

Sobeys

Everyday Plant-Based Essentials

Your go-to plant-based basics, all in one place!



7⁴⁹

SILK High Protein Soy Milk 1.42 L

The pour that gives you more with 18 grams of plant-based protein per cup

PERFECT FOR SMOOTHIES!



4⁹⁹

VIOLIFE Cheese Blocks or Slices 200 g or Cream Cheese 227 g



4⁵⁰

SILK Select Beverages 1.75-1.89 L 6.99 ea



3⁴⁹

SILK Creamers 450-473 mL



COMPLIMENTS Protein & Greens powder featuring up to 21 g of protein per serving. Available in chocolate & vanilla flavours

23⁹⁹

COMPLIMENTS Protein+Greens 520 g

Lunchbox favourites!

200 PTS when you buy 2

12⁹⁹

PURE PROTEIN Bars 6 pk



Soda made with big fizz, big flavour & zero sugar!

2/\$5

COVE Soda 355 mL



MADE GOOD Bars, Minis or Rice Crisps 120-150 g

Prices & offers in effect Thursday, March 19 - Wednesday, April 29, 2026.

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8⁹⁹
ENJOY LIFE Chocolate
Chips 255-283 g

GLUTEN
FREE

Vegan,
dairy-free,
gluten-free,
peanut-free



STARTING AT
7⁹⁹
ELMHURST
Milk or Barista
946 mL or
Creamers 473 mL



Better Easter Baking

Plant based &
free-from favourites



STARTING AT
6⁹⁹
XO BAKING CO.
Gluten Free Baking Mixes
210-538 g

GLUTEN
FREE



6⁹⁹
MANITOBA HARVEST
Hemp Hearts 227 g

Sparkling Sips!

ORGANIC

3⁶⁹

RISE Botanicals
Beverage or Organic
Kombucha 414 mL



Fun, fruity
& fizzy!
Made with
real fruit juice,
herbs & botanicals



100 PTS
when you buy 2
7⁴⁹
ZEVIA Soda 6x355 mL

Mornings made easy



Protein
pancakes
in whey &
plant-based
varieties.
No added
sugar,
great taste!

8⁹⁹
FLOURISH
Pancake Mix
430 g



STARTING AT
6⁹⁹
LITTLE NORTHERN
BAKEHOUSE
Gluten Free Breads, Buns
or Bagels 260-567 g

GLUTEN
FREE



3⁹⁹
ALMOND
BREEZE
Milk 1.89 mL



7⁹⁹
NUTS FOR CHEESE Dairy
Free Cream Cheese 210 g

Packed
with craveable
clusters and
wholesome
ingredients,
there's
something to
love in every
crunchy bite.



5⁴⁹
JORDANS Cereal
375-400 g or Granola
325-375 g



7⁹⁹
YOGGU!
Plant Based
Yogurt 450 g

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Pantry staples



6⁹⁹
NONNA PIA'S
Pasta Sauce
660 mL



7⁹⁹
THREE FARMERS
Roasted Fava Beans
or Chickpeas 170 g



Spring Break snacks



Delicious,
soft, slow
cooked
licorice
made with
carefully
selected
natural
ingredients.

3⁴⁹
PANDA Licorice 170 g



7⁹⁹
VALLEY POP
Popcorn 440 g



2/\$9
QUEST Protein Bars
42-60 g or Chips 32 g



2/\$8
BUILT Bars or SINFRIT
Protein Chips 40-54 g

Bites for every moment



3⁹⁹ **100 PTS**
when you buy 4
BAREBELLS Protein
Bars 55 g

20 g of
protein,
no added
sugar &
available
in a ton
of great
flavours.



2/\$7 **100 PTS**
when you buy 2
GRENADE Bars 60 g



2/\$5
SIMPLY Protein
Bars 40 g



2²⁹
KIND Fruit & Nut
Bars 40 g



Organic,
nourishing
bars
2⁹⁹ **100 PTS**
when you buy 3
MADE WITH LOCAL
Bars 53-68 g



9⁹⁹ **200 PTS**
when you buy 2
CLIF Bars 5 pk

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Strong starts, smooth finishes

Everything
you need for
pre and post
workout!



300 PTS
when you buy 1

43⁹⁹
KAIZEN Whey or Plant Protein Powders 840 g

Plant-based
protein powder
made with
simple
ingredients

17⁹⁹

VEGA Protein Made Simple 259-271 g



400 PTS
when you buy 2

20% off

WEBBER NATURALS Magnesium, Collagen or Multivitamin Supplements selected varieties and sizes



25⁹⁹

CELLUCOR Sport or Pre-Workout Protein Powder 220-285 g



15% off

ORGANIKA Electrolytes 210-360 g or 20-21 pk



16⁹⁹

WAKE WATER Electrolyte Powders 8 pk

100 PTS
when you buy 2

5⁹⁹

TOM'S Toothpaste 85-90 mL selected (excludes Sensitive)



15% off

DR. SQUATCH Soap, Body Wash or Deodorants 75-141 g or 414 mL



Gentle care for your home!

