ATL-26

So Canadian Since 1907 Sobeys

Verified 3.99 /lb

Fresh Boneless Pork Loin Centre and Rib Combo Chops Family Size or Fresh Pork Side Ribs breast bone removed regular cut 8.80/kg

Verified 2.99

Strawberries product of USA or Mexico no 1 grade 454 g 1 lb

1 LB

Verified 10.99

COMPLIMENTS Frozen Chicken Wings, Breaded Chicken Strips, Nuggets or Burgers Value Size, BELMONT Homestyle Beef Burgers Angus, Prime Rib or Sirloin & More! 750 g-1.5 kg

Verified 9.88 /lb

Fresh Boneless Top Sirloin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Canada AA grade beef while supplies last 21.78/kg

Verified 2.49

Broccoli Bunches product of Mexico or USA

Verified 7.99 /lb. ea

COMPLIMENTS Cooked Shrimp in Ring with Sauce 255 g, PANACHE Butterfly or Coconut Breaded Shrimp 340 g or Bay Scallops 80-120 ct per lb frozen 17.61/kg

Verified 2.99

COMPLIMENTS Frozen Vegetables 500-750 g

Verified 2.49

CAVENDISH FARMS Flavour Crisp, Quick Crisp or Restaurant Style Fries or Quick Crisp Onion rings 454-750 g or CHEEMO Perogies 745-907 g

Verified 4.44

COMPLIMENTS Cheese 400 g or Shreds 226-320 g selected

Verified 2.67

DEMPSTER'S 7" Tortillas 272-340 g, TIA ROSA Tortillas 220-328 g or VACHON Snacks 248-336 g

400 PTS when you buy 4

Verified 2.47

QUAKER Crispy Minis 90-100 g or Rice Cakes 127-199 g

Verified 4.99

BUBLY or MONTELLIER Sparkling Water 10-12x355 mL

YOUR **1,000 PTS** OFFER IS WAITING

That's like $10 toward your groceries

Visit the Sobeys app or Sobeys.com/offers

Scene+ card must be registered and offer must be loaded. See page 2 for full terms and conditions*.

Download the Sobeys app

Scan QR code to download or open the app

Scene+ DIGITAL EXCLUSIVE

OFFER AVAILABLE MARCH 12–18, 2026

Global Market

Verified 11.99

BRAR'S Desi Ghee 800 g

Verified Price Guarantee

LOWEST PRICE on select flyer items or automatically receive the difference in Scene+ points*

*Conditions apply. See sobeys.com for details.

*Verified Prices. For a limited time only. If a brick and mortar supermarket competitor offers a lower price on an identical product, upon purchase of that product, you will automatically receive the difference in Scene+ points. Scene+ digital or physical card must be presented at time of transaction. Only applies to products in flyer marked with the Verified Prices icon. Does not apply to competitor errors or competitor promotions. No cash value. Valid at participating Sobeys stores for the weekly flyer period. Program subject to change without notice. Visit www.sobeys.com/verified-prices for additional details.

THU 12 | FRI 13 | SAT 14 | SUN 15 | MON 16 | TUE 17 | WED 18

Prices and offers in effect March 2026 Nova Scotia

So many deals Scan here for our full digital flyer

P01_SBY_WK46_FRN_ATL_NS

F1.E1_S5-S6_PB_NFLD

Scene+

MEMBER PRICING

Swipe your Scene+ Card and Save

MEMBERS SAVE $1.05/lb

5.44 /lb 11.99/kg MEMBER PRICE

6.49 /lb 14.31/kg without Scene+ Card

Fresh Regular Ground Beef Family Size

MEMBERS SAVE $5

19.99 MEMBER PRICE

24.99 without Scene+ Card

TIM HORTONS Single Serve Coffee Pods 24-30 pk, MELITTA Ground Coffee 930 g or COMPLIMENTS Whole Bean Coffee 907 g

MEMBERS SAVE $1

6.99 MEMBER PRICE

7.99 without Scene+ Card

ROBIN HOOD Flour assorted varieties 5 kg

Scene+

DIGITAL EXCLUSIVE

Load it in the Sobeys App

BUY 1 GET 1 FREE

HIGH LINER Breaded or Battered Haddock or Pollock, Butterfly or Popcorn Shrimp, Chips & Fish or Fish Cakes 330-700 g

