4 pk. Pouding en coupe COMPLIMENTS

**20% off**: COMPLIMENTS Baking Nuts 400 g. Noix pour cuisson COMPLIMENTS

**2.79**: COMPLIMENTS Pure Pumpkin 398 mL. Citrouille pure COMPLIMENTS



# Pet wellness month

We know how to treat your pet right

*Paws-itively perfectly!*



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

BEYOND Cat Food  
1.36 kg



BUY MORE  
SAVE MORE

**750**

BEYOND  
Wet Cat  
Food Singles  
85 g 2.19 ea



100 PTS  
when you buy 1

**13<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



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

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



12  
PACK

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

SHEBA Bistro  
Wet Cat Food  
12 pk



# home & pet care

produits ménagers et pour animaux domestiques



**5.49**  
MILK-BONE Biscuits Farmer's Medley, Dipped, Stacked or Celebration Biscuits 280-900 g  
Biscuits Farmer's Medley MILK-BONE, Dipped, Stacked ou biscuits de Celebration



**8.99**  
DENTALIFE Chews 439-595 g or PURINA Cat Chow 1.6-2 kg  
DENTALIFE Chews ou Cat Chow PURINA



**18.99**  
ARM & HAMMER Cat Litter selected 12.7 kg  
Litière pour chats ARM & HAMMER certaines variétés



**\$7.49** when you buy 4 or more  
SHEBA Bistro Wet Cat Food 75 g 1.79 ea  
Nourriture humide pour chats SHEBA Bistro



**35.99**  
TIDE Pods 85-112 pk or Power Pods 63 pk  
Pods TIDE ou Power Pods



**6.99** +200 PTS when you buy 2  
DAWN Powerwash Starter Kit 473 mL  
Trousse de départ Powerwash DAWN



**12.99** +300 PTS when you buy 2  
FEBREZE Plug-Ins Dual Refills assorted 2 pk  
Recharges Plug-Ins Dual FEBREZE assorties



**11.49** +250 PTS when you buy 2  
FINISH Dish Tabs 21-30 pk, Dishwasher Cleaner 250 mL or Jet Dry 500-621 mL  
Tablettes de détergent à vaisselle FINISH, nettoyant pour lave-vaisselle ou Jet Dry



**15.99** +200 PTS when you buy 2  
CASHMERE Bathroom Tissue 12-36 Rolls or SPONGE TOWELS Ultra Choose-A-Size 6-9 Rolls  
Papier hygiénique CASHMERE 12-36 rouleaux ou SPONGE TOWELS Ultra Mesure-au-choix 6-9 rouleaux



**24.99**  
CHARMIN Bathroom Tissue 16-64 rolls or BOUNTY Paper Towel 6-8 Rolls  
Papier hygiénique CHARMIN 16-64 rouleaux ou essuie-tout BOUNTY 6-8 rouleaux



**7.49** +100 PTS when you buy 2  
GLAD Tall Kitchen Catchers 26-52 pk or Compostable 10 pk  
Kitchen Catchers grands GLAD ou compostables



**20% off**  
CANDLE-LITE Jar Candles 397-511 g while quantities last  
Bougies en bocal CANDLE-LITE jusqu'à épuisement des stocks

# health, beauty & baby santé, beauté et bébé



**3.79** STARTING AT  
COLGATE Total or Crest Pro-Health Toothpaste or Toothbrushes 70-500 mL or 1-3 pk selected  
Dentifrice ou brosses à dents COLGATE Total ou Crest Pro-Santé certaines variétés



**5.49**  
ALWAYS Pads, Liners or TAMPAX Tampons 12-54 pk or LIVE CLEAN Hand Soap 400-500 mL selected  
Serviettes, protège-dessous ALWAYS ou tampons TAMPAX ou savon pour les mains LIVE CLEAN certaines variétés



