

Verified
2.99 /lb

Fresh Pork Shoulder Blade Roasts or Steak Family Size or Fresh Pork Shoulder Picnic Roast hock removed 6.59/kg

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

Verified
5.99

LARSEN Wieners 900 g, MAPLE LEAF or SCHNEIDERS Bacon 375 g, MAPLE LEAF Ready Chop Bacon 65-85 g, SCHNEIDERS Cooked Bacon 100 g, Juicy Jumbo, Regular Beef Wieners or Smoked Sausages 375-450 g selected

Verified
2.49

Raspberries product of Mexico 170 g

Verified
6.99

COMPLIMENTS Raw Shrimp 31-40 or 71-90 ct per lb or Bay Scallops 80-120 ct per lb 340 g

Verified
4.49 312s

COMPLIMENTS Baby Spinach or Spring Mix 312 g product of USA

200 points when you buy 2

International WOMEN'S DAY MARCH 8

\$21 Ecuadorian Roses one dozen 5.0 cm

Verified
4.97

HEINZ Ketchup 750 mL • 1 L or KRAFT Miracle Whip or Mayonnaise 850-890 mL

Verified
4.94

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

Verified
1.99 MEMBER SAVE 1.50 MEMBER PRICE

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

Verified
6.49

CASHMERE Bathroom Tissue 12-24 or 8-24 Rolls, SPONGE TOWELS 3-6 Rolls, SCOTTIE'S Facial Tissue 6 pk or BONTERRA Bathroom Tissue 9-27 Rolls, Paper Towel or Facial Tissue 3-6 pk

Verified
5.97

CRACKER BARREL Cheese 340-400 g or Shreds 250-320 g

Verified
\$2

CHRISTIE Snacking or Mini Crackers selected 162-200 g

*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 Sobey's stores for the weekly flyer period. Program subject to change without notice. Visit www.sobeys.com/verified for additional details.

Verified Price Guarantee

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

*Conditions apply. See sobeys.com for details.

Global Market

Verified
12.99

Tilda Pure Basmati Rice 4 kg

ATL_18_181_181

Dollar DAYS!



COMPLIMENTS Navel Oranges
product of Morocco or Egypt 1.36 kg 3 lb bag

\$3



LARSEN, MAPLE LEAF or SCHNEIDERS Wieners 375 g or
MINA Chicken Wieners 675 g selected

\$4



COMPLIMENTS Sparkling or Fizzy
Flavoured or Unflavoured Water 503 mL 1 L

\$1



COMPLIMENTS Apple Sauce
620 mL or Apple Snack 4-6 pk.
SNACK PACK Puddings or Gels
4 pk or DOLE Canned
Pineapple 398 mL

\$2

Scene

TURN
POINTS
INTO
GROCERIES



1,000 PTS when you buy 1
\$35
TRUE NORTH Fresh Atlantic Salmon Fillets product of Canada skinless 908 g subject to availability



500 PTS when you buy 3
\$5
Made In-Store Chicken Pot Pies 320 g available hot or chilled



100 PTS when you buy 2
\$3
BIG 8 Spring Water 24x500 mL



300 PTS when you buy 2
14⁹⁹
HERSHEY'S Eggies 670-900 g or LINDOR'S Chocolate Eggs 300 g while supplies last



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

1,000 Points = \$10 of free groceries

FILED_SPT_0000_P001_001_001_001

So tender
Sterling SILVER
HAND-SELECTED CANADA AAA BEEF
 Well-marbled. Aged to perfection. Exclusive to Sobays.

10% off
 All STERLING SILVER Grilling Steaks
 Excludes Dry Aged

YOUR GUIDE TO THE PERFECT STEAK

STERLING SILVER Fresh Boneless Rib or Rib Eye Steaks Family Size cut by your meat expert from Canada AAA grade beef.

STERLING SILVER Fresh Boneless Top Sirloin Cap, Coulotte Grilling Steaks Family Size or Premium Oven Roast cut by your meat expert from Canada AAA grade beef.

THE CERTIFIED TENDER ADVANTAGE
 When choosing a roast or steaks, look for the Certified Tender 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.