F1.E1_S5-S6_PB_NFLD

Scene

TURN POINTS INTO GROCERIES

5.49 +400 PTS when you buy 3

JOHNSONVILLE Breakfast, Dinner or Smoked Pork Sausages 250-500 g

+250 PTS when you buy 1

21.99

COMPLIMENTS Large Cooked Shrimp in Ring with Sauce 737 g

+300 PTS when you buy 4

2.99

CAMPBELL'S Chunky Soup 515 mL, PEPPERIDGE FARM Goldfish Crackers or Crisps 156-227 g; KETTLE Chips 156-198 g or SNYDER'S Pretzels 240 g

That's like $5 toward your groceries

+500 PTS when you buy 3

4.99

KRAFT Peanut Butter 500 g or Cheez Whiz 450 g

+100 PTS when you buy 1

6.99

BECEL Margarine 637-850 g

1,000 Points = $10 of free groceries

FLCO_SBY_WK45_PRN_AFL_NL_NB_PEI_SKLD

100% fresh GUARANTEE

Guaranteed fresh or your money back

14.99/kg
Fresh Boneless Bottom Sirloin Tri Tip Grilling Steak Family Size or Premium Oven Roast cut by your meat expert from Canada AAA grade beef 33.05/kg

2,000 PTS when you buy 1

7.99/lb
Fresh Boneless Whole Beef Brisket cryovac cut from Canada AA grade beef while supplies last 17.61/kg

value size

12.99
COMPLIMENTS Thick Cut Bacon or Smoked Sausages 900 g-1 kg, MAPLE LEAF or SCHNEIDERS Ham 600-700 g or SWISS CHALET or MONTANA'S Pork Back Ribs 600-650 g

10.99/lb
Haddock Loins or Yellow Fin Tuna Steaks frozen 24.23/kg

10.99
JANES Lightly Dusted Haddock or Sole Fillets 500-540 g

9.99/lb
COMPLIMENTS Fresh Raised Without Antibiotics Boneless Skinless Chicken Breasts Family Size 22.02/kg

5 PACK

3.99 MEMBER PRICE **4.99** without Scene+ Card
Avocados product of Mexico 5 pk

BAKED IN STORE

3.99
Mini Danish 6 pk 250 g

200 PTS when you spend $25 or more

3.49/100 g
L'EXTRA Brie or Double Cream Brie, OKA Original or L'ARTISAN Swiss-Style

100 PTS when you buy 2

5.99
COMPLIMENTS Dry Cured Salami selected 125 g

2/$5
DARE Bear Paws or Wagon Wheels 168-360 g, LECLERC Mini Celebration Cookies 200 g or DARE Veggie Crisps 100 g

6.97 **KRAFT Singles** 825 g or Philadelphia Cream Cheese 450 g

3.49
VILLAGGIO Bread 570-675 g or Buns 6-8 pk (excludes Ciabatta)

2.99 **KRAFT Salad Dressing** 425 mL

8.99
KELLOGG'S Pop-Tarts 1.152 kg, Rice Krispies Squares 660 g or Special K Bars 500 g, WELCH'S Fruit Snacks 618 g or SUNKIST Fruit Snacks Club Pack 792 g

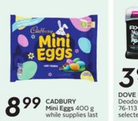
2/$5
DEL MONTE Canned Fruit 398 mL or COMPLIMENTS Fruit Cups 4 pk

5.99
KELLOGG'S Family Size Cereal 450-650 g or POST Family Size Cereal 368-650 g

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

3.99 **SILK Select Beverages** 1.75-1.89 L

5.49 **COMPLIMENTS Salted Butter** 454 g



8.99 **CADBURY Mini Eggs** 400 g while supplies last

3.99
DOVE Bar 2 pk, DEGREE Deodorant 76 g or AXE Deodorant 76-113 g or Shampoo 473 mL selected

7.49 MEMBER PRICE **8.49** without Scene+ Card
ZIPLOC Storage Bags 10-38 pk or Sandwich Bags 180 pk

14.99
TIDE Liquid Detergent 2.15-2.48 L or Pods 25-42 pk, GAIN Flings! 25-42 pk or Liquid Detergent 4.25 L

11.99
ROYALE Bathroom Tissue 24+48 rolls, Paper Towel 6+12 rolls or Facial Tissue 12 pk

$1 **COLGATE Toothpaste or Toothbrushes** 52-95 mL or 1 pk selected

We have 2X as many Canadian-origin products as competing stores* Look for the leaf to help support Canada.

