

ATLANTIC

# so Canadian **Sobeys**

Since 1907

**Verified**  
**3.99**  
/lb

Fresh Boneless Pork Loin Centre and Rib Combo Chops Family Size 8.80/kg

**Verified**  
**3.99**

Strawberries product of USA or Mexico no 1 grade 454 g 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**  
**5.99**  
/lb, ea

13.21/kg

**MEMBER SAVE \$1**

COUNTRY RIBBON Fresh AIR-CHILLED Boneless Skinless Chicken Breasts Family Size or HAYTER'S FARM Minced Extra Lean Turkey 450 g

**Verified**  
**6.99**  
/lb, ea

without Scene+ Card

MINCED TURKEY

**Verified**  
**2.99**

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 ring 454-750 g or CHEMO 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

**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**

Visit the Sobeys app or [Sobeys.com/offers](https://www.sobeys.com/offers)

Scan QR code to download or open the app

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

**Scene+ DIGITAL EXCLUSIVE**

OFFER AVAILABLE MARCH 12-18, 2026

**Global Market**

**Verified**  
**7.99**

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](https://www.sobeys.com) for details.







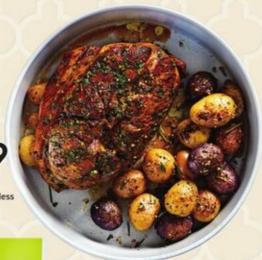


# Eid Mubarak



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

SUNGOLD Fresh Boneless  
Lamb Leg 28.64/kg



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

FILIPPO BERIO  
Olive Oil 750 mL

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

CHALO Naan  
500 g

**2<sup>29</sup>**  
+100 Pts when you buy 2

COMPLIMENTS Canned  
Tomatoes 796 mL or  
Stewed Tomatoes 540 mL



**400 Pts**  
when you spend  
\$20 or more

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

MINA Chicken or Beef Burgers 600-800 g

**1<sup>99</sup>**  
+200 Pts when you buy 4

COMPLIMENTS Canned Legumes  
540 mL

**1<sup>79</sup>**

CALIFORNIA GARDEN  
Fava Beans 450 g

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

SALEM FOODS  
Tomato Paste 750 g

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

AHMAD TEA 100 pk  
selected varieties

**5<sup>79</sup>**

KASIH Pistachio  
Premium Halva 450 g

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

DURRA Sesame  
Bread Sticks 454 g

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

ETI Tea Biscuits  
400 g

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

ETI Mini Popkek Cake with  
chocolate or banana 144 g

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

QUALITY STREET  
160 g

**15% off**

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

**25<sup>99</sup>**  
+100 Pts when you buy 1

BRITA 6 Cup Pitcher or  
Filters 3 pk

**6<sup>49</sup>**  
+200 Pts when you buy 2

FERRERO ROCHER Squares 105 g

# so much value



**5.99** **200 Pts** when you buy 2

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

**7.99**

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

**4.44** **100 Pts** when you buy 2

COMPLIMENTS ORGANIC Button Mushrooms product of Canada 227 g

**6.99** **400 Pts** when you buy 2

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

**4/\$4** **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

**5.99**

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

**2.49** /lb

Bulk Sweet or Red Onions product of Canada no 1, 5.49/kg

**4.49**

COMPLIMENTS Grape Tomatoes product of Mexico 283 g

**5.99** /lb

Asparagus product of Mexico 13.21/kg

**2.47** /lb

Papaya product of Mexico or Guatemala 5.45/kg

**2.99** /lb

Red Prince Apples product of Atlantic Canada, Canada extra fancy grade 6.59/kg

**3.99** /lb

Peaches or Nectarines product of Chile no 1 grade 8.80/kg

**3.99** /lb

Large Cantaloupe product of Brazil

**3.99**

Boston Lettuce in Soil product of Canada

**5.99**

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

**15% off**

Prepared Fresh Daily Regular or Tropical Fruit Salad assorted sizes

**BUY 2 GET 3RD FREE**

Prepared Fresh Daily Stir-Fry Mixes assorted sizes

**3.99**

Dragon Fruit product of Vietnam or Pomelo product of China

**1.99** /lb

Long Squash product of Mexico 4.39/kg

**5.99**

Organic Onions product of Canada Canada no 1, 3 lb

**9.99** **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 1L 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**