STEA TEMP GUIDE

RARE	Remove from heat at 115°-120°F (46°-54°C)
MEDIUM-RARE	Remove from heat at 125°F (52°C)
MEDIUM	Remove from heat at 135°-140°F (57°-60°C)
MEDIUM-WELL	Remove from heat at 145°-150°F (63°-66°C)
WELL-DONE	Remove from heat at 155°-160°F (63°-68°C)

10⁹⁹ /lb
 Fresh Boneless Sirloin Tip Oven Roast or Family Size Marinating Steak cut by your meat expert from Canada AAA grade beef 24.23/kg

12⁹⁹ /lb
 Fresh Beef Chuck Short Ribs Thick English Style or Thin Sliced Family Size cut by your meat expert from Canada AA grade beef 28.64/kg

200 Pts when you spend \$20 or more
6⁹⁹ /lb
 COMPLIMENTS Fresh Raised Without Antibiotics Chicken Drumsticks or Bone-In Thighs 15.41/kg

250 Pts when you spend \$25 or more
 Fresh Air-CHILLED Bone-In Chicken Breast Halves back attached Family Size

6⁹⁹ /lb
 Fresh Pork Loin Back Ribs 15.41/kg

3⁹⁹ /lb
 Boneless Pork Sirloin Chops or Roasts Family Size 8.80/kg

7⁹⁹ /lb
 Fresh Medium Ground Chuck Beef Burgers 17.61/kg

200 Pts when you spend \$20 or more
\$6 /lb
 JOHNSONVILLE Sausage Meat or NOBLE Premium Lean Ground Bison 225-375 g starting at 6.99

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

5⁹⁹
 COMPLIMENTS Breakfast or Dinner Pork Sausage 375-500 g

quick & easy

6⁴⁹ /lb
 COMPLIMENTS Bacon Strips or Rounds 375 g 6.99 ea

200 Pts when you buy 2
10⁹⁹
 PILLER'S Turkey Bites, Mini Pepperoni or Salsimi Sticks 300-500 g

4⁹⁹
 COMPLIMENTS Marinated Boneless Pork Chops or Pork Sirloin Kabobs 250-300 g

18⁹⁹
 CARL BUDDIG Sliced Meats 55 g

4⁹⁹
 POGO Original 4 pk 300 g

7⁹⁹
 SWISS CHALET Individual Chicken Pot Pies or KIBBI PHAT Potstickers frozen 454-470 g

10⁹⁹
 SCHNEIDERS Spinach 4 Cheese or Buffalo Chicken Dips frozen 265 g

14⁹⁹
 PINTY'S Chicken Wings, Fillets, Chunks or PINTY'S Eastmeat Gluten-Free Breaded Chicken Burgers Strips or Nuggets 750-790 g

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*See in-store for details. Some restrictions apply. See full list of participating products at participating grocery stores. Other conditions apply. See full list of participating merchandise items. ©2018 Sobays Inc. All rights reserved.

seafood

JANES
ENGLISH STYLE FISH

8⁹⁹ JANES Breaded or Battered Fish selected 450-510 g

12⁹⁹ CEDAR BAY Air Fryer Salmon Bites, Fish & Chips or Salmon & Broccoli 283-510 g

READY FOR YOU

Fast, Fresh Seafood
What a Catch!

14⁹⁹ In-Store Marinated Fresh Atlantic Salmon Fillets subject to availability 53.09/kg

12⁹⁹ Fresh Atlantic Salmon Roasts stuffed with spinach, cheddar, bacon & cold water shrimp 28.64/kg

6⁹⁹ Prepared In-Store Cooked or Raw Garlic Shrimp Griller previously frozen 280 g

8⁹⁹ Stuffed Mushroom Caps with Imitation Crab & Seafood Stuffing 19.92/kg

9⁹⁹ COMPLIMENTS NATURALLY SIMPLE Pink Salmon, Haddock or Cod Fillets 400 g

10⁹⁹ COMPLIMENTS German, Hungarian or Peppercorn Salami

7⁹⁹ SHOAL WATER SEAFOODS Salt Fish Bites 454 g

Panache

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

9⁹⁹ PANACHE Hot Smoked Atlantic Salmon Strips maple pepper or all dressed previously frozen 150 g

7⁹⁹ PANACHE Shrimp Spring Rolls, Tempura Shrimp with Truffle or Butterfly or Coconut Breaded Shrimp 252-340 g

9⁹⁹ PANACHE Tempura Shrimp, Crispy Calamari, Bang Bang Shrimp or Crab Rangoon 252-325 g

15⁹⁹ PANACHE Bacon-Wrapped Scallop Medallions 250 g

deli & kitchen

SLICED FRESH

3⁴⁹ COMPLIMENTS German, Hungarian or Peppercorn Salami

SLICED FRESH

2⁶⁹ MAPLE LEAF Big Stick Wax Bologna

6⁴⁹ BRANDT Kolbassa Sausage selected 250 g

STARTING AT 9⁹⁹ CASTELLO Havarti 425 g or TRE STELLE Feta 375 g

12⁹⁹ BOTHWELL Marble, Medium or Old Cheddar, Mozzarella, Smoked Gouda, Jalapeño or Red Hot Chili Pepper Monterey Jack 540 g

7⁹⁹ PILLER'S Pepperooni Toppings selected 175-250 g

2⁹⁹ Swirls 225 g available hot or chilled

7⁹⁹ 2-Pack Mini Croissant Chicken Club Salad Sandwiches or Selected Varieties 206-216 g

4⁴⁹ FONTAINE SANTE or LANTANA, Topped Hummus, Regular Hummus or Dips 227-283 g

100 Pts Pulled Meats chicken or pork sold by 100 g available chilled

READY FOR YOU

Meal Deal!