2X Canadian-origin products

*Based on a comparison of Sobeys and competitor flyers in Atlantic Canada, Ontario and Western Canada, January 1-2024. Big enough to deliver, local enough to care — Canada's only 100% Atlantic Canadian-owned and -operated grocery retailer. Canada's only 100% Atlantic Canadian-owned and -operated food distributor. Sobeys is a registered trademark of Sobeys Inc. ©2024 Sobeys Inc. Sobeys Inc. is a subsidiary of Empire Company Limited. Sales are taken back and are disregarded. NO Frying! NO, 100% NO, 100% OK! database for Not Fried Canada Dogs. Subscribe to the Canada Hotdog Number 5, 2021. Copyright © 2021 Nestlé Canada Inc.

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 issue 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 correct any typographical errors. Advertised prices do not include any applicable taxes or deposits. At 24-hour locations prices effective from 6 am Thursday morning until midnight Wednesday evening. The Scene+ Loyalty Program is available at all participating Sobeys locations within Nova Scotia. No base Scene+ points earned. See weekly offers for current ways to earn bonus Scene+ points. Bonus Scene+ points are not earned on purchases of alcohol, tobacco products, lottery, photo finishing, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law, gift cards, postal products and services, Western Union, PlayCards/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. Scene+ points are not earned on the purchase of Scene+ points, Scene+ points are not redeemable for the purchase of Scene+ points, Scene+ points are not redeemable for cash. See full terms and conditions at https://www.scenepluss.ca/terms-and-conditions. All offers are subject to change and may be withdrawn without notice. Trademarks of Scene Plus LP Corporation used under license by Sobeys Capital Incorporated. Please recycle where facilities exist. Printed with vegetable based inks. Nova Scotia. Supplement to The Telegraph-Journal, The Daily Gleaner & The Chronicle Herald.

POS_SEP_NAVA_FSN_ATL_NS

1

MIX PAPIER MIXED PAPER R187-C001002

3.14 Happy Pi Day!

On March 14, slice into something good!

BUY 1 GET 1 FREE

Cream Pies 5" 260-370 g

5.99 BUY 2 GET 3RD FREE Buy 2 or more

COMPLIMENTS Apple, Apple Crumble or Pumpkin Pie 650-750 g 6.99 ea

Get 400 PTS When you buy 2 or more

OR

Get 800 PTS When you buy 3

14" Take & Bake Pizza 715-890 g

HAPPY MONTH OF Ramadan

2.49 /lb Green Zucchini or Eggplant product of Mexico or USA 5.49/kg

9.99 BARD VALLEY Medjool Dates 907 g

2/$5 Red Mangoes product of Mexico or Peru

2.79 /lb Roma Tomatoes product of Mexico no 1 grade 6.15/kg

6.99 /lb Guava product of Egypt 15.41/kg

25% off COMPLIMENTS Baking Nuts 200-400 g selected varieties

3.49 COMPLIMENTS Pitas 200-425 g

20.99 AASHIRVAAD Whole Wheat Flour 9.07 kg

2.49 SALEM FOODS Bulgur 908 g selected varieties

14.99 SALEEM CARAVAN Basmati Rice 4.45 kg selected varieties

8.49 KASH Golden Tahini 900 g

3.99 AL'FEZ Moroccan Couscous 200 g

3.99 SALEM FOODS Vine Leaves 454 g or Pickled Cucumbers 1000 g

5.99 Kiri Portions 144 g

150 PTS when you buy 2

4.29 SUMMER FRESH Dips, Hummus, Queso or Salsa 200-227 g

5.49 ICIM Halloumi Cheese 250 g

3.99 AL'FEZ Garlic or Tahini Sauce 238 mL

3.99 TRE STELLE Paneer 300 g

Receive 1,000 Scene+ points, when you load the offer and make the specified minimum purchase amount based on your individual shopping history, on eligible grocery purchases at participating Sobeys locations in Atlantic Canada in a single transaction before applicable taxes and charges and after deducting any discounts or coupons. Scene+ card must be valid and registered. Offer valid from March 12 to March 18, 2026. Offer must be loaded to a registered Scene+ card prior to transaction. Offer excludes taxes, tobacco products, gift cards, bottle deposits, prescriptions, lottery, alcoholic beverages, fuel, Western Union, money orders, postage, charitable donations, Scene+ points, Scene+ Travel, Scene+ Travel Points, Scene+ Travel Points Plus, Scene+ Travel Points Plus Plus, Scene+ Travel Points Plus Plus Plus, Scene+ Travel Points Plus Plus Plus Plus, and Scene+ Travel Points Plus Plus Plus Plus Plus. Offer is subject to the Scene+ Terms and Conditions. We reserve the right to restrict the offer, if we determine, in our sole discretion, there is abuse of the offer or unauthorized or ineligible use of the offer and is subject to change without notice. Trademarks of Scene Plus II Corporation used under licence by Sobeys Capital Incorporated.

