

ZONE 1

# FOODLAND

Fresh food. Friendly neighbours.

**4<sup>77</sup>** /lb

Regular Ground Beef  
Family Size 10.52kg

AAA CANADIAN RAISED BEEF

## Scene<sup>+</sup> MEMBER PRICING

Swipe your Scene+ Card and Save

compliments HAM & CHEESE SANDWICHES BY THE DOZEN

compliments HAM & CHEESE SANDWICHES BY THE DOZEN

**4<sup>77</sup>** MEMBER PRICING

SAVE \$1.22

5<sup>99</sup> COMPLIMENTS Stuffed Chicken Cutlettes 284 g

compliments Apples Ambrosia, Cortland, Empire, Gala, Golden Delicious, McIntosh, Red Delicious or Spartan Canada fancy grade 1.35 kg

**3<sup>99</sup>** MEMBER PRICING

SAVE \$1

4<sup>99</sup> PRODUCT OF ONTARIO COMPLIMENTS Apples Ambrosia, Cortland, Empire, Gala, Golden Delicious, McIntosh, Red Delicious or Spartan Canada fancy grade 1.35 kg

GENERAL MILLS Cereal 317-430 g or QUAKER Cereal selected varieties 350-500 g

**3<sup>33</sup>** MEMBER PRICING

SAVE 66¢

3<sup>99</sup> without Scene+ Card

WATSON RIDGE Boxed & Breaded Poultry 800 g selected varieties

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

COMPLIMENTS Shrimp 71-90 ct raw or cooked 340 g

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

Cauliflower product of USA or Mexico no 1

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

White or 100% Whole Wheat Bread 450 g

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

100 PTS when you buy 2

Baked IN-STORE

Raspberries product of Mexico 170 g

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

Ristorante PIZZA PEPPERONI

**3<sup>47</sup>**

DANONE Oikos Greek Yogurt 4 pk

**2<sup>88</sup>**

DR. OETKER Ristorante or Casa di Mama Pizza 320-410 g

**3<sup>47</sup>**

CASHMERE Bathroom Tissue 12=24 or 8=24 rolls, SPONGE TOWELS 3-8 pk or SCOTTIES Facial Tissue 6 pk

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

COMPLIMENTS White or 100% Whole Wheat Bread 675 g or English Muffins 6 pk

**1<sup>97</sup>**

Scene<sup>+</sup> **Get 500 PTS** WHEN YOU SPEND \$25+ ON COMPLIMENTS PRODUCTS IN A SINGLE TRANSACTION\*

See back page for more Compliments offers  
\*Offer valid only from January 2-8, 2025. See page 3 for terms and conditions

SCAN HERE FOR OUR DIGITAL FLYER

Product may not be available at all locations

Foodland.ca

JAN 2025 THUR 2 FRI 3 SAT 4 SUN 5 MON 6 TUE 7 WED 8

PRICES EFFECTIVE FROM JAN 2-8

FILE\_WW3L\_P01\_001\_21



**Halos Clementines or Mandarins**  
product of USA or 907 g

**2lb**

**5.99**

**Romaine Hearts**  
product of USA or Mexico 3 pk

**4.99**

**ANDY BOY**

3 Romaine Hearts / 3 cœurs de romaine  
Produit de U.S.A. + produit du C.É.

NET WT 907 g (2.02 lb)

