

ATL_HR_201

FEED THE DREAM

Sobeys

OFFICIAL GROCER

Verified
2.99 /lb

Fresh Pork Shoulder Blade Roasts or Steak Family Size or Fresh Pork Shoulder Picnic Roast hock removed 6.55/kg
Rôles de pailettes d'épaule de porc frais ou bifteck format familial ou rôti d'épaule de porc frais Picnic sans jarret

Verified
7.88 /lb

Fresh Boneless Stew Beef or Cross Rib Pot Roast or Simmering Steak Family Size cut by your meat expert from Canada AA grade beef while supplies last 17.37/kg
Bœuf à ragoût désossé frais ou rôti de côtes croisées ou bifteck à mijoter, format familial coupés par votre expert boucher, coupe de bœuf Canada AA, jusqu'à épuisement des stocks

Verified
5.99

LARSEN Wieners 900 g, MAPLE LEAF or SCHNEIDERS Bacon 375 g, MAPLE LEAF Ready Crisp Bacon 65-85 g, SCHNEIDERS Cooked Bacon 100 g, Juicy Jumbos, regular Beef Wieners or Smoked Sausages 375-450 g, selected Saucisses fumées LARSEN, bacon MAPLE LEAF ou SCHNEIDERS, bacon Ready Crisp MAPLE LEAF, bacon cut SCHNEIDERS, saucisses Juicy Jumbos, saucisses au bœuf ordinaires ou saucisses fumées certaines variétés

Verified
2.49

Raspberries product of Mexico 170 g
Framboises produit du Mexique

Verified
6.99

COMPLIMENTS Raw Shrimp 31-40 or 71-90 ct per lb or Bay Scallops 80-120 ct per lb 340 g
Crevettes crues COMPLIMENTS ou pétoncles de baie

Verified
4.49

COMPLIMENTS Baby Spinach or Spring Mix 312 g product of USA
Jeunes épinards COMPLIMENTS ou mélange printanier produit des E.-U.

200 points when you buy 2

International WOMEN'S DAY
MARCH 8

\$21

Equadorian Roses one dozen 50 cm
Roses équatoriennes une douzaine

Verified
4.97

HEINZ Ketchup 750 mL-1 L or KRAFT Miracle Whip or Mayonnaise 650-890 mL
Ketchup HEINZ ou Miracle Whip KRAFT ou mayonnaise

Verified
4.94

HÄAGEN-DAZS Ice Cream 400-450 mL or Novelties 3-4 pk
Crème glacée HÄAGEN-DAZS ou nouveautés

Verified
1.99 MEMBER SAVE 1.50 MEMBER PRICE

LANTIC Granulated Sugar 2 kg without Scene+ Card **3.49**
Sucre granulé LANTIC

Verified
6.49

CASHMERE Bathroom Tissue 12=24 or 8=24 Rolls, SPONGE TOWELS 3=6 Rolls, SCOTTIES Facial Tissue 6 pk or BONTERRA Bathroom Tissue 9=27 Rolls, Paper Towel or Facial Tissue 3=6 pk
Papier hygiénique CASHMERE rouleaux, SPONGE TOWELS rouleaux, mouchoirs SCOTTIES ou papier hygiénique BONTERRA rouleaux, essuie-tout rouleaux ou mouchoirs

Verified
5.97

CRACKER BARREL Cheese 340-400 g or Shreds 250-320 g
Fromage CRACKER BARREL ou fromage râpé

Verified
\$2

CHRISTIE Snacking or Mini Crackers selected 162-200 g
Craquelins collation ou mini CHRISTIE certaines variétés

Verified Price Guarantee

LOWEST PRICE on select flyer items or automatically receive the difference in Scene+ points*
*Conditions apply. See sobeys.com for details.

THU 5 FRI 6 SAT 7 SUN 8 MON 9 TUE 10 WED 11

Prices and offers in effect March 2020. See store sign. Prix et offres en vigueur en mars 2020. Voir panneau. ©2020 Sobeys-Boysenmark

So many deals
Scan here for our full digital flyer

Global Market

Verified
12.99

TILDA Pure Basmati Rice 4 kg
Riz basmati Pure TILDA

Dollar DAYS!



\$3

COMPLIMENTS Navel Oranges
product of Morocco or Egypt
1.36 kg 3 lb bag
Oranges navel COMPLIMENTS
produit du Maroc ou d'Égypte, en sac



\$4

LARSEN, MAPLE LEAF or SCHNEIDERS Wieners 375 g or
MINA Chicken Wieners 675 g selected
Saucisses fumées LARSEN, MAPLE LEAF ou SCHNEIDERS ou
saucisses fumées au poulet MINA certaines variétés



\$1

COMPLIMENTS Sparkling or Fizzy
Flavoured or Unflavoured Water
503 mL 1 L
Eau gazeuse COMPLIMENTS ou
pétillante aromatisée ou
non aromatisée



\$2

COMPLIMENTS Apple Sauce 620 mL or Apple Snack 4.6 pk,
SNACK PACK Puddings or Gels 4 pk or DOLE Canned Pineapple
208 mL
Purée de pommes COMPLIMENTS ou collation aux pommes,
poudings ou gélées SNACK PACK ou ananas en conserve DOLE

Scene



TURN POINTS INTO GROCERIES



+1,000 PTS when you buy 1

That's like \$10 toward your groceries

\$35

TRUE NORTH Fresh Atlantic Salmon Fillets product of Canada skinned 908 g subject to availability
Filets de saumon de l'Atlantique frais TRUE NORTH produit du Canada, sans peau selon les arrivages



+500 PTS when you buy 3

That's like \$5 toward your groceries

\$5

Made In-Store Chicken Pot Pies 320 g available hot or chilled
Pâtés au poulet préparés en magasin disponibles chauds ou réfrigérés



+100 PTS when you buy 2

\$3

BIG 8 Spring Water 24x500 mL
Eau de source BIG 8



+300 PTS when you buy 2

14.99

HERSHEY'S Eggies 670-900 g or LINDOR Chocolate Eggs 300 g while supplies last.
Eggies HERSHEY'S ou œufs en chocolat LINDOR jusqu'à épuisement des stocks



+100 PTS when you buy 2

\$4

BECEL Margarine Soft Tub 427 g Butter Plant-Based Salted Tub or Plant-Based Bricks or Sticks 454 g
Contenant de margarine molle BECEL contenant de beurre salé à base de plantes ou briques ou bâtonnets à base de plantes

1,000 Points = \$10 of free groceries

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Celebrate International Women's Day

International Women's Day Bouquet
Bouquet pour la Journée internationale des femmes

24⁹⁹
International Women's Day Bouquet
Bouquet pour la Journée internationale des femmes

STARTING AT **8⁹⁹**
Assorted Flowering Upgrades
Fleurs assorties en pot de qualité supérieure cultivées au Canada

14⁹⁹
Gerbera Bouquets 10-stem large or 15-stem mini grown in Canada
Bouquets de gerberas grandes ou miniatures cultivées au Canada

STARTING AT **29⁹⁹**
Women's Day Orchids in Ceramic 5" grown in Canada
Orchidées de la Journée internationale des femmes en pot de céramique cultivées au Canada

37⁹⁹
Graceful Celebration Bouquet
Bouquet de célébration Graceful

so much value 100% FRESH GUARANTEE

1⁷⁷ /lb
Sweet Potatoes product of Canada or USA 3.90/kg
Patates douces produit du Canada ou E.-U.