BUY 1 14" Take & Bake Pizza 800-890 g

+1 COMPLIMENTS Salad 426-454 g

Get 250 Pts when you buy 1 Meal Deal

\$15 FOR ONLY

frozen & dairy

5⁹⁹ **100 PTE** when you buy 2
ARMSTRONGS Cheese Sticks
 210 g Swirls 283-340 g, Nibblers 200 g or Combs 180 g

2⁹⁹
LACTANTIA Garlic Flavoured Butter 125 g or I CAN'T BELIEVE IT'S NOT BUTTER! 427 g

5⁴⁹
SHEPHERD GOURMET Skyr Icelandic Style Yogurt 500 g

10⁹⁹
iÖGO Yogurt 2 kg

9⁹⁹
CRACKER BARREL Cheese Slices 500 g

6⁹⁹
LACTANTIA Healthy Attitude or OLIVINA Margarine 850 g

5⁹⁹
NATREL Lactose Free Milk 2 L

4⁴⁹ **50 PTE** when you buy 1
COMPLIMENTS Aerosol Whipped Cream Topping 225 g

5⁹⁹
BEAVERTAILS Cookie Dough 350 g

3⁹⁹
KOZY SHACK Rice Pudding 4 pk or 624 g tub

3⁹⁹
DANONE Danino Drinkable Yogurt 6 pk or YOP! AT! Mingo or Tube Yogurt 6-8 pk or Source Yogurt 630 g

4⁴⁹
OLYMPIC Krema Yogurt 650 g, HARTT Philadelphia dips 340 g or Chocolate Milk 2 L assortment varies by province

12⁹⁹ **NEW**
EL MONTEREY Tostitos 567-588 g

5⁹⁹
SCOTSBURN Premium Ice Cream 1.5 L or Novelties 12 pk selected

3⁹⁹
RUSTICA Single Serve Pizza 360-382 g

3²⁹
NICHELINA'S Grande Entrées 454 g or HEINZ Hot Bites 198 g

7²⁹ **NEW**
TINA'S Burritos 113 g

6⁴⁹
SCHNEIDERS Breakfast Sandwiches or Bites 232-288 g

100 PTE when you buy 2
COMPLIMENTS Belgian Waffles Original or Liège-Style 268-390 g

4⁹⁹
COMPLIMENTS Traditional Crust Pizza 352-446 g

9⁹⁹ **NEW**
GSP Pinsa Pizza 442-453 g

6⁹⁹ **100 PTE** when you buy 2
PILLSBURY Pizza Pops 8 pk

5⁹⁹
MCCAIN Deep'n Delicious Cakes 510 g

3⁹⁹
COMPLIMENTS Frozen Pie Shells, Tart Shells or Phyllo Pastry 255-454 g

5⁹⁹ **200 PTE** when you buy 2
COMPLIMENTS Greek Yogurt 650 g

3⁹⁹ **100 PTE** when you buy 2
COMPLIMENTS Cheddar Flavour Slices 400 g

3⁹⁹
COMPLIMENTS Lemonade 1.54 L

3⁷⁹
COMPLIMENTS Frozen Vegetables selected 500-750 g

13⁹⁹
COMPLIMENTS Frozen Fruit 1.5 kg

WE'RE FULL OF compliments

5⁴⁹ **100 PTE** when you buy 2
COMPLIMENTS Large Omega-3 Eggs 12 pk

4⁹⁹
COMPLIMENTS Ice Cream 1.5 L selected

4⁹⁹
COMPLIMENTS Dough'chi Bites 6 pk selected

deli & kitchen

\$3 COMPLIMENTS Cooked or Smoked Chicken 100 g

10% off BRANDT Kolbassa Coil **+200 PTE** when you buy 2

13.49 MAPLE LEAF Natural Selections Deli Meats family pack shaved or sliced selected 375-400 g

4.99 BABYBEL 6 pk 120 g, THE LAUGHING COW 8 pk 133 g or Dippers 4 pk 140 g

30% off LICHESTER Applewood Smoked Cheddar or KING JAMES Blue Stilton product of England

5.99 SNACK FACTORY Pretzel Crisps selected 155-200 g

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

Buy any Freshly Prepared Sandwich or Wrap & get a Small Hot Soup for only **\$2**

Available every day!