NATURESOURCE Almonds or Mixed Nuts selected 450-600 g

## floral

Available at most stores

**STARTING AT 7.49**

Oxalis "Shamrock" grown in Canada

**8.99**

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

**26.99** **400 Pts** when you buy 1

St. Patrick's Day Celebration Bouquets

**\$11**

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

Give them more with the Grocery Essentials Card

Visit [sobey.com/giftcards](http://sobey.com/giftcards) for details

# 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 sobays.com/sterling-silver-contest. Contest runs from February 26, 2026 and ends on March 25, 2026. Open to legal residents of areas of provinces of Canada including Quebec who have a valid Scene+ account and who have received the sign of mystery on the date they visit the Contest. There are 100 (100) prizes to be won, one (1) prize will be awarded toward each of the following regions: Sobays Atlantic, Sobays Ontario, Sobays West, Sobays, and Thrifty Foods. Each prize consists of 1,000,000 Scene+ points (AWY \$10,000.00 CAD each). The prizes have no replacement cash value, are non-transferable and no substitutions will be made. Correctly document all winning quantities required. Odds of winning depend on the number of eligible entries received.

## So tender

STERLING SILVER **HAND-SELECTED AAA BEEF**

Well-marbled • Aged to perfection  
Cut from Canada AAA Beef  
Exclusive to Sobays



**8<sup>99</sup>** /lb  
+500 PTS when you buy 1

**24<sup>99</sup>** /lb  
CERTIFIED TENDER TENDERME CERTIFIED

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<sup>49</sup>** /lb  
COUNTRY RIBBON Fresh AIR-CHILLED Whole Chicken 9.90/kg



**5<sup>49</sup>** /lb  
COUNTRY RIBBON Fresh AIR-CHILLED Whole Chicken Wings Family Size 12.10/kg

+200 PTS when you spend \$20 or more

Try with our In-Store Breaded Seasoning



**6<sup>99</sup>** /lb  
Fresh Seasoned Boneless Pork Loin Centre Cutlets 15.41/kg



**5<sup>99</sup>** /lb  
Fresh Whole Skinless Pork Belly cryovac value size 13.21/kg

value size



**11<sup>49</sup>** +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<sup>99</sup>** /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



**\$6** /lb  
COMPLIMENTS Ground Pork 454 g starting at 6.99 ea

## quick & easy



**3<sup>49</sup>**  
COMPLIMENTS Regular or Jumbo Wieners 450 g



**4<sup>99</sup>** STARTING AT +100 PTS when you buy 2  
COMPLIMENTS Smoked Pork or Chicken Sausages 375 g



**10<sup>99</sup>** +200 PTS when you buy 2  
SCHNEIDERS Pepperettes 300-375 g



**3<sup>99</sup>** +100 PTS when you buy 2  
LUNCHABLES 89-138 g 4.99 ea



**4<sup>99</sup>** +100 PTS when you buy 2  
COMPLIMENTS Stuffed Chicken Cutlets or Asian Inspired Entrées 284-500 g



**7<sup>99</sup>**  
COMPLIMENTS Cheese Sticks, Pickle Spears or Blooming Onion Pearls 325-500 g



**14<sup>99</sup>**  
POGO Originals 20 or 32 pk or Minis value size 960 g-1.5 kg



**15<sup>99</sup>**  
ST. LOUIS Chicken Wings or Bites 650 g

### GET TO FREE GROCERIES FASTER

when you scan your Scene+ membership card and pay with your Scene+ Scene+ Visa Card.

ST. LOUIS CHICKEN WINGS \$10.99

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## seafood

**2<sup>99</sup>** **MEMBER** **3<sup>49</sup>**  
without Scene+ Card  
COMPLIMENTS Crab- or Lobster-Flavoured Alaska Pollock 227 g

**4<sup>99</sup>** **MEMBER** **5<sup>99</sup>**  
without Scene+ Card  
COMPLIMENTS NATURALLY SIMPLE Tilapia, Basa or Pollock Fillets 400 g

**12<sup>99</sup>** **MEMBER** **100 Pts**  
BEST BUY Breaded Popcorn Shrimp, Squid Rings or Sole Fillets 800-860 g

**8<sup>99</sup>** **MEMBER** **9<sup>99</sup>**  
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

Almond Crusted Sole Fillets or Coconut Crusted Tuna, previously frozen

**YOUR CHOICE** **12<sup>99</sup>** /lb. ea 28.64/kg  
From Newfoundland Fresh Steelhead Trout Fillets product of Newfoundland