3⁴⁹ /lb
Tomatoes on the Vine product of Canada 7.69/kg
Tomates sur vigne produit du Canada

4⁴⁹ /lb
Mini Seedless Cucumbers product of Canada, Canada no 1 grade 6 pk.
Mini-concombres sans pépins produit du Canada, catégorie Canada no 1

3⁹⁹ +200 Pts when you buy 2
COMPLIMENTS ORGANIC White or Cremini Sliced Mushrooms product of Canada 227 g
Champignons tranchés blancs biologiques
COMPLIMENTS ou portobellos produit du Canada

1⁹⁹ /lb
Gala or Ambrosia Apples product of Atlantic Canada, Canada extra fancy grade 4.39/kg
Pommes Gala ou Ambrosia produit du Canada atlantique, catégorie Canada extra de fantasia

3⁹⁹ /lb
Blackberries product of Mexico 170 g
Mûres produit du Mexique

4⁴⁴ /lb
Extra Large Green Seedless Grapes product of Peru 9.79/kg
Tres gros raisins verts sans pépins produit du Pérou

77¢ /lb
Cabbage product of Atlantic Canada, Canada no 1 1.20/kg
Chou produit du Canada atlantique, catégorie Canada no 1

99¢ /lb
Turnip product of Atlantic Canada, Canada no 1 2.00/kg
Navet produit du Canada atlantique, catégorie Canada no 1

2/\$4
Bunched Red Radish product of Quebec or Mint product of USA or Mexico
botte de radis rouges produit du Québec ou menthe produit des E.-U. ou du Mexique

4⁷⁹ /lb
Red, Orange or Yellow Peppers product of Mexico 10.56/kg
Poivrons rouges, orange ou jaunes produit du Mexique

5⁴⁹ +200 Pts when you buy 2
Cara Cara Oranges product of USA 907 g 2 lb
Oranges Cara Cara produit des E.-U.

3/\$6
Bulk Avocado product of Mexico
Avocat en vrac produit du Mexique

5⁴⁹ +100 Pts when you buy 2
COMPLIMENTS Lemons product of USA or Mexico 907 g 2 lb
Citrons COMPLIMENTS produit des E.-U. ou du Maroc

1⁹⁹ /lb
Bosc Pears product of USA extra fancy grade 4.39/kg
Poires Bosc produit des E.-U. catégorie extra de fantasia

2/\$6
COMPLIMENTS Garden Salad 340 g or Coleslaw 397 g product of USA 907 g 2 lb
Salade du jardin COMPLIMENTS ou salade de chou produit des E.-U.

3⁹⁹
COMPLIMENTS Baby-Cut Carrots product of USA 907 g 2 lb
Carottes coupées COMPLIMENTS produit des E.-U.

BUY 1 GET 2ND 25% OFF
Prepared Daily Fruit or Yogurt Parfait Cups assorted sizes
Coupes de parfaits aux fruits ou au yogourt, préparées chaque jour certains formats

15% off
Prepared Fresh Daily Chicken Caesar Salads assorted sizes
Salades César au poulet préparées chaque jour certains formats

2⁷⁹
Chinese Eggplant product of Mexico or Dominican Republic or Red Carrots product of China 6.59/kg
Aubergine chinoise produit du Mexique ou de la République dominicaine ou carottes rouges produit de Chine

1⁹⁹ /lb
Asian Pear product of China 4.39/kg
Poire asiatique produit de la Chine

2⁹⁹
Bulk Organic Avocado product of Mexico
Avocat biologique en vrac produit du Mexique

2⁹⁹
Organic Garlic product of Argentina 85 g
AIL biologique produit d'Argentine

BUY 1 GET 1 FREE
GREENHOUSE Single Shots product of Canada 60 mL selected
Shots individuels GREENHOUSE produit du Canada certaines variétés

4⁹⁹ +100 Pts when you buy 2
BIG MOUNTAIN Soy-Free Tofu assorted 280-340 g
Tofu sans soja BIG MOUNTAIN assortiment

7⁹⁹ +200 Pts when you buy 2
COMPLIMENTS Roasted Almonds or Cashews salted or unsalted 275 g
Amandes grillées COMPLIMENTS ou noix de cajou salées ou non salées

14⁹⁹
HIGH Dry Fruit Thai Honey Mango 1 kg
Fruit séché Thai Honey Mango HIGH

floral fleurs Available at most stores
Disponibles dans la plupart des magasins

24⁹⁹
Confidence Dish Garden 5.7"
Dish cultivées au Canada

27⁹⁹
Hydrangea in Self-Watering Pot 6" grown in Canada
Hydrangea en pot auto-arrosant cultivé au Canada

9⁹⁹
Tropical Tones Purple Collection 4" grown in Canada
Collection Tropical Tones Purple cultivées au Canada

11⁹⁹
Tulip Bouquet 10-stem grown in Canada
Bouquet de tulipes cultivées au Canada

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

*Prices may vary by region. Some products may not be available in all areas. © 2024 Sobeys Inc. All rights reserved.

seafood fruits de mer

JANES
ENGLISH
STYLE
FISH

JANES Breaded or Battered Fish selected 450-510 g
Poisson pané JANES ou en pâte certaines variétés

8⁹⁹

NEW

CEDAR BAY Air Fryer Salmon Bits, Fish & Chips or Salmon & Broccoli 283-510 g
Bouchées de saumon pour friteuse à air CEDAR BAY, poisson-frites ou saumon et brocoli

12⁹⁹

9⁹⁹ without Scene+ Card
10⁹⁹

COMPLIMENTS NATURALLY SIMPLE Pink Salmon, Haddock or Cod Fillets 400 g
Filets de saumon rose SIMPLE NATURELLEMENT COMPLIMENTS, d'aiglefin ou de morue

7⁹⁹

SHOAL WATER SEAFOODS Salt Fish Bits 454 g
Morceaux de poisson salé SHOAL WATER SEAFOODS

Fast, Fresh Seafood What a Catch!

READY FOR YOU

14⁹⁹
In-Store Marinated Fresh Atlantic Salmon Fillets subject to availability 330-510 g
Filets de saumon de l'Atlantique frais marinés en magasin selon les arrivages

12⁹⁹
Fresh Atlantic Salmon Roasts stuffed with spinach, cheddar, bacon & cold water shrimp 283-510 g
Rôti de saumon frais de l'Atlantique farci aux épinards, cheddar, bacon et crevettes nordiques

6⁹⁹
Prepared In-Store Cooked or Raw Garlic Shrimp Griller precisely frozen 280 g
Crevettes à l'ail à griller cuites ou crues préparées en magasin

8⁹⁹
Stuffed Mushroom Caps with Imitation Crab & Seafood Stuffing 198/216 g
Capuchons de champignons farcis avec simili-crabe et farce aux fruits de mer

Panache

No disrespect to the classic carrot and celery plate, but our lineup of panache appetizers go way beyond the simple crudité; we take finger food seriously.