**62.99** +300 PTS when you buy 1  
ENFAMIL A+ Ready To Feed Formula 18x237 mL selected varieties  
Préparation Prête à servir ENFAMIL A+ certaines variétés



**6.99** +100 PTS when you buy 2  
SECRET or IVORY Deodorant 68-73 g selected  
Déodorant SECRET ou IVORY certaines variétés



**2/23.99** +300 PTS when you buy 2  
NATIVE Body Wash 532 mL or Hair Care 177-487 mL selected  
Nettoyant pour le corps NATIVE ou soins capillaires certaines variétés



**53.99** 47% off  
SIMILAC Pro-Advance Powder 837-859 g  
Poudre Pro-Advance SIMILAC



**6.49**  
OLAY Body Wash 364 mL or HEAD & SHOULDERS or OLD SPICE Shampoo or Conditioner 315-400 mL selected  
Nettoyant pour le corps OLAY ou shampooing ou revitalisant HEAD & SHOULDERS ou OLD SPICE certaines variétés



**15% off** +100 PTS when you buy 1  
ST. IVES Skincare selected  
Soins de la peau ST. IVES certaines variétés



**1.99** BUY MORE SAVE MORE  
NESTLÉ Baby Purées 2.49 ea  
Purées pour bébés NESTLÉ



**15% off** +300 PTS when you buy 2  
HONEST CO. Baby Care or Wipes selected  
Soins pour bébés ou lingettes HONEST CO. certaines variétés

# pharmacy pharmacie

Only available at pharmacy locations. \*Select products only available when a pharmacist is on duty. Seulement disponibles dans les magasins avec pharmacie. \*Les produits sélectionnés sont disponibles uniquement quand un pharmacien est de garde.



**10% off** +250 PTS when you buy 2  
TYLENOL Pain Relief 40-200 pk or MOTRIN Muscle & Body 40 pk selected\*  
Analgésique TYLENOL ou MOTRIN Muscles et corps certaines variétés\*



**10% off** +200 PTS when you buy 2  
ZARBEE'S Baby or Children's Cough Syrup 59 mL or 118 mL  
Sirop contre la toux pour bébés ou enfants ZARBEE'S



**19.99** +300 PTS when you buy 2  
POISE Pads or DEPEND Underwear selected  
Serviettes POISE ou sous-vêtements DEPEND certaines variétés



**49.99** +150 PTS when you buy 1  
COLD-FX 150 pk or Extra Strength 100 pk  
COLD-FX ou Extra fort



**15% off** +150 PTS when you buy 2  
IMODIUM 20-24 pk selected  
IMODIUM certaines variétés



**15% off** +200 PTS when you buy 1  
NEOCITRAN Cold or Flu Relief 10 pk\*  
Soulagement du rhume et de la grippe NEOCITRAN\*

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

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soy-free;  
made in Canada

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

NAKED & SAUCY Natural Dressings 250 mL



**100 PTS**  
when you buy 2  
**4<sup>49</sup>**

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



**200 PTS**  
when you buy 2  
**9<sup>99</sup>**

DAIYA Thin Crust Pizza 346-550 g



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

KATZ Gluten-Free Donut Holes 170 g

Gluten free



**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



**100 PTS**  
when you buy 2  
**5<sup>99</sup>**

SIMPLY PROTEIN Chips



**100 PTS**  
when you buy 1  
**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

Decadent Fair-trade organic 70% dark chocolate



**50 PTS**  
when you buy 1  
**11<sup>99</sup>** **NEW**

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



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

SANTA CRUZ 100% Juice 473 mL



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

ZEVIA Sodas 355 mL or 6 pk 6.99



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

NATREL ORGANIC MILK 2 L



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

MINOR FIGURES Barista Oat or Oat ORGANIC Milk 946 mL



Get **100 PTS**  
When you buy 1  
or  
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