**12<sup>99</sup>** /lb. ea 28.64/kg  
From Newfoundland LAND & SEA Cooked & Peeled Coldwater Shrimp from Newfoundland 340 g

Fresh Atlantic Salmon Roasts Stuffed with Spinach, Cheddar, Bacon & Cold Water Shrimp

## bakery

**12<sup>99</sup>** **MEMBER** **200 Pts**  
when you buy 2  
Real Cream Layer Cakes 510-725 g

**14<sup>99</sup>** **NEW**  
WITHENSHAW Sticky Toffee Pudding frozen 550 g

**5<sup>99</sup>** **MEMBER** **6<sup>99</sup>**  
without Scene+ Card  
COMPLIMENTS Pecan or Raisin Butter Tarts 510 g

**3<sup>99</sup>** **BAKED IN STORE**  
Made with 100% Canadian flour  
Winning Style Light or Dark Fye Bread 450 g

**2<sup>49</sup>** **BAKED IN STORE**  
READY MORE MORE  
Ciabatta or Artisan Style Baguettes 325-360 g 2.99 ea

**5<sup>99</sup>** **STARTING AT** **100 Pts**  
when you buy 2  
Donuts 4 pk 320-520 g

**5<sup>99</sup>** **BAKED IN STORE** **75 Pts**  
when you buy 2  
Hot Cross Buns 6 pk 515-545 g

## deli & kitchen

**14<sup>49</sup>** **MEMBER** **15<sup>49</sup>**  
without Scene+ Card  
COMPLIMENTS Sliced Cheese 440 g

**7<sup>99</sup>** **STARTING AT** **100 Pts**  
when you buy 2  
KERRYGOLD Irish Cheese 198 g or MONSIEUR GUSTAV Cheddar 200-250 g

**18<sup>99</sup>** **100 Pts**  
when you buy 1  
TRE STELLE Feta 850 g

**3<sup>69</sup>** **SLICED FRESH**  
PANACHE Ham or Oven Roasted Chicken /100 g

**7<sup>99</sup>** **GREENFIELD Sliced Deli Meats** 175 g selected

**11<sup>99</sup>** **100 Pts**  
when you buy 2  
COMPLIMENTS Charcuterie Trio selected 250 g

**3<sup>99</sup>** **SLICED FRESH** /100 g  
MASTRO Genoa Salami hot or mild

**3<sup>99</sup>** **200 Pts**  
when you buy 300 g or more  
COMPLIMENTS Montreal Smoked Meat, Roast Beef, Corned Beef or Pastrami

**5<sup>99</sup>** **MEMBER** **6<sup>49</sup>**  
without Scene+ Card  
Wraps 219-300 g

**3<sup>99</sup>** **300 Pts**  
when you buy 3  
NANA'S Samosas sold by individual piece, available hot or chilled from the Service Case