9⁹⁹
PANACHE Hot Smoked Atlantic Salmon Strips maple pepper or all dressed previously frozen 150 g
Lanières de saumon de l'Atlantique fumé à chaud PANACHE, robe et poivre ou toutes garnies, décongelées

7⁹⁹
PANACHE Shrimp Spring Rolls, Tempura Shrimp with Truffle or Butterfly or Coconut Breaded Shrimp 252-340 g
Rouleaux de printemps aux crevettes PANACHE, crevettes tempura à la truffe, crevettes en papillon ou enroulés de noix de coco

9⁹⁹
PANACHE Tempura Shrimp, Crispy Calamari, Bang Bang Shrimp or Crab Rangoon 252-353 g
Crevettes tempura PANACHE, calmars croustillants, crevettes Bang Bang ou crabe rangoon

15⁹⁹
PANACHE Bacon-Wrapped Scallops Medallions 250 g
Pétoncles bardés de bacon PANACHE

deli charcuterie & kitchen cuisine

3⁴⁹ without Scene+ Card
3⁶⁹ without Scene+ Card

COMPLIMENTS German, Hungarian or Peppercorn Salami
Salami allemand COMPLIMENTS, hongrois ou au poivre

2⁶⁹ / 100 g

MAPLE LEAF Big Stick Wax Bologna
Gros tube de bologna cire MAPLE LEAF

6⁴⁹

BRANDT Kolbassa Sausage selected 250 g
Saucisse kolbassa BRANDT certaines variétés

9⁹⁹ STARTING AT

CASTELLO Havarti 425 g or TRE STELLE Feta 375 g
Havarti CASTELLO ou feta TRE STELLE

12⁹⁹

BOTHWELL Marble, Medium or Old Cheddar, Mozzarella, Smoked Gouda, Jalapeno or Red Hot Chili Pepper Monterey Jack 540 g
Cheddar marbré BOTHWELL, mi-fort ou fort, mozzarella, gouda fumé, jalapeno ou monterey jack aux piments forts

7⁹⁹

PILLER'S Pepperoni Toppings selected 175-250 g
Pepperoni Toppings PILLER'S certaines variétés

2⁹⁹ without Scene+ Card
3⁷⁹ without Scene+ Card

Swirls 225 g available hot or chilled
Tourbillons disponible chaud ou réfrigéré

7⁹⁹ + **1⁵⁰** when you buy 2

2-Pack Mini Croissant Chicken Club Salad Sandwiches or Selected Varieties 206-216 g
Sandwiches de salade club au poulet en mini-croissants, pqt de 2 ou certaines variétés

4⁴⁹

FONTAINE SANTÉ or LANTANA, Topped Hummus, Regular Hummus or Dips 227-250 g
Hummus garni FONTAINE SANTÉ ou LANTANA, hummus ordinaire ou trempettes

100 PTS when you buy 2 or more

Pulled Meats chicken or pork sold by 100 g available chilled
Viandes effilochées poulet ou porc vendu par 100 g, disponible réfrigéré

Meal Deal!

BUY 1 14" Take & Bake Pizza 800-890 g
Pizza Cuite à la maison

+1 COMPLIMENTS Sliced 450-494 g
Salade COMPLIMENTS

Get **250 PTS** when you buy 1 Meal Deal

\$15 FOR ONLY

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

frozen & dairy produits surgelés et laitiers

5⁹⁹ **+100 PTS** when you buy 2
 ARMSTRONG Cheese Slices 210 g, Swirls 283-340 g, Nibblers 200 g or Combs 180 g
 Bâtonnets de fromage ARMSTRONG, spirales, Nibblers ou Combs

2⁹⁹
 LACTANTIA Garlic Flavoured Butter 125 g or I CAN'T BELIEVE IT'S NOT BUTTER! 427 g
 Beurre aromatisé à l'ail LACTANTIA ou I CAN'T BELIEVE IT'S NOT BUTTER!

5⁴⁹
 SHEPHERD GOURMET Skyr Icelandic Style Yogurt 500 g
 Yogourt Skyr style islandais SHEPHERD GOURMET

10⁹⁹
 iOGO Yogurt 2 kg
 Yogourt iOGO

9⁹⁹
 CRACKER BARREL Cheese Slices 500 g
 Tranches de fromage CRACKER BARREL

6⁹⁹
 LACTANTIA Healthy Attitude or OLIVINA Margarine 850 g
 Margarine Attitude Santé LACTANTIA ou OLIVINA

5⁹⁹
 NATREL Lactose Free Milk 2 L
 Lait sans lactose NATREL

4⁴⁹ **+50 PTS** when you buy 2
 COMPLIMENTS Aerosol Whipped Cream Topping 225 g
 Garniture à crèmes fouettée en aérosol COMPLIMENTS

5⁹⁹
 BEAVERTAILS Cookie Dough 350 g
 Pâte à biscuits BEAVERTAILS

3⁹⁹
 KOZY SHACK Rice Pudding 4 pk or 524 g tub
 Pouding au riz KOZY SHACK ou contenant

3⁹⁹
 DANONE Danino Drinkable Yogurt 6 pk or YOPLAIT Mingo or Tube Yogurt 6 pk or Source Yogurt 630 g
 Yogourt à boire DANONE ou yogurt Mingo YOPLAIT ou Tubes ou yogurt source

4⁴⁹
 OLYMPIC Crema Yogurt 650 g, KRAFT Philadelphia Dips 340 g or Chocolate Milk 2 L, assortment varies by province
 Yogourt Crema OLYMPIC, trempettes Philadelphia KRAFT ou assortiment de lait au chocolat, choix des produits variant selon la province

12⁹⁹
 EL MONTEREY Taquitos 567-588 g
 Taquitos EL MONTEREY

5⁹⁹
 SCOTSBURN Premium Ice Cream 1.5 L or Novelties 12 pk selected
 Crème glacée de qualité supérieure SCOTSBURN ou nouveautés, certaines variétés

3⁹⁹
 RUSTICA Single Serve Pizza 360-385 g
 Pizza individuelle RUSTICA

3²⁹
 MICHELINA'S Grande Entrées 454 g or HEINZ Hot Bites 198 g
 Repas surgelés Grande MICHELINA'S ou bouchées Hot Bites HEINZ

7²⁹
 TINA'S Burritos 113 g
 Burritos TINA'S

6⁴⁹
 SCHNEIDERS Breakfast Sandwiches or Bites 232-298 g
 Sandwichs déjeuner SCHNEIDERS ou bouchées déjeuner

+100 PTS when you buy 2
 COMPLIMENTS Belgian Waffles Original or Liège Style 268-390 g
 Gâufres belges COMPLIMENTS originales ou style liégeois

4⁹⁹
 COMPLIMENTS Traditional Crust Pizza 352-446 g
 Pizza à croûte classique COMPLIMENTS

9⁹⁹
 GSP Pinsa Pizza 442-453 g
 Pizza Pinsa GSP

+100 PTS when you buy 2
6⁹⁹
 PILLSBURY Pizza Pops 8 pk
 Pizza Pops PILLSBURY

5⁹⁹
 MCCAIN Deep'n Delicious Cakes 510 g
 Gâteaux Deep'n Delicious MCCAIN

3⁹⁹
 COMPLIMENTS Frozen Pie Shells, Tart Shells or Phyllo Pastry 255-454 g
 Croûtes à tarte COMPLIMENTS, croûtes à tartelette ou pâtes phyllo surgelées

+100 PTS when you buy 2
3⁹⁹
 COMPLIMENTS Lemonade 1.5 L
 Limonade COMPLIMENTS

+200 PTS when you buy 2
5⁹⁹
 COMPLIMENTS Greek Yogurt 650 g
 Yogourt grec COMPLIMENTS

3⁹⁹ **+100 PTS** when you buy 2
 COMPLIMENTS Cheddar Flavour Slices 400 g
 Tranches de fromage cheddar COMPLIMENTS

3⁷⁹
 COMPLIMENTS Frozen Vegetables selected 500-750 g
 Légumes surgelés COMPLIMENTS certaines variétés

13⁹⁹
 COMPLIMENTS Frozen Fruit 1.5 kg
 Fruits congelés COMPLIMENTS

WE'RE FULL OF compliments

+100 PTS when you buy 2
5⁴⁹
 COMPLIMENTS Large Omega-3 Eggs 12 pk
 Gros œufs avec oméga-3 COMPLIMENTS

4⁹⁹
 COMPLIMENTS Ice Cream 1.5 L selected
 Crème glacée COMPLIMENTS certaines variétés