**200 PTS**  
when you buy 1  
**5<sup>99</sup>**

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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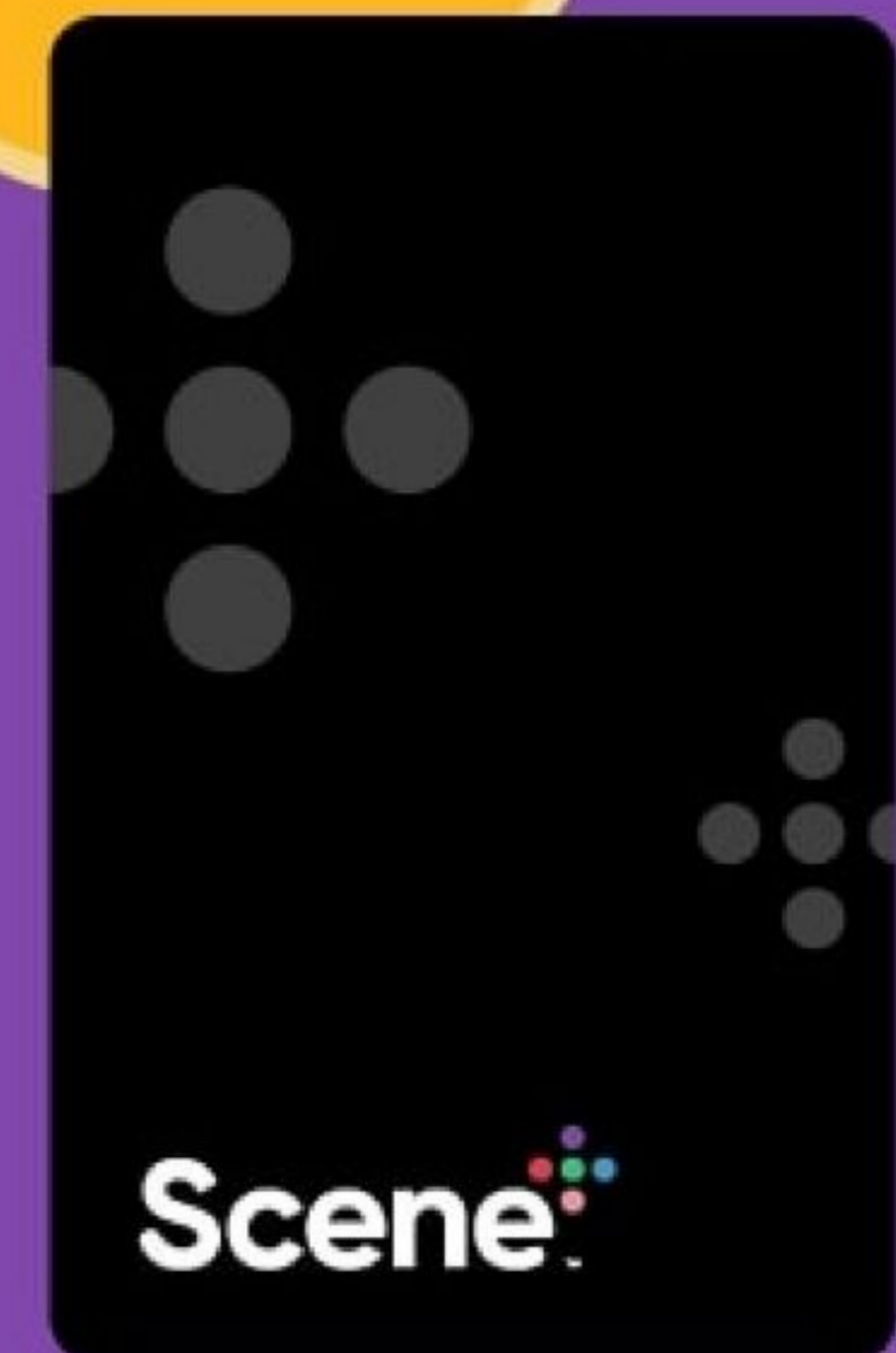
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