Hypoallergenic & dermatologist tested laundry detergent designed with sensitive skin in mind



14⁹⁹
NATURE CLEAN Laundry Detergent 3 L



12⁹⁹
ECO MAX Laundry or Fabric Softener 3 L



6⁹⁹
MRS. MEYER'S Dish Soap, Cleaners or Hand Soap 370-473 mL selected

Plant-based multi-purpose cleaning wipes that are safe to use around your kids, pets and food-contact surfaces



100 PTS
when you buy 2

6⁴⁹

GREEN WORKS Wipes 75 pk selected

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Rachelle
Béry

Spring into
wellness

Rachelle
Béry

wellness boutique

HerbaLand
ELECTROLYTE GUMMIES
WILD BERRY
100% COMPOSTABLE
NEW

15% off
HERBALAND VITAMIN GUMMIES
60 PK OR 40-240 G

collagen jelly
beauty complex
with VERISOL® Bioactive
Collagen Peptides
complexe de beauté
au collagène
en gelée
avec peptides de collagène
bioactifs VERISOL®
15% off
NOW VITAMINS OR SUPPLEMENTS SELECTED VARIETIES AND SIZES

now
Vitamin D-3
Vitamine D-3
1000 IU / UI
360 capsules

now
Biotin
Biotine
10,000 mcg
10,000 mcg
120 capsules

**fermented
organic
vegan proteins+**
100% fermented protein • 7 protein sources • Tastes great
UNSWEETENED & UNFLAVOURED
600g
20g protein
100% plant-based
MADE IN CANADA

600 PTS
when you buy 1

46⁹⁹
GENUINE HEALTH FERMENTED PROTEIN
POWDERS 600 G

Made in
Canada. Sugar
& Gluten free.
Contains 20 g
of fermented
plant protein
per serving.

Dietary
supplements
and vitamins
containing
raw, sprouted
and fermented
ingredients.

ANCIENT NUTRITION
MULTI
COLLAGEN
PROTEIN
PROTEINE À
COLLAGÈNES MULTIPLES
Vanilla Flavour | Saveur de Vanille

ANCIENT NUTRITION
BONE BROTH
COLLAGEN
COLLAGÈNE
DE BOUILLON D'OS
Chocolate Flavour | Saveur de Chocolat

600 PTS
when you buy 1

39⁹⁹
ANCIENT NUTRITION BONE BROTH OR COLLAGEN
242-357 G

Nature's Way
Omega-3
Plant
Kids
NutraSes
Omega-3
EPA+DHA
1250 mg
AEP+ADH
1250 mg
peripap
NPN 80024828 200 mL, 400 mL

15% off
NATURE'S WAY NUTRASEA
OR NUTRAVEGE LIQUIDS
200-500 ML

A.Vogel
Echinaforce®
COLD & FLU • RHUME ET GRIPPE
Children 2+ • Enfants 2 ans et +
PREVENTION & TREATMENT
PRÉVENTION ET TRAITEMENT
90 chewable tablets/comprimés à croquer

15% off
A.VOGEL ECHINAFORCE 30-100 ML OR 30-90 PK SELECTED

everyone
hand soap
made with
plant extracts
pure essential oils
Nourishing
lotion
nourissante

15% off
EVERYONE HAND SOAP, BODY WASH OR BODY LOTION
60-946 ML SELECTED

THE UNSCENTED COMPANY
BODY SOAP
LAUNDRY LESSIVE
78
30 PK, 65-120 G OR 500 ML-2 L

20% off
THE UNSCENTED COMPANY HAIR CARE,
SKIN CARE, CLEANING OR LAUNDRY PRODUCTS

HERBATINT
PERMANENT
HAIRCOLOUR
GEL
7N
BLONDE
100% GREY COVERAGE
WITH 8 HERBAL
EXTRACTS
UP TO 3 APPLICATIONS
NATURAL AND HEALTHY SHINE
NATURAL LONG-LASTING COLOUR
NO AMMONIA • FRAGRANCE
ALCOHOL • PARABENS

16⁹⁹
HERBATINT NATURAL HAIR COLOUR
120-135 ML SELECTED

Hair care
made with
gentle, and
plant-based
ingredients.

A selection of organic and natural products
made to enrich your life

Products available at select locations only.

Browse a Rachelle Béry boutique at your
local Sobeys store