4⁹⁹
 COMPLIMENTS Doughchi Bites 6 pk selected
 Bouchées Doughchi COMPLIMENTS certaines variétés

deli charcuterie & kitchen cuisine



\$3 COMPLIMENTS Cooked or Smoked Chicken
Poulet cuit COMPLIMENTS ou fumé



10% off +200 Pts when you buy 2 or more
BRANDT Kolbassa Coil
Saucisson kolbassa BRANDT



13.49
MAPLE LEAF Natural Selections Deli Meats family pack shaved or sliced selected 375-400 g
Charcuteries Natural Selections MAPLE LEAF format familial, émincées ou tranchées, certaines variétés



STARTING AT 4.99
BABYBEL 6 pk 120 g, THE LAUGHING COW 8 pk 133 g or Dippers 4 pk 140 g
BABYBEL, LA VACHE QUI RIT ou Dippers



30% off
Price as Marked
LICHESTER Applewood Smoked Cheddar or KING JAMES Blue Siltton product of England
Cheddar fumé au bois de pin amer LICHESTER ou Siltton bleu KING JAMES produit d'Angleterre



5.99
SNACK FACTORY Pretzel Crisps selected 155-200 g
Bretzel Crisps SNACK FACTORY certaines variétés

READY FOR YOU **Power Pair: Soup & Sandwich or Wrap**

Buy any & get Freshly Prepared Sandwich or Wrap / Sandwich ou roule fraîchement préparé

a Small Hot Soup / une petite soupe chaude

for only \$2

Available every day!

READY FOR YOU **Hot Value Meals**

<p>5.99 2 piece 6.99 3 piece</p> <p>Chicken Strip Meal with choice of hot side Repas de lamères de poulet avec choix d'accompagnement chaud</p>	<p>6.99</p> <p>2 Chicken Legs Meal with choice of hot side Repas de 2 cuisses de poulet avec choix d'accompagnement chaud</p>	<p>6.99 2 piece 8.99 3 piece</p> <p>Crispy Chicken Meal with choice of hot side Repas de poulet croustillant avec choix d'accompagnement chaud</p>
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bakery boulangerie

3.99

Made with 100% Canadian Flour
Kaiser Buns 6 pk 430 g
Petits pains kaiser

3.99

Made with 100% Canadian Flour
Hot Dog or Hamburger Buns 8 pk
Pains à hot-dog ou à hamburger

MEMBERS SAVE 70¢
3.99 **4.69** without Scene+Card

Panini or Calabrese Buns 6 pk 375-480 g
Petits pains panini ou calabrese

delicious buns & rolls

4.59 +100 Pts when you buy 2

Dinner, Tray or Butter Topped 12 pk 425-455 g
Petits pains à repas, plateau ou garnis de beurre

3.99 +50 Pts when you buy 2

Made with 100% Canadian Flour
ACE BAKERY Rolls 5 pk 400-530 g
Petits pains BOULANGERIE ACE

BUY 1 GET 1 FREE

MIX & MATCH

Brownies 550-585 g, Cream Pies 5" 260-370 g or Brownie Cakes 295-390 g
Brownies, tartes à la crème ou gâteaux brownie

7.99 **NOT A HOT MOKE**

Small Bar Cakes 325-575 g 9.99 ea
Petits gâteaux rectangulaires

2.99 +50 Pts when you buy 2

COMPLIMENTS Bagels 6 pk
Bagels COMPLIMENTS

4.49

DEMPSTER'S Whole Grain, Protein or Signature Bread 600 g
Pain de grains entiers DEMPSTER'S, protéines ou signature

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

meal makers alliés-repas

 <p>4.49 CREAM OF WHEAT 336-800 g CREAM OF WHEAT</p>	 <p>2.99 CAMP Rich Amber Maple Syrup 1 L Sirop d'érable ambré riche CAMP</p>	 <p>10.49 COMPLIMENTS Peanut Butter 2 kg Beurre d'arachide COMPLIMENTS +100 PTS when you buy 1</p>	 <p>4.99 DEL MONTE Canned Fruit 750 mL Fruits en conserve DEL MONTE</p>
 <p>2.99 COMPLIMENTS White Liquid Honey 2 kg Miel liquide blanc COMPLIMENTS</p>	 <p>4.99 NUTELLA B-ready Bars 6 pk or Hazelnut Spread 375 g Barres B-ready NUTELLA ou tartinaux aux noisettes</p>	 <p>5.49 LAURA SECORD Chocolate Chips 250 g Beurres de chocolat LAURA SECORD</p>	 <p>4.99 COMPLIMENTS Flour 2.5 kg or FLEISCHMANN'S Canada Corn Starch (reseau) 454 g Farine COMPLIMENTS ou Fécule de maïs Canada FLEISCHMANN'S (refermable)</p>
 <p>5.49 WEIGHT WATCHER'S Bread 450 g, Tortillas 8 pk or Bagels 6 pk Pain WEIGHT WATCHER'S, tortillas ou bagels</p>	 <p>2.99 HOSTESS Snacks 121-225 g Petits gâteaux HOSTESS</p>	 <p>5.99 QUAKER Muffin, Cookie Mix 750-900 g, Oat Flour 700 g or BAKER'S Chocolate 170-225 g Mélange à muffins QUAKER, à biscuits, farine d'avoine ou chocolat BAKER'S</p>	 <p>7.99 MAISON ORPHÉE Baking Mixes 425-500 g or MATHESON FOOD COMPANY Buns 180 g Mélanges à pâtisserie MAISON ORPHÉE ou marmelades à badigeonner MATHESON FOOD COMPANY</p>
 <p>10.49 HELLMANN'S Mayonnaise 1.42 L Mayonnaise HELLMANN'S</p>	 <p>5.79 MUTTI Passata 680 mL Passata MUTTI</p>	 <p>6.99 +300 PTS when you buy 2 STEFANO Pasta Sauce 405-648 mL Sauce pour pâtes STEFANO</p>	 <p>5.99 CLUB HOUSE La Grille Seasonings 65-248 g or Spice Blends selected 111-203 g Assaisonnements La Grille CLUB HOUSE ou mélanges d'épices, certaines variétés</p>
 <p>99¢ CLUB HOUSE Gravies 21-47 g or Gluten-Free Gravies 24-25 g Sauces brunes CLUB HOUSE ou sauces brunes sans gluten</p>	 <p>4.49 FRANK'S RedHot Sauce or Thick Hot Sauce 354 mL Sauce piquante RedHOT FRANK'S ou Épaisse</p>	 <p>2.99 TACO BELL Hot Sauce 207 mL Sauce piquante TACO BELL</p>	 <p>2.99 CLOVER LEAF Yellowfin Chunk Light Tuna 142 g Thon pâle allacore en morceaux CLOVER LEAF</p>
 <p>2/\$5 MINUTE RICE Cups 250 g Conteneurs de riz MINUTE RICE</p>	 <p>3/\$4 MR. NOODLES Cups 64 g Conteneurs MR. NOODLES</p>	 <p>1.99 GREEN GIANT Canned Vegetables 241-398 mL Légumes en conserve GEANT VERT</p>	 <p>4.29 PATAK'S Cooking Sauces 400 mL selected varieties Sauces à cuisson PATAK'S certaines variétés</p>