**We all deserve compliments**

**compliments**  
ITALIAN-STYLE  
VIANDE À L'ITALIENNE  
600 g (4.1 lbs)

**9.99**

**compliments**  
BEEF LASAGNA  
with TOMATOES & MEAT SAUCE  
LASAGNE AU BOEUF  
1 kg

**compliments**  
NATURAL INGREDIENTS  
TOMATO BASIL CHICKEN BREAST  
POitrine de poulet au basilic  
175 g

**100 PTS**  
when you buy 2

**compliments**  
NATURAL INGREDIENTS  
HONEY BEEF  
Jambon au miel  
175 g

**5.99**

**compliments**  
Sliced Meats 175 g selected

**2/\$5**  
or 2.99 each

**compliments**  
CHICKEN WIENERS  
SAUCISSES SAUVEES  
AU POULET  
2 g

**compliments**  
Natural Ingredients  
FRESH PASTA  
350-360 g

**100 PTS**  
when you buy 1

**5.49**

**compliments**  
Fresh Pasta 350-360 g  
or Sauce 170-300 mL

**compliments**  
Mini Powdered  
Donuts 155 g

**2.99**

**compliments**  
Canned Legumes  
540 mL

**4/\$5**

**compliments**  
FIZZY or Sparkling  
Flavoured or Unflavoured Water  
503 mL-1 L

**\$1**

**compliments**  
Cheese 400 g or  
Shredded Cheese 226-320 g selected varieties

**4.99**

**compliments**  
Pure Orange Juice 2.5 L

**6.99**

**compliments**  
Frozen Fruit 300-600 g

**150 PTS**  
when you buy 2

**3.99**

**compliments**  
Pasta Sauce  
650 mL or Pasta 300 g

**100 PTS**  
when you buy 2

**2/\$4**

**compliments**  
Potato Chips or Extraa! Flavour Chips 200 g

**\$2**

**compliments**  
Jam 375-500 mL,  
Peanut Butter 1 kg or Honey 375 g

**300 PTS**  
when you buy 2

**4.99**

Weekly offers are available only while supplies last. Advertised prices do not include any applicable taxes or deposits. We reserve the right to limit quantities to reasonable family requirements. Test results when a photo does not correspond to the description. Dealer may sell for less. \*Base off this price\* refers to the regular competitive shelf price at most locations. In stores open 24 hours, offer prices are effective from 4 am Thursday until midnight Wednesday.

The Scene+ Loyalty Program is available at all participating Foodland locations. No base Scene+ points earned. See weekly offers for current ways to earn Scene+ points and visit <https://www.sceneplus.ca/terms-and-conditions>. All weekly Scene+ offers include taxes, delivery charges, full payments, service fees, rental fees, event tickets, gift cards. Not all products in Atlantic region, pre-paid cards, postal products and services, Western Union, MasterCard®/Starbucks® products and services in select regions, prescription drugs, non-prescription pharmacy services, beer and alcoholic beverages, tobacco products, lottery, photo finishing, repairs, environmental charges, fuel and other goods and services which are non-deductible or excluded by law. Redeem 1,000 Scene+ points for \$10 towards your purchase up to a maximum of 50,000 Scene+ points (equivalent to \$500) per day. For full Scene+ Terms & Conditions or to redeem your points, visit <https://www.sceneplus.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Scene Capital Inc/organized.

**Partners in Growth**

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



**100% FRESH** *guarantee*

Storewide satisfaction or your money back.



**4.99** ea  
Cantaloupe product of Guatemala or Honduras no 1 grade



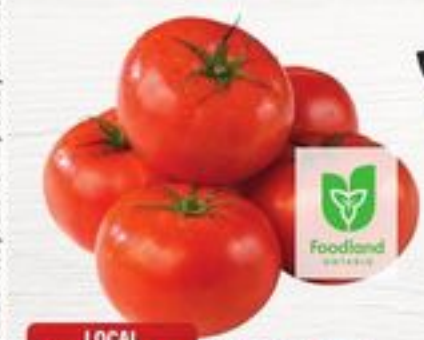
**2.99** /lb  
LOCAL  
PRODUCT OF ONTARIO  
Honeycrisp Apples  
Canada extra fancy grade 6.59/kg



**2/\$5**  
LARGE  
Large Red Mangoes product of Peru or Brazil



**4.99** ea  
Prepared FRESH  
+100 PTS when you buy 2  
Large Pineapples or Fresh Cored Pineapples product of Costa Rica



**2.99** /lb  
LOCAL  
PRODUCT OF ONTARIO  
Hot House Tomatoes Canada no 1, 6.59/kg



**4.49**  
HARVEST FRESH  
Chopped Kale 284 g or QUEEN VICTORIA Spinach 454 g product of USA



**2.49**  
COMPLIMENTS  
Baby-Cut Carrots product of USA 340 g



**4.99**  
LOCAL  
PRODUCT OF ONTARIO  
COMPLIMENTS Potatoes 2.27 kg

**MEAT**



**5.99**  
+100 PTS when you buy 2  
MAPLE LODGE FARMS Chicken Bacon, Ultimate Franks or Meat Sticks 300-900 g



**7.99**  
+100 PTS when you buy 2  
SCHNEIDERS Bologna 375-500 g



**4.99** /lb  
Jamaican Jerk Sausage 11.00/kg  
SAUSAGE OF THE MONTH  
JAMAICAN JERK  
MADE IN-STORE BY YOUR LOCAL MEAT EXPERT



**14.99**  
MONTANA'S, ST. LOUIS or LEADBETTERS Angus Beef Burgers 852 g-1.36 kg  
SAVE \$1



**11.99**  
+50 PTS when you buy 1  
COMPLIMENTS Cabbage Rolls 907 g



**8.99** /lb  
+100 PTS when you buy 1  
Boneless Cross Rib Roasts cut by your meat expert from Canada AAA grade beef 19.82/kg



