

# Sobeys

## Everyday Plant-Based Essentials

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



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

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!



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

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



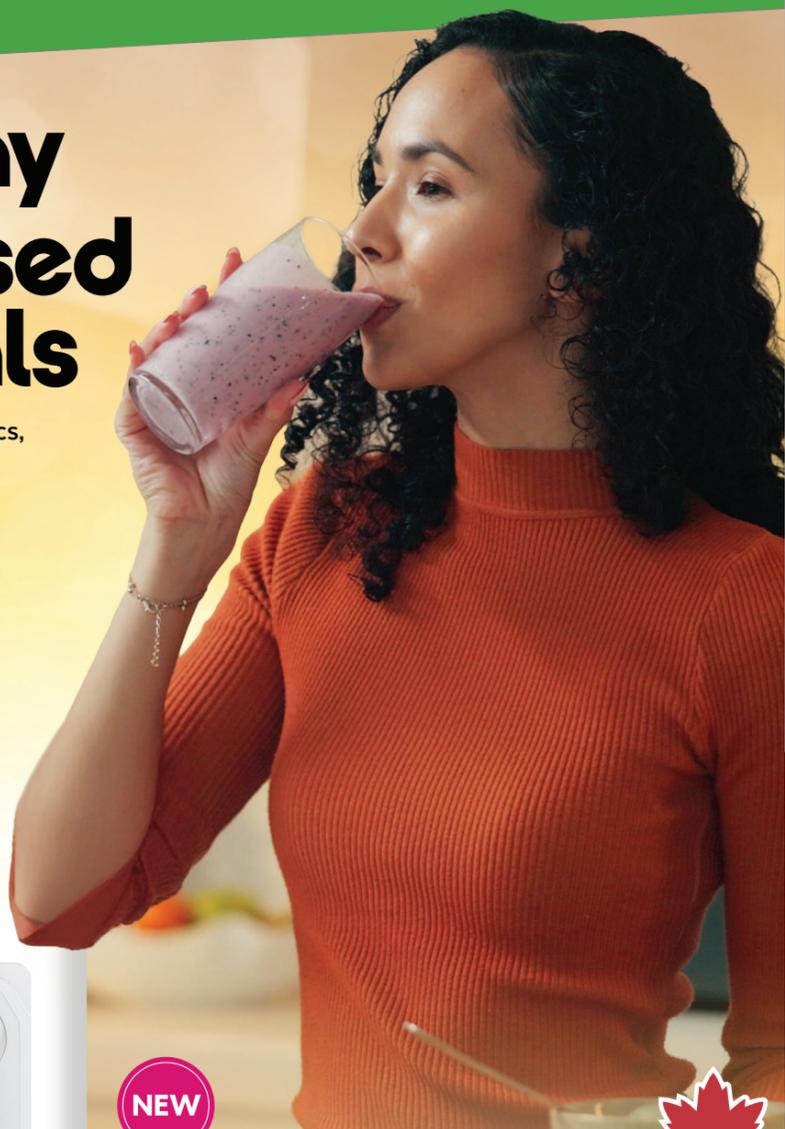
**4<sup>50</sup>**

ea when you buy 2 or more  
SILK Select Beverages 1.75-1.89 L 6.99 ea



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

SILK Creamers 450-473 mL



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

**23<sup>99</sup>**

COMPLIMENTS Protein+Greens 520 g

## Lunchbox favourites!

**200 PTS** when you buy 2

**12<sup>99</sup>**

PURE PROTEIN Bars 6 pk



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

**2/\$5**

COVE Soda 355 mL



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

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

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

\*Scene+ Points and all offers valid from Thursday, March 19-Wednesday, April 29, 2026. Participating products are those listed in this ad. All products must be purchased in one transaction, excludes taxes, deposits, and other non-discountable items. Redeem at checkout.



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

**8<sup>99</sup>**  
ENJOY LIFE Chocolate  
Chips 255-283 g

GLUTEN FREE



STARTING AT  
**7<sup>99</sup>**  
ELMHURST  
Milk or Barista  
946 mL or  
Creamers 473 mL



WITH UP TO  
**4x MORE ALMONDS**  
PER SERVING  
NO ADDED GUMS OR OILS

# Sparkling Sips!

ORGANIC

**3<sup>69</sup>**

RISE Botanicals  
Beverage or Organic  
Kombucha 414 mL



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

# Better Easter Baking

Plant based &  
free-from favourites



STARTING AT  
**6<sup>99</sup>**  
XO BAKING CO.  
Gluten Free Baking Mixes  
210-538 g

GLUTEN FREE



**6<sup>99</sup>**  
MANITOBA HARVEST  
Hemp Hearts 227 g



**100 PTS**  
when you buy 2

**7<sup>49</sup>**  
ZEVIA Soda 6x355 mL



# Mornings made easy



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

**8<sup>99</sup>**  
FLOURISH  
Pancake Mix  
430 g



STARTING AT  
**6<sup>99</sup>**  
LITTLE NORTHERN  
BAKEHOUSE  
Gluten Free Breads, Buns  
or Bagels 260-567g