Here for your budget and lifestyle

 <p>3.99 +100 PTS when you buy 2 COMPLIMENTS Syrup 750 mL or Pancake Mix 905 g or Sirup COMPLIMENTS ou préparation à crêpes</p>	 <p>3/\$10 +100 PTS when you buy 2 COMPLIMENTS Granola 325 g Granola COMPLIMENTS</p>	 <p>3.99 +200 PTS when you buy 7 COMPLIMENTS 7" Tortillas 340 g Tortillas COMPLIMENTS</p>	 <p>3.49 +100 PTS when you buy 2 COMPLIMENTS Marshmallows 400 g or Coconut selected 200 g Guimauves COMPLIMENTS ou noix de coco certaines variétés</p>
 <p>1.00 COMPLIMENTS or COMPLIMENTS BALANCE Salad Dressings 475 mL or COMPLIMENTS 1880 Sauce 425 mL Vinaigrettes COMPLIMENTS ou Equilibre COMPLIMENTS ou sauce 1880 COMPLIMENTS</p>	 <p>2/\$5 PANACHE Dry Pasta 500 g Pâtes sèches PANACHE</p>	 <p>1.49 +100 PTS when you buy 2 COMPLIMENTS Pizza Crust Mix 184 g or Pizza Sauce 213 mL Mélange pour pâte à pizza COMPLIMENTS ou sauce à pizza</p>	 <p>1.99 +100 PTS when you buy 2 COMPLIMENTS Smoked Oysters or Mussels 85 g Huîtres fumées COMPLIMENTS ou moules fumées</p>

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drinks & snacks boissons et grignotines

<p>2.49</p> <p>HARIBO Candy 170-175 g Bonnons HARIBO</p>	<p>5.99</p> <p>CHRISTIE Family Size Cookies selected 303-580 g or Cookies 305 g Biscuits CHRISTIE, format familial certaines variétés ou Moelleux</p>	<p>5.99</p> <p>DARE Bear Paws Family Pack 337-480 g or Wagon Wheels 530 g Patties d'ours DARE, format familial ou Wagon Wheels</p>	<p>3.99</p> <p>ARNOTT'S TimTam Biscuits 175-200 g Biscuits TimTam ARNOTT'S</p>
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<p>5.29</p> <p>CADBURY Bagg'd Chocolate 144-200 g Chocolat en sachet CADBURY</p>	<p>6.49</p> <p>FERRERO Squares 105 g Carrés FERRERO</p>	<p>6.29</p> <p>FRITO-LAY Value Size Snacks 325-335 g Grignotines format écono FRITO-LAY</p>	<p>3.99</p> <p>HUMPTY DUMPTY Party Mix 250 g, Snacks 200-290 g or DUTCH CRUNCH 200 g Party Mix HUMPTY DUMPTY, grignotines ou DUTCH CRUNCH</p>
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<p>11.99</p> <p>NOZECO Non-Alcoholic Spritzers 250 mL Spritzers non alcoolisés NOZECO</p>	<p>1.100 PTE</p> <p>PEPSI Soft Drinks 6x222 mL Boissons gazeuses PEPSI</p>	<p>1.69</p> <p>SPARKLING ICE Sparkling Water 503 mL Eau pétillante SPARKLING ICE</p>	<p>2/\$7</p> <p>TAKIS 198-280 g or COMPLIMENTS Kettle-Cooked Peanuts 275 g TAMB ou arachides cuites en marmite COMPLIMENTS</p>
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<p>13.99</p> <p>MCCAFE Coffee 300-340 g or Keurig® Compatible Single Serve Pods 10-12 pk Café MCCAFFÉ ou dosettes de café à usage unique compatibles KEURIG®</p>	<p>3.50</p> <p>MIO, KOOL-AID or CRYSTAL LIGHT Water Enhancers 40 mL Liquids or 4-10 pk Powders 4.69 ea Aromatisants d'eau MIO, KOOL-AID ou CRYSTAL LIGHTER Liquide ou en poudre</p>	<p>1.300 PTE</p> <p>NESCAFÉ Instant Coffee 4.75 g Café soluble NESCAFÉ</p>	<p>3.99</p> <p>KELLOGG'S Special K or Kashi Bars selected 164-200 g or Rice Krispies Homestyle Bars selected varieties 154-188 g Barres Special K KELLOGG'S ou Kashi certaines variétés ou Barres Rice Krispies Homestyle certaines variétés</p>
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WE'RE FULL OF COMPLIMENTS

<p>9.99</p> <p>COMPLIMENTS De-Alcoholized Beer 12 pk Bière sans alcool COMPLIMENTS</p>	<p>1.100 PTE</p> <p>COMPLIMENTS Potato Chips 200 g or Tortilla Chips 250-280 g Croustilles COMPLIMENTS ou croustilles de tortilla</p>	<p>3.49</p> <p>COMPLIMENTS Soda Crackers 450 g Croustilles saupoudrées de sel COMPLIMENTS</p>	<p>1.400 PTE</p> <p>COMPLIMENTS Roast & Ground Coffee 300 g Café torréfié et moulu COMPLIMENTS</p>
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natural health santé naturelle

<p>2/\$7</p> <p>COMPLIMENTS ORGANIC Tortilla Chips 240 g Croustilles de tortilla biologiques COMPLIMENTS</p>	<p>3.99</p> <p>SMARTSWEETS 45-50 g SMARTSWEETS</p>	<p>14.49</p> <p>KICKING HORSE K-Cups® 10 pk K-Cups® KICKING HORSE</p>	<p>5.99</p> <p>KASHI Granola 311-340 g Granola KASHI</p>
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<p>5.99</p> <p>SILK Plant-Based Yogurt 500-650 g or Barista 946 mL Yogourt à base de plantes SILK ou Barista</p>	<p>8.99</p> <p>EVIWE Smoothie Cubes 3 pk 405-450 g Fragoles EVIWE</p>	<p>8.49</p> <p>RISE Organic Kombucha 1 L Kombucha biologique RISE</p>	<p>2/\$7</p> <p>EARTH'S OWN UHT Oat or Soy Beverages 946 mL Boissons à l'avoine UHT EARTH'S OWN ou de soja</p>
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<p>1.100 PTE</p> <p>SUKU Vitamin Gummies 60 pk selected Vitamines gélifiées SUKU certaines variétés</p>	<p>25% off</p> <p>WEBBER NATURALS Vitamins or Supplements selected varieties and sizes Vitamines ou suppléments WEBBER NATURALS certains formats et variétés</p>	<p>1.200 PTE</p> <p>CLIF Builders Bars 6 pk or Mini 10 pk Barres CLIF BUILDERS ou minis</p>	<p>15% off</p> <p>TOM'S OF MAINE Oral Care 76-473 mL Soin buccal TOM'S OF MAINE</p>
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home & pet care

26⁹⁹
 CHARMIN Bathroom Tissue 16-64 rolls or BOUNTY Paper Towels 1-14 pk
 Papier hygiénique CHARMIN rouleaux ou essuie-tout BOUNTY

6⁹⁹
 FERREZE Fabric Spray or Fresheners 500-800 mL, Car, Clip 2 pk, 4 mL, Small Spots 2 pk 20 mL, or Air Spray 2 oz 500 g
 Vaporisant pour tissus FERREZE ou désodorisants, prêt pour bouche d'air, Small Spots ou désodorisant en vaporisateur

4⁹⁹
 CLOROX Clean-Up or All Purpose Cleaners 345 mL, or Bathroom Foam 887 mL, selected
 Nettoyants Clean-Up CLOROX ou tout usage ou moussant pour salle de bain certaines variétés

2⁹⁹
 ROYALE Facial Tissue Singles Family Box or Cube 34-134 pk
 Mouchoirs ROYALE boîte familiale ou cube, à l'unité

15% off
 COMPLIMENTS Caps 10-16 or 50 pk or Decorated Plates 22-44 pk selected
 Verres COMPLIMENTS ou assiettes décorées certaines variétés

12⁴⁹
 GLAD Waste Bags 30-40 pk
 Sacs à ordures GLAD

6⁹⁹
 PURINA Friskies Dry Cat Food 1.4-1.5 kg
 Nourriture sèche pour chats Friskies PURINA