FS22_SBY_MAR_PRN_ATL_AD_NB_FB1

Eid Mubarak

12.99 /lb
SUNGOLD Fresh Boneless Lamb Leg 28.64/kg

3.49 CHALO Naan 500 g

17.99 FILIPPO BERIO Olive Oil 750 mL

100 PTS when you buy 2

2.29 COMPLIMENTS Canned Tomatoes 796 mL or Stewed Tomatoes 540 mL

400 PTS when you spend $20 or more

16.99 MINA Chicken or Beef Burgers 600-800 g

200 PTS when you buy 4

1.99 COMPLIMENTS Canned Legumes 540 mL

1.79 CALIFORNIA GARDEN Fava Beans 450 g

3.69 SALEM FOODS Tomato Paste 750 g

6.99 AHMAD TEA 100 pk selected varieties

5.79 KASHI Pistachio Premium Halva 450 g

4.99 DURRA Sesame Bread Sticks 454 g

2.49 ETI Tea Biscuits 400 g

2.49 ETI Mini Popkek Cake with chocolate or banana 144 g

7.49 QUALITY STREET 160 g

15% off COMPLIMENTS Cups 10-16 oz 50 pk or Decorated Plates 22-44 pk selected

100 PTS when you buy 1

25.99 BRITA 6 Cup Pitcher or Filters 3 pk

6.49 FERRERO ROCHER Squares 105 g

200 PTS when you buy 2

Scene+ GET PERSONALIZED OFFERS ON PRODUCTS YOU'LL LOVE. Visit Sobeys.com/offers or the Sobeys app.

POS_SBY_WEKAE_PRN_ATL_MS_NB_PEI_NFLD

so·much value

100% fresh GUARANTEE

NEW FLAVOUR

5.99 +200 PTS when you buy 1

TAYLOR FARMS Chopped or Leafy Salad Kits prepared in Canada 207-383 g

5.44

ECO SPUDS Potatoes product of Prince Edward Island, Canada no 1, 10 lb (see bag for contest details)

ORGANIC

3.88 +100 PTS when you buy 2

COMPLIMENTS ORGANIC Button Mushrooms product of Canada 227 g

2LB

6.88 +400 PTS when you buy 2

ORRI Clementines or Mandarins product of Israel 907 g 2 lb bag

4/$3 +100 PTS when you buy 4

Lemons product of USA or Limes product of Mexico or Colombia

4.44 /lb

Extra Large Seedless Red or Black Grapes product of Peru or Chile 9.79/kg

From Atlantic Canada

4.99

Stew Pack product of Atlantic Canada, Canada no 1, 5 lb

1.99 /lb

Bulk Sweet or Red Onions product of Canada no 1, 4.39/kg

3.99

COMPLIMENTS Grape Tomatoes product of Mexico 283 g

4.99 /lb

Asparagus product of Mexico 11.00/kg

1.99 /lb

Papaya product of Mexico or Guatemala 4.39/kg

From Atlantic Canada

2.47 /lb

Red Prince Apples product of Atlantic Canada, Canada extra fancy grade 5.45/kg

3.47 /lb

Peaches or Nectarines product of Chile no 1 grade 7.65/kg

3.99

Large Cantaloupe product of Brazil

From Canada

2.99

Boston Lettuce in Soil product of Canada

5.99

COMPLIMENTS Green Leaf or Romaine Single Leaf product of USA 198 g

SAVE FOR YOU

15% off

Prepared Fresh Daily Regular or Tropical Fruit Salad assorted sizes

SAVE FOR YOU

BUY 2 GET 3RD FREE

Prepared Fresh Daily Stir-Fry Mixes assorted sizes

Global Market

3.99

Dragon Fruit product of Vietnam or Pomelo product of China

Global Market

1.99 /lb

Long Squash product of Mexico 4.39/kg

ORGANIC

3LB BAG

4.99

Organic Onions product of Canada Canada no 1, 3 lb

ORGANIC

8.99 +50 PTS when you buy 1

LIL SNAPPERS Organic Gala Apples product of USA fancy grade 1.36 kg 3 lb bag

9.99

LOOP Cold Pressed Juices or Smoothies product of Canada 1 L selected

3.99

SUNRISE Smoked Tofu 180 g assorted product of Canada

4.99

COMPLIMENTS Raw Pumpkin Seeds 300 g or Roasted Sunflower Seeds salted or unsalted 450 g

11.99

NATURSOURCE Almonds or Mixed Nuts selected 450-600 g

floral

Available at most stores

STARTING AT

5.99

Oxalis "Shamrock" grown in Canada

7.99

St. Patrick's Day Chrysanthemum 4.5" grown in Canada

+400 PTS when you buy 3

24.99

St. Patrick's Day or Nowruz Celebration Bouquets

8.99

Hyacinth 5-stem bunch or 6" pot assorted colours grown in Canada

Give them more with the Grocery Essentials Card

Visit sobeys.com/giftcards for details

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PD4_SEP_WK45_PRN_ATL_NS_NB_PEI

YOU COULD WIN* 1,000,000 PTS

That's like $10,000 towards groceries!