**6.99** /lb  
LOCAL  
ONTARIO RAISED AIR-CHILLED Split Chicken Breasts 15.41/kg



**12.99**  
+50 PTS when you buy 1  
COMPLIMENTS Boxed & Breaded Seafood selected varieties 500-580 g



**7.99**  
COMPLIMENTS IQF Cod, Haddock or Sole Fillets 400 g



**3.99** /lb  
Boneless Pork Sirloin Chops Family Size cut by your meat expert 8.80/kg



**6.99** /lb  
Pork Tenderloin Family Size 15.41/kg

**DELI**



**10.99**  
PANACHE Cheddar 225-250 g  
Scene MEMBER PRICING  
Extra 10% off



**6.99**  
CASTELLO Havarti Blocks 170-200 g or Slices 145-165 g



**4.99**  
STUYVER'S Ciabatta or Portuguese Buns 4 pk 340-400 g  
Scene MEMBER PRICING  
Baked IN-STORE  
5.49 SAVE 50¢  
5.99 without Scene card  
Cookies assorted 10 pk 310 g



**3.79** /100 g  
+300 PTS when you buy 300 g or more  
PANACHE Beef, Ham, Chicken or Turkey Selection varies by store



**3.99**  
BRANDT Sliced Meats 125-150 g selected



**17.99**  
Cheesecakes 6" 735-955 g

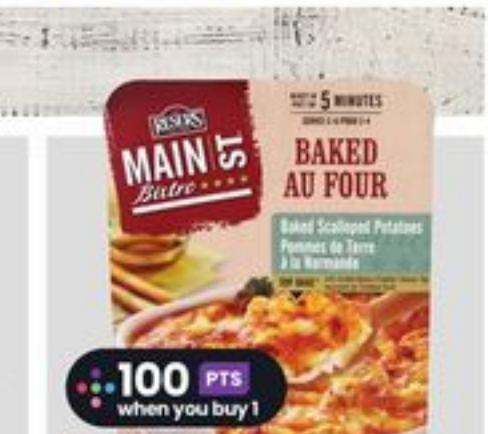


**3.99**  
Greek Yogurt Cheesecake Lemon or Strawberry 125 g

**KITCHEN**



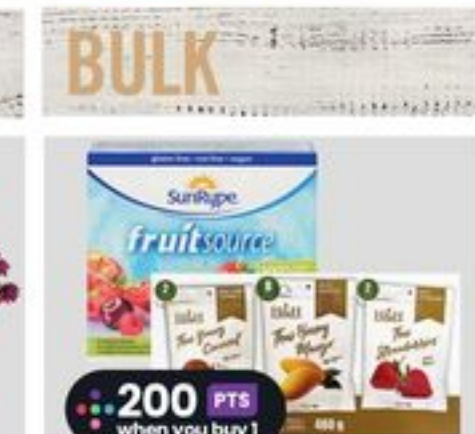
**6.79**  
+125 PTS when you buy 2  
Wrap Sandwiches 219-300 g



**4.99**  
+100 PTS when you buy 1  
STARTING AT  
RESER'S Main Street Bistro Sides Dishes 340-680 g



**7.99**  
LOCAL  
GROWN IN ONTARIO Winter Erica Heather 4"



**10.99**  
+200 PTS when you buy 1  
H&M Dry Fruit Family Pack or SUNRYPE Fruit Source Bars Variety Pack 12 pk

**FLORAL**

**BULK**

2 Scene 1000 PTS = \$10 OF FREE GROCERIES

\*If you buy a locally produced item from our store, we will provide you with the appropriate reimbursement. Restrictions apply. See foodservice department.



## FROZEN & DAIRY

<p><b>749</b> LIBERTÉ Greek Yogurt 800 g-1 kg or YOPLAIT Source Yogurt 16 pk</p>	<p><b>499</b> NATREL Lactose Free Cream 10-35% 473 mL-1 L</p>	<p><b>499</b> COMPLIMENTS 68% Vegetable Oil Margarine 850 g or BECEL Plant-Based Bricks 454 g, Soft Tub 427 g or Sticks 454 g</p>	<p><b>499</b> COMPLIMENTS Cheese Slices 210-230 g</p>
<p><b>449</b> COMPLIMENTS Sweet Potato Fries 454 g</p>	<p><b>379</b> COMPLIMENTS Frozen Vegetables 500 g</p>	<p><b>499</b> HEALTHY CHOICE Simply Steamers 255-283 g or MARIE CALLENDER'S Bowls 312-349 g</p>	<p><b>349</b> COMPLIMENTS Perogies 807 g</p>