2/5
 PURINA ONE Wet Dog Food 368 g
 Nourriture humide pour chiens PURINA ONE

17⁹⁹
 IAMS Proactive Health Dry Dog Food 3.18 kg or Perfect Portions, Wet Cat Food 12 pk
 Nourriture sèche pour chiens Proactive Health IAMS ou nourriture humide pour chats Perfect Portions

10⁹⁹
 MILK-BONE Soft & Chewy Dog Treats or Brushing Chews 52/728 g
 Gâteries pour chiens Tendres et fondants MILK-BONE ou Brushing Chews

health, beauty & baby santé, beauté et bébé

7⁴⁹ **+100 PTS** when you buy 2
 SENSODYNE or Pronamel Toothpaste 75 mL, or toothbrushes 2 pk selected
 Dentifrice SENSODYNE ou Pro-dental ou brosses à dents certaines variétés

8⁹⁹
 LIVE CLEAN Hand Soap Refill 1 L, DOVE or DEGREE Deodorant 45-48 g, or JOHN FREDA Hair Care 50-250 mL, selected
 Recharge de savon à mains LIVE CLEAN, déodorant DOVE ou DEGREE ou soins capillaires JOHN FREDA certaines variétés

2/24⁹⁹
 NATIVE Shampoo or Conditioner 487 mL, selected
 Shampoing NATIVE ou revitalisant certaines variétés

7⁹⁹
 L'ORÉAL Hair Expertise, AUSSIE or HERBAL ESSENCES Hair Care 150-778 mL, or 110 g selected
 Soins capillaires Hair Expertise L'ORÉAL, AUSSIE ou HERBAL ESSENCES ou certaines variétés

9⁹⁹
 U BY Kotex Pads, Liners or TAMPAX Tampons 22-129 pk selected
 Serviettes, protège-dessous U BY KOTEX ou tampons TAMPAX certaines variétés

5⁴⁹ **+100 PTS** when you buy 2
 DOVE Body Wash 325 mL, or Soap Bar 3 pk, or Afta Body Wash or Shampoo, Conditioner 473 mL, or Deodorant 75-113 g selected
 Nettoyant pour le corps DOVE ou pain de savon ou nettoyant pour le corps Afta ou shampooing, revitalisant ou déodorant certaines variétés

4⁴⁹ **+150 PTS** when you buy 2
 CREST 3D White Toothpaste or ORAL-B Toothbrushes or Floss 63-120 mL, or 1-75 pk selected
 Dentifrice 3D White CREST ou brosses à dents ORAL-B ou soie dentaire ou certaines variétés

10% off
 ST. IVES Skin Care
 Soins pour la peau ST. IVES

78⁹⁹
 SIMILAC 360 Total Care Ready To Feed 16x235 mL
 Préparation prêt à servir 360 Total Care SIMILAC

68⁹⁹ **+300 PTS** when you buy 1
 ENFAMIL A+ NeuroPro Refill 862-899 g
 Recharge NeuroPro ENFAMIL A+

28⁹⁹ **+200 PTS** when you buy 1
 PAMPERS Training Pants 40-74 pk or Nijamas 34-44 pk
 Culottes d'entraînement PAMPERS ou Nijamas

9⁹⁹
 HUGGIES or PAMPERS Baby Wipes 112-192 pk
 Lingettes pour bébé HUGGIES ou PAMPERS

pharmacy pharmacie

10% off
 TYLENOL or BENLYN Cough, Cold & Flu selected*, TYLENOL Pain Relief 50-120 pk, TYLENOL Easy Dissolve 12 pk or MOTRIN 200-400mg, 40-72 pk selected*, BAND-AID Premium Bandages, POLYSPORIN Ointment 30 g, NICORETTE Gum or Lozenges 80-105 pk or QuicMist or Nicoderm 7 pk selected or PEPCID Heartburn Relief 25-30 pk
 TYLENOL ou BENLYN contre la toux, rhume et grippe certaines variétés, TYLENOL pour le soulagement de la douleur, Dissolution facile, TYLENOL ou MOTRIN, certaines variétés*, pansements de qualité supérieure BAND-AID, onguent POLYSPORIN, gomme, pastilles ou Vapo-Eclair ou Nicoderm NICORETTE certaines variétés, ou soulagement des brûlures d'estomac PEPCID

Get 600 PTS when you buy 2

10% off
 TUMS 32-160 pk selected
 TUMS certaines variétés

10% off **+100 PTS** when you buy 1
 HYDRASENSE Eye Drops 10 mL, selected
 Gouttes pour les yeux HYDRASENSE certaines variétés

WARNING: This product contains nicotine. Nicotine is highly addictive. Only to be used by adults who are trying to quit smoking.

ZONNIC NICOTINE REPLACEMENT THERAPY

The nicotine pouch that can help you quit smoking.

120 pouch box **\$64.95** tax

ASK YOUR PHARMACIST.

This product may not be right for you. Always read and follow the label.

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*Due to provincial regulations, products purchased using a prescription filed by a pharmacist may not be eligible for Scene+ points.

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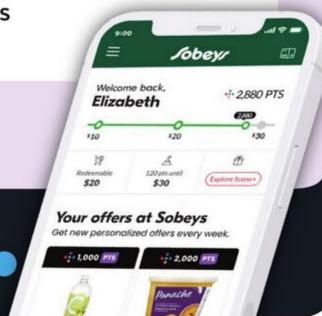
Get
400 PTS
when you buy 1

COMPLIMENTS Pure Vanilla Extract 125 mL



**SAVE
\$1.50**

LOAD THIS OFFER
AND SAVE \$1.50 ON
COMPLIMENTS Dipping Sauces
350 mL selected varieties



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Google Play

Offer valid March 5th to March 11th, 2026 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.