**8<sup>99</sup>** **LIMITED TIME ONLY**  
GOLD LABEL Heat-and-Serve Snack Dips 375 g

**6<sup>49</sup>** **200 Pts**  
when you buy 2  
YUCATAN Guacamole regular, mild or spicy or Avocado Salsa 227-340 g

**6<sup>99</sup>** **100 Pts**  
when you buy 2  
Snack or Classic Meal Boxes select varieties 300-320 g

**10<sup>99</sup>**  
OLIVIERI Family Size Pasta or Gnocchi selected 520-700 g

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

# 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

**2.99** **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**  
HELIVA GOOD! Dip 680 g

**4.49**  
FARMERS or SCOTSBURN Sour Cream 500 mL

**5.49** **100 Pts** when you buy 2  
COMPLIMENTS Pure Orange Juice 1.54 L

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

**4.99**  
REVELLO or FUDGICLE 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**

**5.69** **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

**7.69**  
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

**6.99**  
STARTING AT  
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 Supreme Meat Alternatives 255-425 g

**4/\$11**  
COVE Kombucha 355 mL

**4.99** **100 Pts** when you buy 2  
PACIFIC FOODS Organic Chili 468 g

**29.99**  
GOODPROTEIN All-in-One Shake 440 g

**2/\$7** **100 Pts** when you buy 1  
GRENADE Protein Bars 6 pk

**12.99**  
PURE PROTEIN Bars 60 g

**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](http://visit_sobeys.com/giftcards) for details

# drinks & snacks

<p><b>9.99</b> LINDT or GHIRARDELLI Bagged Chocolate 130-151 g, HERSEY'S Novelty Chocolate 389 g or HARIBO 40 pk white supplies last</p>	<p><b>5.49</b> CADBURY Multipacks 152-200 g or NERDS Gummy Clusters 227 g</p>	<p><b>9.99</b> ATHLETIC BREWING CO. Non-Alcoholic Beer 6x355 mL or OLE Mocktails 4x355 mL</p>	<p><b>50 PTS</b> when you buy 2 <b>2/\$6</b> RED BULL Energy Drinks 250 mL</p>
<p><b>\$4</b> <b>150 PTS</b> when you buy 2 KELLOGG'S Town House, Snap'd or Cheez-It Crackers 213-391 g</p>	<p><b>4.49</b> LOTUS Biscoff Biscuits 250 g, CADBURY Fingers 114 g or PEPPERIDGE FARM Cookies 200-213 g</p>	<p><b>2/\$9</b> TOSTITOS Tortilla Chips 205-300 g or MISS VICKIE'S Potato Chips 190-200 g</p>	<p><b>2.49</b> <b>100 PTS</b> when you buy 2 COMPLIMENTS Potato Chips 200 g or Tortilla Chips 250-280 g</p>
<p><b>10.99</b> <b>200 PTS</b> when you buy 1 VAN HOUTTE Coffee K-Cups® or Brew Over Ice Pods 10-12 pk or Roast &amp; Ground Coffee 340 g</p>	<p><b>13.99</b> TETLEY Orange Pekoe Tea 216 pk</p>	<p><b>3.99</b> <b>150 PTS</b> when you buy 2 COMPLIMENTS Cranberry or Ruby Red Grapefruit Cocktail 1.89 L</p>	<p><b>8.49</b> NATURE VALLEY Mid-size Granola Bars 340-525 g</p>

# meal makers

<p><b>6.49</b> <b>100 PTS</b> when you buy 2 HERSEY'S Chips 200-270 g</p>	<p><b>3.49</b> BETTY CROCKER Frosting selected 340-450 g or KRAFT Jet-Puffed Marshmallows 400 g</p>	<p><b>4.49</b> KELLOGG'S Cereal 210-525 g selected varieties (excludes family size)</p>	<p><b>19.99</b> JAKEMAN'S Maple Syrup 1 L</p>
<p><b>4.99</b> <b>50 PTS</b> when you buy 1 MONTANA'S BBQ Sauces 350 mL</p>	<p><b>6.99</b> MAZOLA Oil 1.18 L</p>	<p><b>4.49</b> DEMPSTER'S Bagels 5-6 pk (excludes protein)</p>	<p><b>3.99</b> <b>200 PTS</b> when you buy 2 QUAKER Instant Oatmeal 230-344 g or Quick or Old Fashioned Oats 900 g-1 kg</p>
<p><b>2.99</b> <b>100 PTS</b> when you buy 2 PURITAN Stew 410 g or FRASER FARM Gravy and Meatballs 425 g</p>	<p><b>7.99</b> TACO BELL Crunchwrap Supreme 642 g or Cheesy Double Decker 401 g Taco Kits</p>	<p><b>2.89</b> <b>100 PTS</b> when you buy 2 COMPLIMENTS White or Whole Wheat Bread 570 g</p>	<p><b>11.48</b> BEN'S ORIGINAL Rice 2.2 kg selected varieties</p>

### Here for your budget and lifestyle

<p><b>100 PTS</b> when you buy 2 COMPLIMENTS Spices or Seasonings selected 5-245 g</p>	<p><b>15%</b> COMPLIMENTS Baking Nuts 100 g selected (excludes Pine Nuts)</p>	<p><b>8.99</b> <b>100 PTS</b> when you buy 1 COMPLIMENTS Family Size Granola Bars 350-530 g or Crispy Rice Squares 582 g</p>	<p><b>3.29</b> <b>150 PTS</b> when you buy 2 COMPLIMENTS Cookies 300-350 g</p>
<p><b>4.99</b> <b>100 PTS</b> when you buy 1 COMPLIMENTS Exceptional Chocolate Chip Cookies 280 g</p>	<p><b>3.99</b> COMPLIMENTS Sweet Pickled Onions 375 mL or PANACHE Salad Dressing 350 mL</p>	<p><b>1.99</b> <b>150 PTS</b> when you buy 2 COMPLIMENTS Baked Beans 398 mL</p>	<p><b>2/\$5</b> COMPLIMENTS Flakes of Ham, Turkey or Chicken 156 g</p>