READY FOR YOU **Hot Value Meals**

- Chicken Strip Meal with choice of hot side **5.99** (2 piece)
- 2 Chicken Legs Meal with choice of hot side **6.99**
- Crispy Chicken Meal with choice of hot side **6.99** (2 piece) / **8.99** (3 piece)

bakery

Made with 100% Canadian Flour

3.99 Kaiser Buns 6 pk 430 g

4.59 Dinner, Tray or Butter Topped 12 pk 425-455 g **+100 PTE** when you buy 2

3.99 Hot Dog or Hamburger Buns 8 pk **+50 PTE** when you buy 2

4.99 ACE BAKERY Rolls 5 pk 400-530 g

3.99 Panini or Calabrese Buns 6 pk 375-480 g **MEMBERS SAVE 70¢** (MEMBER ONLY)

4.69 without Scene+Card

delicious buns & rolls

BUY 1 GET 1 FREE (BY KIND OR SIZE)

MIX & MATCH

Brownies 550-585 g, Cream Pies 5" 260-370 g or Brownie Cakes 235-390 g

7.99 Small Bar Cakes 325-575 g 9.99 ea

2.99 COMPLIMENTS Bagels 6 pk **+50 PTE** when you buy 2

4.49 DEMPSTER'S Whole Grain, Protein or Signature Bread 600 g

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

meal makers

 <p>4⁹⁹ CREAM OF WHEAT 336-800 g</p>	 <p>21⁹⁹ CAMP Rich Amber Maple Syrup 1 L</p>	 <p>10⁴⁹ COMPLIMENTS Peanut Butter 2 kg +100 PTS when you buy 1</p>	 <p>4⁹⁹ DEL MONTE Canned Fruit 796 mL</p>
 <p>21⁹⁹ COMPLIMENTS White Liquid Honey 2 kg</p>	 <p>4⁹⁹ NUTELLA B-ready Bars 6 pk or Hazelnut Spread 375 g</p>	 <p>5⁴⁹ LAURA SECORD Chocolate Chips 250 g</p>	 <p>4⁹⁹ COMPLIMENTS Flour 2.5 kg or FLEISCHMANN'S Canada Corn Starch (re-seal) 454 g</p>
 <p>5⁴⁹ WEIGHT WATCHER'S Bread 450 g, Tortillas 8 pk or Bagels 6 pk</p>	 <p>2⁹⁹ HOSTESS Snacks 121-225 g</p>	 <p>5⁹⁹ QUAKER Muffin, Cookie Mix 750-900 g, Oat Flour 700 g or BAKER'S Chocolate 170-225 g</p>	 <p>7⁹⁹ MAISON ORPHÉE Baking Mixes 425-500 g or MATHESON FOOD COMPANY Rubs 160 g</p>
 <p>10⁴⁹ HELLMANN'S Mayonnaise 1.42 L</p>	 <p>5⁷⁹ MUTTI Passata 680 mL</p>	 <p>6⁹⁹ STEFANO Pasta Sauce 405-648 mL +300 PTS when you buy 2</p>	 <p>5⁹⁹ CLUB HOUSE La Grille Seasonings 65-248 g or Spice Blends selected 111-203 g</p>
 <p>99¢ CLUB HOUSE Gravies 21-47 g or Gluten-Free Gravies 24-25 g</p>	 <p>4⁴⁹ FRANK'S RedHot Sauce or Thick Hot Sauce 354 mL</p>	 <p>2⁹⁹ TACO BELL Hot Sauce 207 mL</p>	 <p>2⁹⁹ CLOVER LEAF Yellowfin Churn Light Tuna 142 g</p>
 <p>2/\$5 MINUTE RICE Cups 250 g</p>	 <p>3/\$4 MR. NOODLES Cups 64 g</p>	 <p>1⁹⁹ GREEN GIANT Canned Vegetables 341-398 mL</p>	 <p>4²⁹ PATAK'S Cooking Sauces 400 mL selected varieties</p>