Earn one entry for every $15 spent on Sterling Silver Beef when you scan your Scene+ card!
Contest runs February 26 to March 25, 2026.

*NO PURCHASE NECESSARY. Full Contest rules and no purchase entry method found at sobeys.com/sterling-silver-contest. Contest runs from February 26, 2026 and ends on March 25, 2026. Open to legal residents of Canada who are 18 years of age or older at the time of entry. Total Prize Pool: $10,000 in Sobeys Inc. Gift Cards. Prizes: 1 Grand Prize of $10,000 in Sobeys Inc. Gift Cards will be awarded based on Cards of the Sobeys Inc. Banner Atlantic, Sobeys Ontario, Sobeys West, Safeway and Thrifty Foods. Each prize (max) is: 1,000,000 Scene+ points (MV $10,000.00 (CAD) each). The prizes have no equivalent cash value, are non-transferable and no substitutions will be made. Correctly answered skill testing question required. Odds of winning depend on the number of eligible entries received.

So·tender

Sterling SILVER PREMIUM BEEF

HAND-SELECTED AAA BEEF

Well-marbled · Aged to perfection
Cut from Canada AAA Beef
Exclusive to Sobeys

CERTIFIED TENDER · TENDRETÉ CERTIFIÉE

value size

500 PTS when you buy 1

8.99 /lb STERLING SILVER Fresh Whole Boneless Eye of Round cryovac cut from Canada AAA grade beef 19.82/kg

24.99 /lb STERLING SILVER Fresh Boneless Striploin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Canada AAA grade beef 55.09/kg

4.49 /lb COMPLIMENTS Fresh AIR-CHILLED Whole Chicken 9.90/kg

200 PTS when you spend $75 or more

7.49 /lb COMPLIMENTS Fresh AIR-CHILLED Split Chicken Wings Family Size 16.51/kg

Try with our In-Store Breaded Seasoning

READY FOR YOU

6.99 /lb Fresh Seasoned Boneless Pork Loin Centre Cutlets 15.41/kg

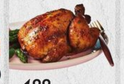
value size

5.99 /lb Fresh Whole Skinless Pork Belly cryovac value size 13.21/kg

EXCLUSIVE

11.49 200 PTS when you buy 2

WENDY'S Fresh, Never Frozen 100% Canadian Ground Beef Patties no fillers or additives 4 pk 454 g



4.99 /lb Frozen Cornish Hens Grade A or Frozen Ducks Grade A 11.00/kg

$13 COMPLIMENTS Value Size Breakfast, Mild Italian or Honey Garlic Pork Sausages 1-1.4 kg

BUY MORE SAVE MORE

$6 off when you buy 2 or more

COMPLIMENTS Ground Pork 454 g starting at **6.99 ea**

quick & easy

3.49 COMPLIMENTS Regular or Jumbo Wieners 450 g

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

COMPLIMENTS Smoked Pork or Chicken Sausages 375 g

200 PTS when you buy 2

10.99 SCHNEIDERS Pepperettes 300-375 g

BUY MORE SAVE MORE

3.99 off when you buy 2 or more

LUNCHABLES 89-138 g **4.99 ea**

4.99 100 PTS when you buy 2

COMPLIMENTS Stuffed Chicken Cutlettes or Asian Inspired Entrées 284-500 g

7.99 COMPLIMENTS Cheese Sticks, Pickle Spears or Blooming Onion Pearls 325-500 g

14.99 POGO Originals 20 or 32 pk or Minis value size 960 g-1.5 kg

15.99 ST. LOUIS Chicken Wings or Bites 650 g

GET TO FREE GROCERIES FASTER

when you scan your **Scene+ membership card** and pay with **Scene+ Points** or your **Scene+ "Visa" Card.**

JUST 1 DELIVERY STAMP!

LOOKING FOR $10 groceries?