Give them more with the Grocery Essentials Card [Visit sobey.com/giftcards](http://sobey.com/giftcards) for details

# home & pet care

**11<sup>99</sup>** PURINA ONE Dry Dog or Cat Food 1.45-1.8 kg

**21<sup>99</sup>** PURINA Tidy Cats Lightweight Cat Litter 5.44 kg

**1<sup>59</sup>** SHEBA Perfect Portions 2-4 pk 75 g 1.79 ea

**8<sup>99</sup>** WHISKAS Dry Cat Food 1.5-2 kg or PURINA Dentalife Dog Treats or Chews 404-595 g

**24<sup>99</sup>** FINISH Dish Tabs 60-105 pk

**6<sup>49</sup>** SCRUBBING BUBBLES Drop Ins 1 pk, Fresh Brush 1 pk, Refills 8 pk or Toilet Cling Fresh Brush 12 pk

**4<sup>29</sup>** ALLEN'S Cleaning Vinegar 950 mL

**32<sup>99</sup>** TIDE Pods 85-112 pk or Power Pods 63 pk

**15<sup>99</sup>** CASHMERE Bathroom Tissue 12=36 rolls or SPONGEWEELS Ultra Pro 4=8 rolls

**2<sup>99</sup>** SCOTTIES Ultra Soft with Lotion Facial Tissue Cubes 52 pk

**4<sup>49</sup>** ALCAN Foil 50 ft, Non-Stick 25 ft or REYNOLDS Parchment Paper 35 ft

**12<sup>49</sup>** GLAD Waste Bags 20-40 pk

# health, beauty & baby

**5<sup>99</sup>** SENSODYNE or Pronamel Toothpaste 75-100 mL selected

**5<sup>99</sup>** PANTENE Hair Care 170-355 mL or 187 g selected

**7<sup>99</sup>** LIVE CLEAN Body Wash or SOFTSOAP Liquid Hand Soap 500 mL or 1.47 L selected

**15<sup>49</sup>** ALWAYS Pads, Liners or TAMPIX Tampons 10-136 pk selected

**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

**4<sup>99</sup>** CREST Pro Health or SCOPE Mouthwash or ORAL-B Toothbrushes 500 mL-1 L or 1-4 pk selected

**28<sup>99</sup>** ORAL-B Rechargeable Toothbrushes or Heads or CREST 3D White Strips 1-10 pk selected

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

**55<sup>99</sup>** SIMILAC Powders 837-859 g

**3<sup>99</sup>** Q-TIPS including Organic 400 pk

**36<sup>99</sup>** ENFAGROW A+ 907 g or PAMPERS Super Econo Pack Huge Diapers 66-174 pk

**28<sup>99</sup>** PAMPERS Super Pack 42-116 pk

# pharmacy

Only available at Pharmacy Locations  
\*Select products and only available when a pharmacist is on duty.

**10% off** ADVIL 24-50 pk selected or VOLTAREN 30 g or 50 g\*

**10% off** SYSTANE Eye Drops 10 mL or Contacts Solution 120 mL selected

**19<sup>99</sup>** DEPEND Underwear or POISE Pads selected

**10% off** TYLENOL Pain Relief 40-200 pk or MOTRIN Muscle & Body 40 pk selected\*

**10% off** TYLENOL Complete 40 pk or BENTYLIN All-in-One 250-270 mL or 40 pk selected\*

**10% off** BAND-AID Wound Care selected

**360Health** **ibey**  
\*Fee for some services may apply.

**Need health care or advice? We do that!**  
From weight management to diabetes care, pharmacists can help.

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Get  
**300 PTS**  
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**\$18 or more on**

Selected Canadian Cheddars with the Blue Cow Logo 170-280 g



Get  
**200 PTS**  
when you buy 2  
COMPLIMENTS Coconut Milk 400 mL  
selected varieties



**SAVE \$1**

LOAD THIS OFFER AND SAVE \$1 ON COMPLIMENTS ORGANIC Frozen Fruit 600 g

**BUY 1 GET 1 FREE**  
of equal or lesser value

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



Download on the  
**App Store**

GET IT ON  
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# HAPPY MONTH OF Ramadan