## DRINKS, SNACKS & PANTRY

<p><b>200 PTS</b> when you buy 2 <b>PEPSI</b> Soft Drinks 6x222 mL</p>	<p><b>2/\$6</b> GLACEAU Vitaminwater 591 mL</p>	<p><b>2/\$9</b> RUFFLES Potato Chips 180-200 g</p>	<p><b>399</b> <b>MEMBER</b> SMARTFOOD Popcorn 150-220 g <b>SAVE \$1.50</b></p>
<p><b>2/\$7</b> COMPLIMENTS Juice or Punch 8-10x200 mL tetra</p>	<p><b>1999</b> FOLGERS Coffee K-Cup® Pods 30 pk</p>	<p><b>329</b> DARE Breton, Vinta or Veggie Crisps 100-225 g</p>	<p><b>399</b> LECLERC Celebration Cookies 240-350 g</p>
<p><b>449</b> HERSHEY'S Bagged Chocolate 160-290 g</p>	<p><b>299</b> KELLOGG'S Nutri-Grain Bars, Rice Krispies Squares, Pop-Tarts or Special K Pastry Crisps selected varieties 125-384 g</p>	<p><b>1288</b> EIGHT TREASURES Jasmine Rice 3 kg or SHIRAKIKU Japanese Sekka Rice 6.8 kg Available in select stores while quantities last</p>	<p><b>449</b> <b>MEMBER</b> STONEMILL Bread 454 g or SUN-MAID Cinnamon Raisin Bread 450 g <b>SAVE 50¢</b></p>
<p><b>249</b> FRENCH'S Mustard 400 mL</p>	<p><b>200 PTS</b> when you buy 1 COMPLIMENTS Canola or Vegetable Oil 3 L</p>	<p><b>199</b> GREEN GIANT Canned Vegetables 341-388 mL</p>	<p><b>100 PTS</b> when you buy 3 <b>199</b> COMPLIMENTS Canned Tomatoes 540-796 mL</p>
<p><b>2/\$5</b> SNACK PACK Puddings or Gels 4 pk</p>	<p><b>15% off</b> COMPLIMENTS Raisins, Prunes, Currants or Dates selected 375 g-1 kg</p>	<p><b>100 PTS</b> when you buy 2 <b>349</b> COMPLIMENTS Syrup 750 mL or Pancake Mix 905 g</p>	<p><b>249</b> BETTY CROCKER Super Moist Cake Mix selected 375-404 g</p>

## HOUSEHOLD

<p><b>1149</b> GLAD Waste Bags 20-40 pk selected varieties</p>	<p><b>200 PTS</b> when you buy 2 <b>1299</b> SWIFFER Duster Refills 6-10 pk, Wet or Dry Cloths 20 pk or Disinfectant 32 pk selected</p>	<p><b>2999</b> CHARMIN Bathroom Tissue 24-96 rolls or BOUNTY Paper Towel 8 pk</p>	<p><b>300 PTS</b> when you spend \$15 <b>549</b> MILK-BONE Large Dog Biscuits 800 g</p>
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# TAX BREAK

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**On select items in store\***

- Snacks and beverages**, including chips and carbonated water
- Baked goods**, including cakes, muffins and pies
- Prepared foods**, including sandwiches and ready to eat options

[Learn more](#)

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\*Restrictions apply. Selection varies by store. Not all department items are included in tax break. Federal and provincial tax break may vary by province. Valid on qualifying goods from December 14, 2024 - February 15, 2025.