*Certified by the Canadian Beef Grading Agency / Certifié par l'Agence Canadienne de Classement du Bœuf

FOL_SBY_WK10_PRN_ATL_NL_NB

seafood

2.99 MEMBER price 3.49 without Scene+ Card
COMPLIMENTS Crab- or Lobster-Flavoured Alaska Pollock 227 g

4.99 MEMBER price 5.99 without Scene+ Card
COMPLIMENTS NATURALLY SIMPLE Tilapia, Basa or Pollock Fillets 400 g

$12 100 PTS when you buy 1
BEST BUY Breaded Popcorn Shrimp, Squid Rings or Sole Fillets 800-860 g

8.99 MEMBER price 9.99 without Scene+ Card
COMPLIMENTS Cooked Shrimp or Raw Shrimp 31-40 or 71-90 ct per lb or Bay Scallops 80-120 ct per lb 340 g

bakery

200 PTS when you buy 2
12.99 Real Cream Layer Cakes 510-725 g

14.99 WITHENSHAW Sticky Toffee Pudding frozen 550 g

5.99 MEMBER price 6.99 without Scene+ Card
COMPLIMENTS Pecan or Raisin Butter Tarts 510 g

3.99 Winnipeg Style Light or Dark Rye Bread 450 g

BUY MORE SAVE MORE
2.49 Buy 1 at regular price Buy 2 or more 2.99 ea
Ciabatta or Artisan Style Baguettes 325-380 g

100 PTS when you buy 2
STARTING AT 5.99 Donuts 4 pk 320-520 g

75 PTS when you buy 2
5.99 Hot Cross Buns 6 pk 515-545 g

deli & kitchen

14.49 MEMBER price 15.49 without Scene+ Card
COMPLIMENTS Sliced Cheese 440 g

STARTING AT 7.99 100 PTS when you buy 2
KERRYGOLD Irish Cheeses 198 g or MONSIEUR GUSTAV Cheddar 200-250 g

100 PTS when you buy 1
18.99 TRE STELLE Feta 850 g

3.69 /100 g PANACHE Ham or Oven Roasted Chicken

7.99 GREENFIELD Sliced Deli Meats 175 g selected

11.99 100 PTS when you buy 2
COMPLIMENTS Charcuterie Trio selected 250 g

3.99 /100 g MASTRO Genoa Salami hot or mild

3.99 /100 g 200 PTS when you buy 1 100 g product
COMPLIMENTS Montreal Smoked Meat, Roast Beef, Corned Beef or Pastrami

5.99 MEMBER price 6.49 without Scene+ Card
Wraps 219-300 g

3.99 300 PTS when you buy 2
NANA'S Samosas sold by individual piece, available hot or chilled from the Service Case

8.99 GOLD LABEL Heat-and-Serve Snack Dips 375 g

6.49 200 PTS when you buy 2
YUCATAN Guacamole regular, mild or spicy or Avocado Salsa 227-340 g

100 PTS when you buy 2
6.99 Snack or Classic Meal Boxes select varieties 300-320 g

10.99 OLIVIERI Family Size Pasta or Gnocchi selected 520-700 g

RECIPES, STORIES, TIPS & TRICKS and more, all at Sobeys.com

SOC_SBY_WK40_DIG_ATL_MB_NB_PEI

frozen & dairy

5.99 +100 PTS when you buy 2
NESTLÉ Coffee-Mate Creamers 828-946 mL

4.49 +100 PTS when you buy 2
GAY LEA Aerosol Whipped Topping 225 g

BUY MORE SAVE MORE
2.99 ea when you buy 2 or more
+100 PTS when you buy 2
COMPLIMENTS Cream Cheese or Spread 227-250 g 3.99 ea

5.99 +200 PTS when you buy 2
ARMSTRONG Cheese Slices 220-240 g

8.49 **HELLUVA GOOD! Dip** 680 g

4.49
BAXTER, SCOTSBURN, NORTHUMBERLAND or FARMERS Sour Cream 500 mL, assortment varies by province

5.49 +100 PTS when you buy 2
COMPLIMENTS Pure Orange Juice 1.54 L

value size
15.99–
SAPUTO Shredded Cheese 1 kg or ARMSTRONG 900 g

4.99
REVELLO or FUDGSICLE Novelties 12 pk selected

4.99
CRAVE or KD Frozen Entrées 200-340 g

7.99
DR. OETKER Giuseppe Stuffed Crust Pizza or Suprema Pizza 475-771 g

5.99
KELLOGG'S Eggo Waffles 560 g or Protein Waffles 280 g

3.99
CHAPMAN'S Super Premium Plus Ice Cream 500 mL selected

13.99
MCCAIN Pizza Pockets 12 pk

13.99
ARCTIC GARDENS Frozen Vegetables 1.25-1.75 kg

5.49
HUNGRY-MAN Frozen Dinner or XL Bowls 360-455 g

Here for your budget and lifestyle

5.49 +200 PTS when you buy 2
COMPLIMENTS Large Brown Eggs or Free Run Large White Eggs 12 pk