**1<sup>99</sup>**  
/lb  
Long Squash  
product of Mexico 4.39/kg



**2<sup>49</sup>**  
/lb  
Plantain product of  
Guatemala 5.49/kg



**9<sup>99</sup>**  
BARD VALLEY Medjool Dates 907 g



**5<sup>99</sup>**  
BARD VALLEY Date Rolls  
selected varieties 142-170 g



**11<sup>99</sup>**  
ROYAL NUTS Almonds or Cashews  
roasted salted, unsalted or raw  
325-350 g



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



**100 PTS**  
when you buy 2  
**5<sup>99</sup>**  
HANDFUEL Nuts  
or Clusters  
selected varieties  
120-150 g



**9<sup>99</sup>**  
WONDERFUL Shelled Pistachios  
155-170 g



**9<sup>99</sup>**  
COMPLIMENTS  
Chocolate Covered  
Almonds 350 g



**14<sup>99</sup>**  
ROYAL NUTS  
Club Pack Walnuts 750 g



Find more variety and  
value in store



Your destination for variety and value



3<sup>49</sup>

Indian Eggplant product of Mexico or Dominican Republic 7.59/kg



4<sup>99</sup>

Okra product of Honduras 11.00/kg



2<sup>47</sup>

Papaya product of Mexico or Guatemala 5.45/kg



2<sup>99</sup>

Coconut product of Vietnam



7<sup>29</sup>

Passion Fruit product of Colombia



3<sup>49</sup>

CHALO! Naan 500 g



13<sup>99</sup>

INDIA GATE Pure Basmati Rice 4.54 kg



1<sup>49</sup>

DEEP IQ Okra selected varieties 340 g



4<sup>29</sup>

PATAK'S Cooking Sauce 400 mL selected varieties



4<sup>99</sup>

PATAK'S 3 Step Sauce Kits 313 g selected varieties



4<sup>79</sup>

KFI Cooking Sauces 275 mL selected varieties



11<sup>99</sup>

BROOKE BOND Red Label Black Tea 800 g



4<sup>99</sup>

SHERRON Juice Drink 2 L selected varieties



2<sup>29</sup>

BRITANNIA Suji Rusk Toast 305 g



99¢

BRITANNIA Biscuits 75 g selected varieties



2<sup>79</sup>

SURATI Snacks 341 g selected varieties

WHILE SUPPLIES LAST, PRODUCT SELECTION MAY VARY BY STORE.

# Value for St. Patrick's Day



**11<sup>99</sup>** /lb  
Fresh Boneless Beef Stewing Cubes  
Family Size 26.43/kg



**9<sup>99</sup>** /lb  
Fresh Boneless Beef Brisket Portions  
cut by your meat expert from Canada AA  
grade beef while supplies last 22.02/kg



**5<sup>99</sup>** From Atlantic Canada  
Stew Pack product of Atlantic Canada, Canada no 1, 5 lb



**7<sup>99</sup>** From Prince Edward Island  
ECO SPUDS Potatoes  
product of Prince Edward Island, Canada no 1, 10 lb



**16<sup>99</sup>** +150 PTS when you buy 1  
BELGUSTO CUCINA  
Shepherd's Pie 907 g

STARTING AT **4<sup>99</sup>** /lb  
CHRIS BROTHERS  
Pork Cottage Roll or Beef Brisket starting at 11.00/kg



**9<sup>99</sup>**  
St. Patrick's Day Single Layer Cake 610 g  
or Small Pull-Apart Cakes 365-990 g



**6<sup>99</sup>** +100 PTS when you buy 2  
Gourmet Cinnamon Buns Plain or with Cream Cheese Icing 4 pk 690-750 g

BUY MORE SAVE MORE

**5<sup>99</sup>** ea when you buy 2 or more  
Cupcakes  
6 pk 310-505 g 7.99 ea



# Inspiring fish recipes you can count on during Lent

Try a Nashville-Style Hot & Crispy Fish Sandwich dolloped with spicy coleslaw on a brioche bun!

[Get recipe](#)



200 PTS  
when you buy 1

**\$13**

COMPLIMENTS  
Battered Haddock  
Fillets 575 g



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

COMPLIMENTS  
Brioche Burger Buns  
4 pk 200 g

# Mmmm.... Sweet and savoury



BAKED IN STORE

LIMITED TIME ONLY

**5.99**

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



100 PTS when you buy 2

**6.99**

COMPLIMENTS Muffins 4-6 pk 400-600 g



**3.99**

COMPLIMENTS Brioche Burger Buns 4 pk 200 g



**5.49**

COMPLIMENTS Brioche Hot Dog or Mini Buns 385-480 g



Made with 100% Canadian flour

**4.99**

STARTING AT Raisin or Cinnamon Raisin Bread 450 g

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