# FROZEN & DAIRY











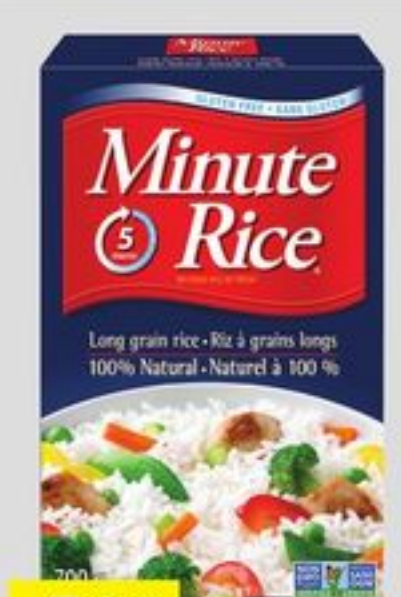

 <p><b>9<sup>99</sup></b> iÖGO Yogurt 2 kg</p>	 <p><b>4<sup>99</sup></b> SHEPHERD GOURMET Skyr Icelandic Yogurt 500 g</p>	 <p><b>4<sup>49</sup></b> GAY LEA Nordica Cottage Cheese 450-500 g</p>	 <p><b>3<sup>99</sup></b> COMPLIMENTS Stringable Cheese 8 pk 165 g</p>
 <p><b>6<sup>99</sup></b> PILLSBURY Pizza Pops 8 pk</p>	 <p><b>5<sup>49</sup></b> THAIZONE Frozen Entrées 260 g</p>	 <p><b>3<sup>99</sup></b> COMPLIMENTS Lemonade 1.54 L</p>	 <p><b>3<sup>99</sup></b> KOZY SHACK Pudding 624 g or 4 pk</p>
 <p><b>1<sup>99</sup></b> MITCHELL'S Pot Pies 128-284 g</p>	 <p><b>3<sup>99</sup></b> KELLOGG'S Eggo Waffles, French Toast Sticks or Pancakes 270-330 g</p>	 <p><b>1<sup>29</sup></b> COMPLIMENTS Frozen Juice 283 mL</p>	 <p><b>4<sup>49</sup></b> MCCAIN Breakfast Déjeuner Potato Pancakes 600-650 g</p>

# DRINKS, SNACKS & PANTRY

 <p><b>5<sup>49</sup></b> CHRISTIE Honey Maid Wafers 480 g or Fig Newtons 283 g</p>	 <p><b>1<sup>99</sup></b> COMPLIMENTS Rice Crackers 100 g</p>	 <p><b>2<sup>79</sup></b> MAYNARDS Candy 150-154 g</p>	 <p><b>4<sup>99</sup></b> NUTELLA Hazelnut Spread 375 g or B-Ready Bars 6 pk</p>
 <p><b>2/\$8</b> SUNCHIPS 205 g or HOSTESS Hickory Sticks 275 g</p>	 <p><b>50 PTS</b> when you buy 1</p>	 <p><b>100 PTS</b> when you buy 2</p>	 <p><b>100 PTS</b> when you buy 3</p> <p><b>3<sup>99</sup></b> TETLEY Specialty Tea Canisters 20-24 pk</p>
 <p><b>2/\$5</b> RED BULL Energy Drinks 250 mL</p>	 <p><b>1<sup>25</sup></b> MONTELLIER Sparkling Water 1 L</p>	 <p><b>100 PTS</b> when you buy 2</p> <p><b>2/\$4</b> POWERADE 710 mL</p>	 <p><b>100 PTS</b> when you buy 1</p> <p><b>COMPLIMENTS</b> Roast &amp; Ground Coffee 300 g</p>



## DRINKS, SNACKS & PANTRY

 <p><b>300 PTS</b> when you buy 2</p> <p>PANACHE Salad Dressing 350 mL</p>	 <p><b>349</b></p> <p>COMPLIMENTS Spirited Mickie BBQ Sauce 375 mL</p>	 <p><b>549</b></p> <p>OROWEAT Tortilla Keto 246 g or WEIGHT WATCHERS Bread 450 g, Tortillas 8 pk or Bagels 6 pk</p>	 <p><b>100 PTS</b> when you buy 2</p> <p><b>449</b></p> <p>COMPLIMENTS 10 inch Tortillas 366-610 g</p>
 <p><b>100 PTS</b> when you buy 5</p> <p><b>99¢</b></p> <p>COMPLIMENTS Taco, Fajita or Chili Seasonings 35-39 g</p>	 <p><b>150 PTS</b> when you buy 3</p> <p><b>149</b></p> <p>COMPLIMENTS Tomato, Chicken Noodle, Cream of Mushroom or Vegetable Soup 284 mL</p>	 <p><b>899</b></p> <p>KELLOGG'S, POST or GENERAL MILLS Jumbo Cereal 700 g-1.3 kg</p>	 <p><b>299</b></p> <p>APPLESNAX Fruit Cups 6 pk</p>
 <p><b>100 PTS</b> when you buy 2</p> <p><b>399</b></p> <p>KRAFT Jet-Puffed Marshmallows 400 g</p>	 <p><b>899</b></p> <p>YELLOWSTONE Seasoning Blends 155-160 g</p>	 <p><b>498</b></p> <p>MINUTE RICE 500-700 g</p>	 <p><b>598</b></p> <p>MINI CRUSH Fruit Jelly Jar 1.4 kg Available in selected stores</p>