Your destination for variety and value

77¢ /lb
Cabbage product of Atlantic Canada 1.70/kg

1.99 /lb
Asian Pears product of China 4.39/kg

4.99 /lb
AURORA Arborio Rice 750 g

5.49
FINO FINE FOODS Roasted Red Peppers 660 g or Avair 290 g

3.99
RÜGEN FISCH Herring Fillets in Sauce 200 g selected varieties

2.99 **+.75 PPS when you buy 2**
HEINZ Baked Beans 355 mL

3.49 **+.75 PPS when you buy 2**
HEINZ Cream of Tomato Soup 400 g

5.29 **+.75 PPS when you buy 2**
HP Sauce Brown 255 g

5.79
OLIVA Pure Sunflower Oil 1 L

1.99 **+.50 PPS when you buy 2**
THREE CROWN Tea 20 pk selected varieties

4.99 **+.75 PPS when you buy 2**
ROBINSONS Beverages 1 L selected varieties

17.88
EIGHT TREASURES Thai Jasmine Rice 5 kg

2.78
KIM PHAT Vermicelli or Pad Thai Noodles 400 g

5.48
SAPPORO ICHIBAN Noodles 500-520 g selected varieties

3.49
OKF Aloe Vera Drink 1.5 L selected varieties

7.88
BINGGRAE Flavoured Milk Drink 6x200 mL selected varieties

4.48
ORION Turtle Chips 160 g

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



HAPPY MONTH OF Ramadan



14⁹⁹

BARD VALLEY Medjool Dates 907 g



8⁹⁹

ROYAL NUTS Walnuts 240 g



10% off

NOBLE PREMIUM BISON selected cuts 226 g



11⁹⁹

Seasoned Lamb Chops Greek & Lemon or Herbes de Provence 26.43/kg



1²⁹

Garlic product of China 5 pk



3⁴⁹

COMPLIMENTS Pitas 200-425 g



8⁴⁹

KASH Golden Tahini 900 g



11⁴⁹

SALEM FOODS Nabulsi Olives 2 kg



5⁴⁹

ICM Halloumi Cheese 250 g



5⁹⁹

KIRI Cream Cheese Portions 144 g



3⁹⁹

SALEM FOODS Pickled Cucumbers 1 L or Pickled Vine Leaves 454 g



5⁹⁹

MAGGI Chicken Cubes 24x21 g



1⁷⁹

CALIFORNIA GARDEN Fava Beans 450 g



4⁹⁹

DURRA Syrian Style Sesame Bread Sticks 454 g



2⁴⁹

ETI Tea Biscuits 400 g



2⁴⁹

ETI Mini Popkek Cakes with banana or chocolate 144 g



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International WOMEN'S DAY

Learn more

Proudly supporting **Canadian Women Entrepreneurs**

Meet Sarah Bennetto O'Brien from The Handpie Company

In 2017, Red Seal Chef Sarah Bennetto O'Brien set out to solve a simple problem facing local foodies: A distinct lack of hearty, nutritious, and delicious grab-and-go meal options to fuel PEI adventures. What started as a pie-in-the-sky idea has become a freezer aisle revolution, bringing nutritious, no-fork-required handpies to Maritime food lovers! Chef-made, locally sourced, and woman-owned, The Handpie Company operates out of a federally inspected, CFIA-licensed production facility in Borden-Carleton, ensuring every single pie meets the highest standards — from dough to delivery.



“

Yes, I'm a Red Seal Chef who is also the CEO of a handmade frozen food company based here on Prince Edward Island. I have a mostly female crew here between the production facility and our retail shop, at every level of management. We're committed to using our superpowers for good and dedicate our time and budget each month for supporting local food banks, shelters, schools, and community groups focused on supporting food security.

– Sarah Bennetto O'Brien

”

Collectively we can all **#GiveToGain** Sunday, March 8, 2026

So tender



HAND-SELECTED CANADA AAA BEEF

Well-marbled • Aged to perfection

THE CERTIFIED TENDER* ADVANTAGE

When choosing a roast or steaks, look for the shield. It means the meat has been certified by the Canadian Beef Grading Agency to be tender and aged perfectly, so you can count on delicious results. Exclusive to select STERLING SILVER® premium cuts.



Exclusive to Sobeys



STERLING SILVER Fresh Boneless Top Sirloin Grilling Medallions cut by your meat expert from Canada AAA grade beef

STERLING SILVER Fresh Boneless Beef Tenderloin Premium Grilling Steaks cut by your meat expert from Canada AAA grade beef

10% off

All STERLING SILVER Grilling Steaks
Excludes Dry Aged

YOU COULD WIN* 1,000,000 PTS



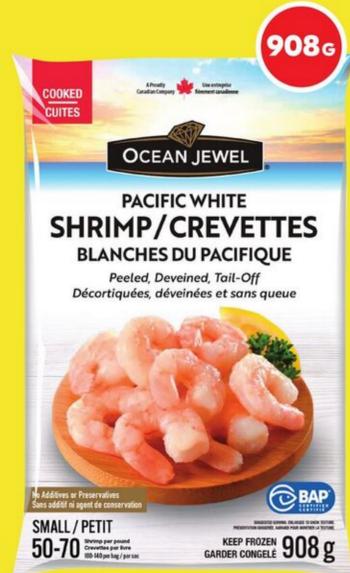
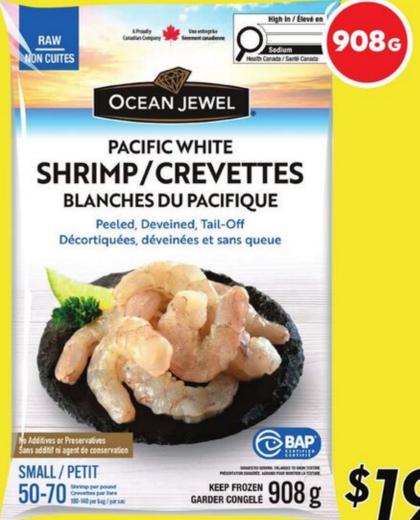
That's like
\$10,000
towards
groceries!

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 across all provinces of Canada excluding Québec who have a valid Scene+ account, and who have reached the age of majority on the date they enter the Contest. There are five (5) prizes to be won, one (1) prize will be allocated toward each of the following regions: Sobeys Atlantic, Sobeys Ontario, Sobeys West, Safeway, and Thrifty Foods. Each prize consists of 1,000,000 Scene+ points (ARV \$10,000.00 CAD each). The prizes have no equivalent cash value, are non-transferrable and no substitutions will be made. Correctly answered skill testing question required. Odds of winning depend on the number of eligible entries received.

**EVERYDAY
VALUE**



Get
1,000 PTS
when you buy 1
True North Fresh
Atlantic Salmon
Filet 908 g

\$35

TRUE NORTH Fresh Atlantic Salmon
Filets skinless product of Canada
subject to availability 908 g



So authentic

Savour the Flavour of Italian Cheese

Dating back to the 12th century, **Grana Padano** offers a milder, sweeter flavour.



Pecorino Romano

Buttery and Tangy, made with sheep's milk

Mild  Strong



pasta



salad

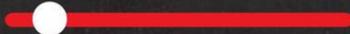


soup



Grana Padano

Buttery, nutty, sweet and made with skim milk

Mild  Strong



pasta



cheese board



sauce



Parmigiano Reggiano

Rich, savoury, umami, made with skim and whole fat milk

Mild  Strong



pasta



salad



soup

So Local

From Atlantic Canada

NEW & EXCLUSIVE

From New Brunswick

STARTING AT 8⁹⁹

KEEP FROZEN
GARDER CONGÈLÉ

700 g

GRECOWORKS™

653 g

PEPPERONI

KEEP FROZEN
GARDER CONGÈLÉ

653 g

GRECO Pizza pepperoni or Grecoworks 653-700 g

From Nova Scotia

6²⁹

THE ORIGINAL SAM'S Pizza Sauce 375 mL

From New Brunswick

4⁴⁹

FALAVORY GOURMET Soup Seasoning Blends 41-49 g

From Prince Edward Island

10⁹⁹

MARITIME MADNESS Hot Sauces 250-275 mL

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

*Sobeys Capital Incorporated and its related conventional and discount banners, offer twice as many Canadian-origin UPC based non-fresh products as compared to leading conventional brick and mortar drug, online, and discount grocery retailers in Canada according to the latest 12 weeks ending November 15, 2025, using data reported through Nielsen's CA-SOBEYS-CROSS CATEGORY database by NielsenIQ's MarketTrack Product Insights. Copyright © 2025, Nielsen Consumer LLC, commissioned by Empire Company Limited. Sobeys calculation based in part on data reported by NIQ through its CA-SOBEYS-CROSS CATEGORY database for Non-Fresh Canadian Origin Stated Items for the 12 weeks ending November 15, 2025. Copyright © 2025, Nielsen Consumer LLC.





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MAPLE LEAF

HOT DOGS ORIGINAL

Made with chicken, pork and natural ingredients. Fait avec du poulet, du porc et des ingrédients naturels.