4.99
PANACHE Premium Ice Cream 1 L or Novelties 4-6 pk selected

1.69
COMPLIMENTS Frozen Entrées selected 227-284 g

natural health

4.99
VITA COCO Coconut Water 1 L

7.49
MARY'S ORGANIC Crackers 142-184 g

5.49
TRADITIONAL MEDICINALS Teas 16 pk

STARTING AT
6.99
NUTS TO YOU Organic Butter 500 g

2.99
CLUB HOUSE Organic Spice Bags 10-57 g or SILK Creamers 450-473 mL

STARTING AT
6.49
GARDEIN Suprême Meat Alternatives 255-425 g

4/$11
COVE Kombucha 355 mL

+100 PTS when you buy 2
4.99
PACIFIC FOODS Organic Chili 468 g

29.99
GOODPROTEIN All-in-One Shake 440 g

+100 PTS when you buy 1
2/$7
GRENADE Protein Bars 60 g

12.99
PURE PROTEIN Bars 6 pk

15% +200 PTS when you buy 1
CENTRUM MultiGummies 90-130 pk selected

Give them more with the Grocery Essentials Card
Visit sobeys.com/giftcards for details.

S02_SBY_WK46_DIG_ATL_NS_NB

drinks & snacks

9.99 **LINDT or GHIRADELLI Bagged Chocolate** 130-151 g; HERSHEY'S Novelty Chocolate 389 g or HARIBO 40 pk while supplies last

5.49 **CADBURY Multipacks** 152-200 g or NERDS Gummy Clusters 227 g

9.99 **ATHLETIC BREWING CO. Non-Alcoholic Beer** 6x355 mL or OLÉ Mocktails 4x355 mL

50 PTS when you buy 2 **2/$6** **RED BULL Energy Drinks** 250 mL

$4 **150 PTS when you buy 3** **KELLOGG'S Town House, Snap'd or Cheez-It Crackers** 213-391 g

4.49 **LOTUS Biscoff Biscuits** 250 g, CADBURY Fingers 114 g or PEPPERIDGE FARM Cookies 200-213 g

2/$9 **TOSTITOS Tortilla Chips** 205-300 g or MISS VICKIE'S Potato Chips 190-200 g

2.49 **100 PTS when you buy 3** **COMPLIMENTS Potato Chips** 200 g or Tortilla Chips 250-280 g

10.99 **200 PTS when you buy 3** **VAN HOUTTE Coffee K-Cups® or Brew Over Ice Pods** 10-12 pk or Roast & Ground Coffee 340 g

13.99 **TETLEY Orange Pekoe Tea** 216 pk

3.99 **150 PTS when you buy 2** **COMPLIMENTS Cranberry or Ruby Red Grapefruit Cocktail** 1.89 L

8.49 **NATURE VALLEY Mid-size Granola Bars** 340-525 g

meal makers

100 PTS when you buy 2 **6.49** **HERSHEY'S Chipits** 200-270 g

3.49 **BETTY CROCKER Frosting** selected 340-450 g or KRAFT Jet-Puffed Marshmallows 400 g

4.49 **KELLOGG'S Cereal** 210-525 g selected varieties (excludes family size)

19.99 **JAKEMAN'S Maple Syrup** 1 L

50 PTS when you buy 1 **4.99** **MONTANA'S BBQ Sauces** 350 mL

6.99 **MAZOLA Oil** 1.18 L

4.49 **DEMPSTER'S Bagels** 5-6 pk (excludes protein)

3.99 **200 PTS when you buy 2** **QUAKER Instant Oatmeal** 232-344 g or Quick or Old Fashioned Oats 900 g-1 kg

2.99 **100 PTS when you buy 2** **PURITAN Stew** 410 g or FRASER FARM Gravy and Meatballs 425 g

7.99 **TACO BELL Crunchwrap Supreme** 642 g or Cheesy Double Decker 401 g Taco Kits

2.89 **100 PTS when you buy 2** **COMPLIMENTS White or Whole Wheat Bread** 570 g

11.48 **BEN'S ORIGINAL Rice** 2.2 kg selected varieties

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100 PTS when you buy 2 **COMPLIMENTS Spices or Seasonings** selected 5-245 g

15% off **COMPLIMENTS Baking Nuts** 100 g selected (excludes Pine Nuts)

8.99 **100 PTS when you buy 1** **COMPLIMENTS Family Size Granola Bars** 560-630 g or Crispy Rice Squares 582 g