## NATURAL & HEALTH

 <p><b>499</b></p> <p>G.H. CRETORS Popcorn 213-227 g</p>	 <p><b>200 PTS</b> when you buy 2</p> <p><b>799</b></p> <p>EARTH BALANCE Buttery Spread or Sticks 368-454 g</p>	 <p><b>249</b></p> <p>GLAD Cling Wrap 30 m</p>
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## HOUSEHOLD

 <p><b>300 PTS</b> when you buy 2</p> <p><b>2/2399</b></p> <p>NATIVE Body Wash 532 mL or Hair Care 487 mL selected</p>	 <p><b>399</b></p> <p>HERBAL ESSENCES Hair &amp; Body Shampoo or Conditioner 346 mL selected</p>	 <p><b>100 PTS</b> when you buy 2</p> <p><b>2/\$12</b></p> <p>LYSOL Disinfecting Wipes 75-84 pk, Toilet Bowl Cleaner 940 mL or Disinfecting Spray 350 g selected</p>	 <p><b>1599</b></p> <p>WHISKAS Perfect Portions 12 pk or IAMS Dry Cat Food 1.36-1.59 kg</p>
 <p><b>50 PTS</b> when you buy 1</p> <p><b>749</b></p> <p>SENSODYNE Repair &amp; Protect or Rapid Relief 75 mL or Toothbrush 2 pk selected</p>	 <p><b>200 PTS</b> when you buy 4</p> <p><b>199</b></p> <p>BUY 1 AT \$2.49 BUY 2 OR MORE</p> <p>BABY GOURMET Puree Pouches 113-128 mL selected</p>	 <p><b>2/\$4</b></p> <p>PEDIGREE Wet Dog Food 375 g</p>	 <p><b>3649</b></p> <p>COMPLIMENTS Dry Dog Food 14 kg</p>



# BACK TO ROUTINE



**3/9<sup>99</sup>**

DEL MONTE  
Fruit Bowls or Gels 4 pk



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

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



**3<sup>49</sup>**

CATELLI  
Healthy Harvest,  
Smart or Bistro Pasta  
340-375 g (excludes Lasagna)



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

STARBUCKS  
Roast & Ground Coffee  
340 g or K-Cup® Pods 10 pk



**300 PTS**  
when you buy 1

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

COMPLIMENTS  
Pickles 1 L



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

KRAFT Singles 410 g



**150 PTS**  
when you buy 2

COMPLIMENTS  
Spring Water 24x500 mL



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

**50 PTS**  
when you buy 2

GREEN GIANT Riced Veggies or  
Restaurant Sides 269-340 g



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

DEMPSTER'S  
Whole Grain Bread 600 g



**1<sup>99</sup>**



ROYALE Facial Tissue 82-126 pk



Scene+  
**DIGITAL  
EXCLUSIVE**

OFFER VALID JAN 2-8, 2025

# LOAD IT TO GET IT!

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

## Get over **1000** PTS

Activate your offers in the **Foodland app** or at **MyGroceryOffers.ca**



Get **300** PTS  
when you buy 2  
**COMPLIMENTS**  
Mini Cupcakes 12 pk 284 g



Get **300** PTS  
when you buy 1  
**COMPLIMENTS** Jam  
assorted 1 L



Get **400** PTS  
when you buy 1  
**COMPLIMENTS** Honey  
assorted 750 g-1 kg



Download on the  
**App Store**

GET IT ON  
**Google Play**

**Card must be registered.** Offer valid and available to be loaded January 2-8, 2025 at all participating Foodland and Co-Op locations in Ontario and Atlantic Canada. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded to registered Scene+ Card prior to transaction. Limit 1 offer per Scene+ Card. Offer excludes taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fluid dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McCafe®/Tim Hortons®/Starbucks® products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Limit one. 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.





# INTRODUCING BEYOND STEAK®



NEW!