GLUTEN FREE



**7<sup>99</sup>**  
NUTS FOR CHEESE Dairy  
Free Cream Cheese 210 g

**3<sup>99</sup>**  
ALMOND  
BREEZE  
Milk 1.89 mL

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



**5<sup>49</sup>**  
JORDANS Cereal  
375-400 g or Granola  
325-375 g



**7<sup>99</sup>**  
YOGGU!  
Plant Based  
Yogurt 450 g

Prices & offers in effect Thursday, March 19 - Wednesday, April 29, 2026.  
\*Scene+ Points and all offers valid from Thursday, March 19-Wednesday, April 29, 2026. Participating products are those listed in this ad. All products must be purchased in one transaction, excludes taxes, deposits, and other non-discountable items. Redeem at checkout.

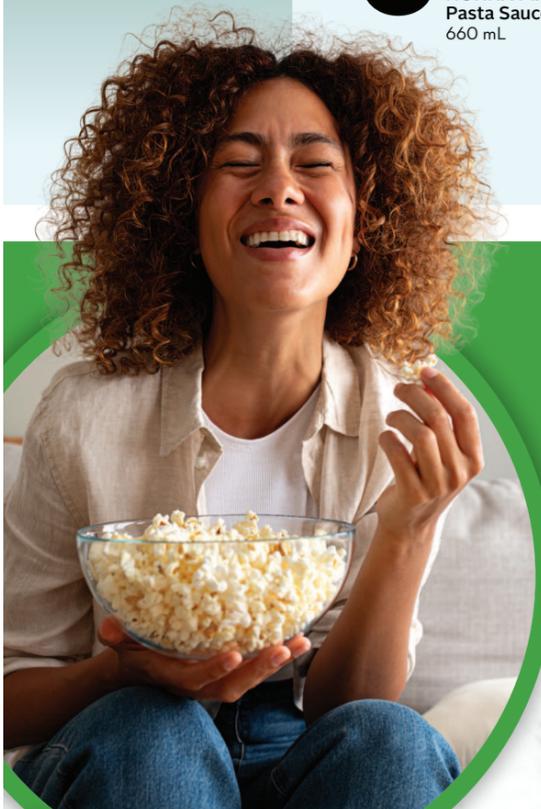
## Pantry staples



**6<sup>99</sup>**  
NONNA PIA'S  
Pasta Sauce  
660 mL



**7<sup>99</sup>**  
THREE FARMERS  
Roasted Fava Beans  
or Chickpeas 170 g



## Spring Break snacks



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

**3<sup>49</sup>**  
PANDA Licorice 170 g



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



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



**2<sup>29</sup>**  
KIND Fruit & Nut  
Bars 40 g

Organic, nourishing bars

**100 PTS**  
when you buy 3  
**2<sup>99</sup>**



MADE WITH LOCAL  
Bars 53-68 g

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



CLIF Bars 5 pk

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

\*Scene+ Points and all offers valid from Thursday, March 19-Wednesday, April 29, 2026. Participating products are those listed in this ad. All products must be purchased in one transaction, excludes taxes, deposits, and other non-discountable items. Redeem at checkout.

# Strong starts, smooth finishes

Everything you need for pre and post workout!



300 PTS when you buy 1

**43<sup>99</sup>** KAIZEN Whey or Plant Protein Powders 840 g

Plant-based protein powder made with simple ingredients

**17<sup>99</sup>**

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



**25<sup>99</sup>**

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



**15% off**

ORGANIKA Electrolytes 210-360 g or 20-21 pk



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

WAKE WATER Electrolyte Powders 8 pk

100 PTS when you buy 2

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

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

**14<sup>99</sup>** NATURE CLEAN Laundry Detergent 3 L



**12<sup>99</sup>** ECO MAX Laundry or Fabric Softener 3 L



**6<sup>99</sup>** MRS. MEYER'S Dish Soap, Cleaners or Hand Soap 370-475 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

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

GREEN WORKS Wipes 75 pk selected



Prices & offers in effect Thursday, March 19 - Wednesday, April 29, 2026. Participating products are those listed in this ad. All products must be purchased in one transaction, excludes taxes, deposits, and other non-discountable items. Redeem at checkout.

Rachelle Bery

Spring into wellness

Rachelle Bery  
wellness boutique

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

**15% off**  
NOW VITAMINS OR SUPPLEMENTS SELECTED VARIETIES AND SIZES

**600 PTS** when you buy 1  
**46<sup>99</sup>**  
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.

**600 PTS** when you buy 1  
**39<sup>99</sup>**  
ANCIENT NUTRITION BONE BROTH OR COLLAGEN  
242-337 G

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

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

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

**20% off**  
THE UNSCENTED COMPANY HAIR CARE, SKIN CARE, CLEANING OR LAUNDRY PRODUCTS  
30 PK, 65-120 G OR 500 ML-2 L

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

**16<sup>99</sup>**  
HERBATINT NATURAL HAIR COLOUR  
120-135 ML SELECTED



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

Products available at select locations only.

Browse a Rachelle Bery boutique at your local Sobeys store