3.29 **150 PTS when you buy 2** **COMPLIMENTS Cookies** 300-350 g

4.99 **100 PTS when you buy 1** **COMPLIMENTS Exceptional Chocolate Chip Cookies** 280 g

3.99 **COMPLIMENTS Sweet Pickled Onions** 375 mL or PANACHE Salad Dressing 350 mL

1.99 **150 PTS when you buy 2** **COMPLIMENTS Baked Beans** 398 mL

2/$5 **COMPLIMENTS Flakes of Ham, Turkey or Chicken** 156 g

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8.99 WHISKAS Dry Cat Food 1.5–2 kg or PURINA Dentalife Dog Treats or Chews 404-595 g

24.99 FINISH Dish Tabs 60-105 pk

6.49 SCRUBBING BUBBLES Drop Ins 1 pk, Fresh Brush 1 pk, Refills 8 pk or Toilet Cling Fresh Brush 12 pk

4.29 ALLEN'S Cleaning Vinegar 950 mL

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

400 PTS when you buy 2

15.99 CASHMERE Bathroom Tissue 12+36 rolls or SPONGETOWELS Ultra Pro 4+8 rolls

2.99 SCOTTIES Ultra Soft with Lotion Facial Tissue Cubes 52 pk

4.49 ALCAN Foil 50 ft, Non-Stick 25 ft or REYNOLDS Parchment Paper 35 ft

12.49 GLAD Waste Bags 20-40 pk

health, beauty & baby

5.99 300 PTS when you buy 2

SENSODYNE or Pronamel Toothpaste 75-100 mL selected

5.99 PANTENE Hair Care 170-355 mL or 187 g selected

7.99 LIVE CLEAN Body Wash or SOFTSOAP Liquid Hand Soap 500 mL or 1.47 L selected

500 PTS when you buy 2

STARTING AT **15.49** ALWAYS Pads, Liners or TAMPAX Tampons 10-136 pk selected

UP TO **20%** off

GILLETTE Fusion or Mach3, BIC or SCHICK Razors, Skintimate or Satin Care or GILLETTE Shave Cream 1-15 pk, 75 mL or 198-311 g selected

STARTING AT **4.99** CREST Pro Health or SCOPE Mouthwash or ORAL-B Toothbrushes 500 mL+1 L or 1-4 pk selected

500 PTS when you buy 2

28.99 ORAL-B Rechargeable Toothbrushes or Heads or CREST 3D White Strips 1-10 pk selected

150 PTS when you buy 2

10% off GOLD BOND 85-400 mL or 226 g selected

55.99 SIMILAC Powders 837-859 g

3.99 Q-TIPS Including Organic 400 pk

36.99 ENFAGROW A+ 907 g or PAMPERS Super Econo Pack Huge Diapers 66-174 pk

400 PTS when you buy 2

28.99 PAMPERS Super Pack 42-118 pk

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SYSTANE Eye Drops 10 mL or Contacts Solution 720 mL selected

200 PTS when you buy 2

19.99 DEPEND Underwear or POISE Pads selected

10% off 250 PTS when you buy 2

TYLENOL Pain Relief 40-200 pk or MOTRIN Muscle & Body 40 pk selected*

10% off 250 PTS when you buy 2

TYLENOL Complete 40 pk or BENYLIN All-in-One 250-270 mL or 40 pk selected*

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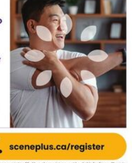

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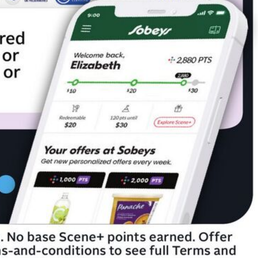

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roasted salted, unsalted or raw
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COMPLIMENTS
Chocolate Covered
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Family Size 26.43/kg

9.99 /lb
Fresh Boneless Beef Brisket Portions cut by your meat expert from Canada AA grade beef while supplies last 22.02/kg

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BELGUSTO CUCINA Shepherd's Pie 907 g

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Stew Pack product of Atlantic Canada, Canada no 1, 5 lb

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St. Patrick's Day Single Layer Cake 610 g or Small Pull-Apart Cakes 365-990 g

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COMPLIMENTS
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4 pk 200 g

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Sweet and savoury

5.99 Chocolate Chip with Mini Eggs Cookie 8 pk 325 g or Shortbread with Mini Eggs Cookie 8 pk 325 g

3.99 COMPLIMENTS Brioche Burger Buns 4 pk 200 g

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