NEW · NOUVEAU

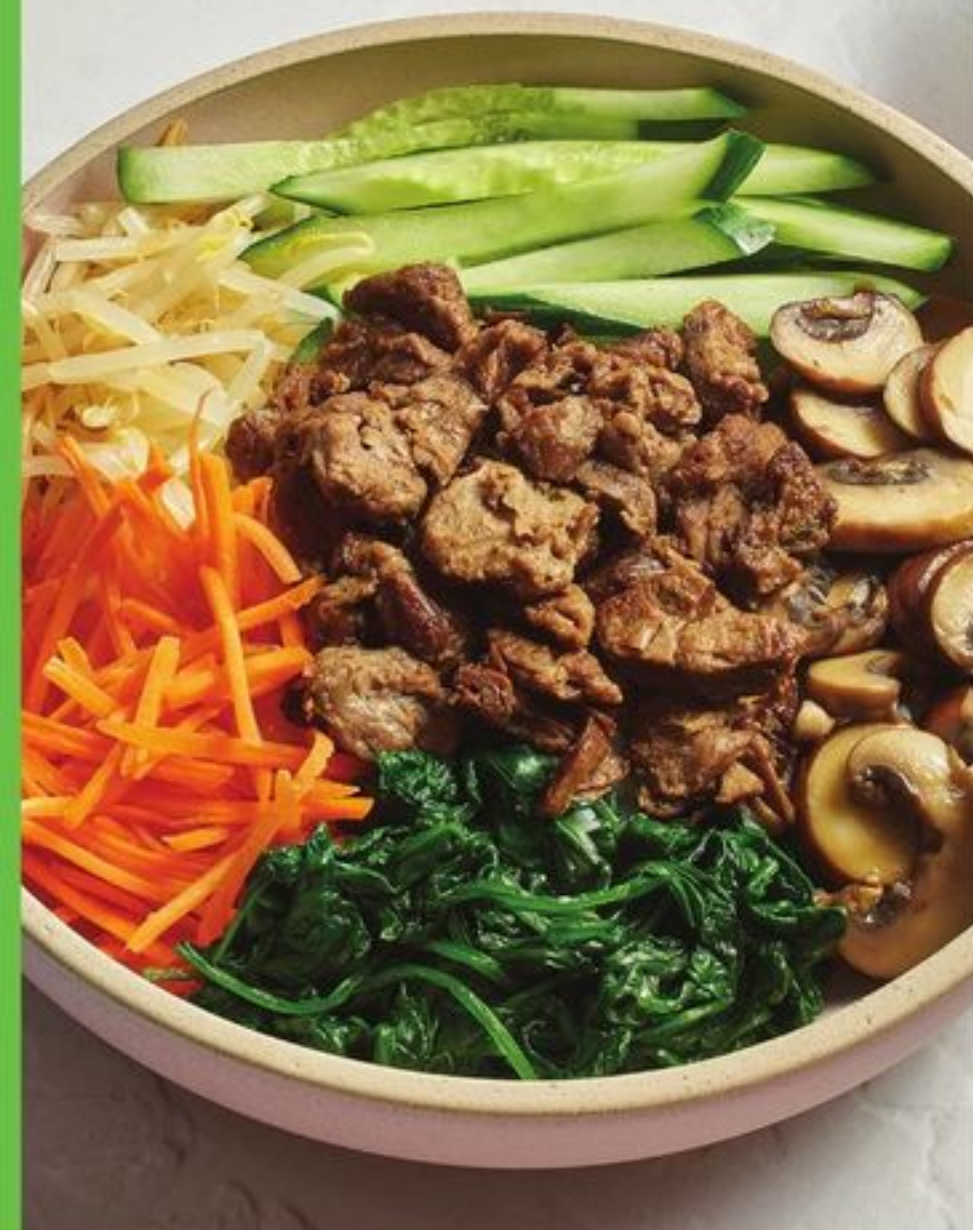
BEYOND STEAK®  
PLANT-BASED SEARED TIPS  
POINTES DE STEAK SAISIES À BASE DE PLANTES

ORIGINAL

NET 226 g

7<sup>99</sup>

BEYOND Steak®  
24 g of Protein\*



## BEYOND STEAK® BOWL RECIPE

SERVES: 4 | PREP TIME: 30 MIN | COOK TIME: 10 MIN

[CLICK HERE ►](#)

for more delicious recipes

### INGREDIENTS

- 1 package **Beyond Steak®**
- 1 medium carrot (juliened)
- 8 button mushrooms (sliced)
- 2 cups mung bean sprouts
- 3 cups spinach
- 1 cup cucumber (juliened)
- 4 cups of cooked rice (white or brown)
- 2 tbsp sesame oil
- 2 tbsp minced garlic
- 4 tbsp agave syrup
- 1/4 cup Sriracha or red chili paste (to taste)
- Water

### PREPARATION

1. Cook the rice as directed.
2. Cook **Beyond Steak®** in a slightly oiled pan for 5 minutes; stir occasionally. Set aside.
3. Sauté carrots and mushrooms separately with a drizzle of sesame oil. Separately, blanch bean sprouts and spinach for 30 seconds each, and then dunk into a bowl of ice water and drain. For the spinach, squeeze out excess water and toss with a drizzle of sesame oil.
4. For the sauce: Mix Sriracha, agave syrup, sesame oil, garlic, and a pinch of water separately in a bowl.
5. Serve rice in bowls. Top with **Beyond Steak®**, veggies, and drizzle with sauce.
6. Enjoy!