\$4

MAPLE LEAF Wieners 375 g

2/450

COCA-COLA Soft Drinks 1 L

2/450

POWERADE 710 mL

5.99

AHA Sparkling Water 12x355 mL

5.99

GENERAL MILLS Family Size Cereal 516-778 g

6.49

ORVILLE REDENBACHER Microwave Popcorn 5-8 pk 248-492 g or Gourmet Popping Corn 850 g

4.79

ANGIE'S Boomchickapop Popcorn 136-198 g

3.49

OLD EL PASO Tortillas 297-334 g or Taco Shells 125-133 g

150 PTS when you buy 1

23.99

CORONA Cero Non-Alcoholic Beer 12x355 mL

19.99

CASCADE Auto Dish Tabs 51-90 pk, TIDE Liquid Detergent 94-100 loads 3.46-3.9 L, Pods 45-76 pk, GAIN Flings! 76 pk, DOWNY Unstoppables 853 g or IVORY SNOW 3.1 L

FEED THE DREAM



Sobeys OFFICIAL GROCER



*MINI RULES FEED THE DREAM CONTEST 2024 (the "Contest") NO PURCHASE NECESSARY. Full Contest rules and no purchase entry method found at www.sobeys.com/feed-the-dream/participating-suppliers/rules. Contest runs from January 8, 2024 and ends on March 18, 2024. Open to legal residents across all provinces of Canada excluding Quebec who have a valid Scene+ account, and who have reached the age of majority on the date they enter the Contest. There are three (3) grand prizes to be won. Each grand prize consists of 1,000,000 Scene+ points (ARV \$10,000.00 (CAD) each). There are two hundred(200) secondary prizes to be won. Each secondary prize consists of 25,000 Scene+ points (ARV \$250.00 (CAD)each). The prizes have no equivalent cash value, are non-transferrable and no substitutions will be made. Correctly answered skill testing question required. Odds of winning depend on the number of eligible entries received.

Make every day CATurday

Pamper your cat with the treats they love, extra playtime & nose boops



3/9⁹⁹ +100 PTS
when you buy 3
WHISKAS Temptations 180 g



+100 PTS
when you buy 1
COMPLIMENTS Cat Litter 7 kg



+100 PTS
when you buy 1
6⁹⁹
MEOW MIX Original Choice
Dry Cat Food 1.42 kg



8⁹⁹
PURINA Cat or Kitten
Chow 1.6-2 kg



6⁹⁹
HARTZ Delectables Stew
Cat Treats 6 pk



11⁴⁹
HARTZ Delectables Squeeze Up
Cat Treats 20 pk



1⁵⁹
ea when you
buy 4 or more
SHEBA Perfect Portions Wet Cat Food
75 g 1.79 ea



3⁴⁹
WHISKAS Temptations Creamy Purée
Wet Cat Treat 48 g



12⁹⁹
PURINA Tidy Cats Multi-Cat
Clumping Litter 2.72 kg



40 YEARS OF DELIGHT

5⁹⁹ INTERNATIONAL DELIGHT 946 mL or Cold Foam 396 g

2/\$9 WITH YOUR ACQUISITION OF 2 SILK 1.75-1.89 L or 6.29 ea

PACK YOUR MORNING WITH PROTEIN

4⁴⁹ OIKOS Greek Yogurt 4.95 g or 4x100 g

BENEFITS TO SUPPORT YOUR HEALTH

4⁹⁹ DANONE Activia Yogurt 6x100 g

Knorr

1.150 Pts when you buy 3 KNORR Gravies or Sauces 17-48 g

1.150 Pts when you buy 3 KNORR Soufflés 120-162 g

3⁴⁹ KNORR OXO Sachets 72 g

Discover recipes at www.knorr.com

Together is Golden

MCCAIN Premium Potatoes: Super Fries, Bistro Selects, Flavours of the World or Fun Fun 454-800 g

2/\$9

13⁹⁹ MCCAIN Pockets selected 12 pk

Pick your cherry favourite

Coca-Cola cherry

Cherry flavoured.

50 Pts when you buy 1 COCA-COLA Mini Cans 6x222 mL

100 Pts when you buy 1 smart GLACÉAU Smartwater 6x1 L

7⁹⁹ FUZE Iced Tea 12x341 mL

9⁹⁹ MONSTER Energy Drinks 4x47.3 mL

FAN TASTIC EATS

3⁹⁹ ORVILLE REDENBACHER Ready-To-Eat selected 116-230 g

2/\$10 HEALTHY CHOICE Gourmet Steamers selected 269-306 g

2/\$11 HEALTHY CHOICE Simply Steamers or MARIE CALLENDER'S selected 230-349 g

BRING HOME A WIN WITH THIS OFFER FROM **8¹⁵**

FREE TOQUE CANADA

WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL

5⁹⁹ GENERAL MILLS Family Size Cheerios or Selected Varieties 475-778 g

2⁹⁹ BETTY CROCKER Fruit or Gushers selected 120-230 g or NATURE VALLEY Granola or Trail Mix Granola Bars 120-230 g

2/\$7 PHILADELPHIA Dips 227 g

6⁹⁹ LIBERTÉ Greek Yogurt 650-750 g

7⁹⁹ STARBUCKS Creamers or Non-Dairy Creamers 828 mL

4⁹⁹ NATREL Coffee Creamer 1 L

8⁹⁹ RED BULL Energy Drink 4x250 mL

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

4⁹⁹ CHAPMAN'S Super or No Sugar Added Novelties 4-18 pk selected

4⁹⁴ HÅGEN-DAZS Ice Cream 400-450 mL or Novelties 3-4 pk

•••• NEW ••••

2⁹⁹
 KELLOGG'S Rice Krispies Squares, Pop-Tarts, Nutri-Grain Bars or Special K Crisps 125-384 g selected

3⁹⁹
 KELLOGG'S Eggo Waffles 280-360 g selected

200 PTS when you buy 2

2⁹⁹
 PRINGLES Super Stacks 148-156 g

200 PTS when you buy 2

11⁹⁹
 RXBAR 5-8 pk selected

3
 CHEEZ-IT Crackers 191-200 g selected

ARMSTRONG
 1902

THERE'S NO GRATER FLAVOUR THAN ARMSTRONG CHEESE

6⁹⁹
 ARMSTRONG Cheese Blocks 400 g or Shreds 300-320 g

*From domestic and imported ingredients.

Natural one fresh from BRAZIL

TASTE THE NATURE

NO PRESERVATIVES

100% natural

6⁹⁹
 NATURAL ONE Juice 1.7 L

40th ANNIVERSARY

RRROLL UP TO WIN

MILLIONS OF PRIZES TO BE WON

BUY any eligible Tims® at Home product at participating retailers by March 22, 2026 and upload your valid receipt to [Timshomepromotion.ca](https://www.timshomepromotion.ca) by March 30, 2026*

16⁹⁹ TIM HORTONS Instant Coffee 300 g

8⁹⁹ TIM HORTONS French Vanilla Cappuccino 454 g

7⁹⁹ TIM HORTONS Nespresso® Compatible Capsules 10 pk

24⁹⁹ TIM HORTONS Keurig® K-Cup® Pods 50 pk

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4⁹⁹
 NESTLÉ Parlour Frozen Dessert 1.5 L

4⁹⁹ **200 PTS** when you buy 2
 WERTHER'S Original Candies 230-245 g

2⁴⁹
 CHEEMO Perogies 745-907 g

4⁹⁹
 HIDDEN VALLEY Salad Dressing 473 mL

200 PTS when you buy 2
6⁹⁹
 SMUCKER'S Pure Jam 310-500 mL or JIF Peanut Butter 1 kg

500 PTS when you buy 3
3/\$10
 LECLERC Go Pure Oatmeal Bars 140-175 g

11⁹⁹
 COMPLIMENTS LED Light Bulbs 60W 6 pk

8⁴⁹
 ZIPLOC Storage Bags 10-38 pk or Sandwich Bags 180 pk

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Earn Scene+ points **3.7X faster** with
the Scotiabank Scene+ Visa Card.♦

APPLY NOW

♦Conditions Apply