## PROTEIN PACKED MEALS WITH BEYOND.

Cooks and grills like meat.



5<sup>99</sup>

BEYOND Chicken® Tenders or Burger® 226 g or Breakfast Sausage® 235 g



7<sup>99</sup>

BEYOND Beef® 340 g, Mild or Hot Italian Sausage® 400 g



17<sup>99</sup>

BEYOND Burger® 678 g

\*Per 100 g serving.

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



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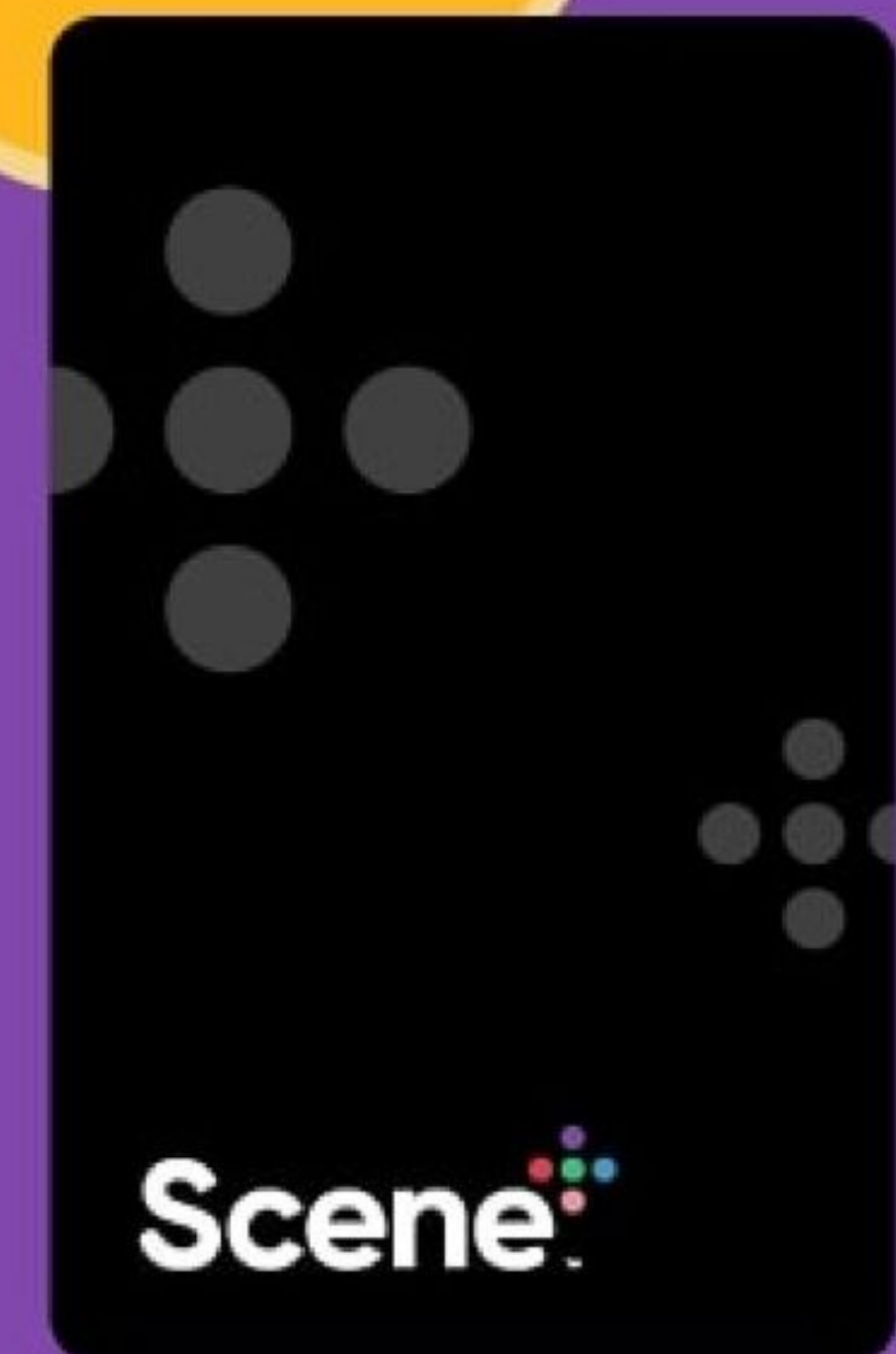
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