Here for your budget and lifestyle

 <p>3⁹⁹ COMPLIMENTS Syrup 750 mL or Pancake Mix 905 g +100 PTS when you buy 2</p>	 <p>3/\$10 COMPLIMENTS Granola 325 g +100 PTS when you buy 2</p>	 <p>3⁹⁹ COMPLIMENTS 7" Tortillas 340 g +200 PTS when you buy 2</p>	 <p>3⁴⁹ COMPLIMENTS Marshmallows 400 g or Coconut selected 200 g +100 PTS when you buy 2</p>
 <p>2/\$5 COMPLIMENTS or COMPLIMENTS BALANCE Salad Dressings 475 mL or COMPLIMENTS BBQ Sauce 425 mL +100 PTS when you buy 2</p>	 <p>1⁴⁹ PANACHE Dry Pasta 500 g +100 PTS when you buy 2</p>	 <p>1⁴⁹ COMPLIMENTS Pizza Crust Mix 164 g or Pizza Sauce 213 mL +100 PTS when you buy 2</p>	 <p>1⁹⁹ COMPLIMENTS Smoked Oysters or Mussels 85 g +100 PTS when you buy 2</p>

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

home & pet care

26⁹⁹ CHARMEN Bathroom Tissue 16x64 rolls or BOUNTY Paper Towels 6-8 pk

2⁹⁹ COMPLIMENTS Multi-Surface Cleaner 1.41 L

6⁹⁹ FEBREZE Fabric Spray or Fresheners 500-800 mL, Car Clip 2 pk 4 mL, Small Spaces 2 pk 15 mL or Air Spray 2 pk 500 g

4⁹⁹ CLOROX Clean-Up or All Purpose Cleaners 946 mL or Bathroom Foam 887 mL selected

2⁹⁹ ROYALE Facial Tissue Singles Family Box or Cube 54-154 pk

10% off HANDI-FOIL Pans selected

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

12⁴⁹ GLAD Waste Bags 20-40 pk

6⁹⁹ PURINA Friskies Dry Cat Food 1.4-1.5 kg

2/\$5 PURINA ONE Wet Dog Food 368 g

10⁹⁹ MILK-BONE Soft & Chewy Dog Treats or Brushing Chews 557-708 g

17⁹⁹ IAMS Proactive Health Dry Dog Food 3.18 kg or Perfect Portions Wet Cat Food 12 pk

health, beauty & baby

7⁴⁹ SENSODYNE or Pronamel Toothpaste 75 mL or toothbrushes 2 pk selected

8⁹⁹ LIVE CLEAN Hand Soap Refill 1 L, DOVE or DEGREE Deodorant 45-48 g or JOHN FRIEDA Hair Care 50-250 mL selected

2/24⁹⁹ NATIVE Shampoo or Conditioner 487 mL selected

7⁹⁹ L'ORÉAL Hair Expertise, AÏSSIE or HERBAL ESSENCES Hair Care 150-778 mL or 110 g selected

9⁹⁹ U BY KOTEX Pads, Liners or TAMPAX Tampons 25-125 pk selected

5⁴⁹ DOVE Body Wash 325 mL or Soap Bar 3 pk or AXE Body Wash or Shampoo, Conditioner 47.3 mL or Deodorant 76-113 g selected

4⁴⁹ CREST 3D White Toothpaste or ORAL-B Toothbrushes or Floss 63-120 mL or 1-75 pk selected

10% off ST. IVES Skin Care

78⁹⁹ SIMILAC 360 Total Care Ready To Feed 16x235 mL

68⁹⁹ ENFAMIL A+ NeuroPro Refill 862-890 g

28⁹⁹ PAMPERS Training Pants 40-74 pk or Ninjamas 34-44 pk

9⁹⁹ HUGGIES or PAMPERS Baby Wipes 112-192 pk

pharmacy

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

10% off TYLENOL or BENLYN Cough, Cold & Flu selected*, TYLENOL Pain Relief 50-120 pk, TYLENOL Easy Dissolve 12 pk or MOTRIN 200-400mg 45-72 pk selected*, BAND-AID Premium Bandages, POLYSPORIN Ointment 30 g, NICORETTE Gum or Lozenges 80-105 pk or QuickMist or Nicoterm 7 pk selected or PEPICO Heartburn Relief 25-30 pk

Get 600 PTS when you buy 2

10% off TUMS 32-160 pk selected

10% off HYDRASENSE Eye Drops 10 mL selected

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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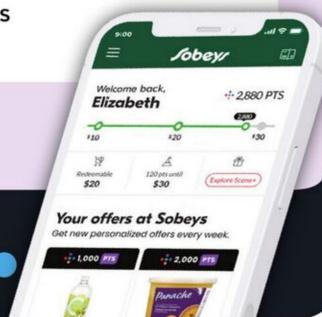
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400 PTS
when you buy 1

COMPLIMENTS Pure Vanilla Extract 125 mL



**SAVE
\$1.50**

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



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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 Aivar 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 937 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



Find more variety and value in store



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



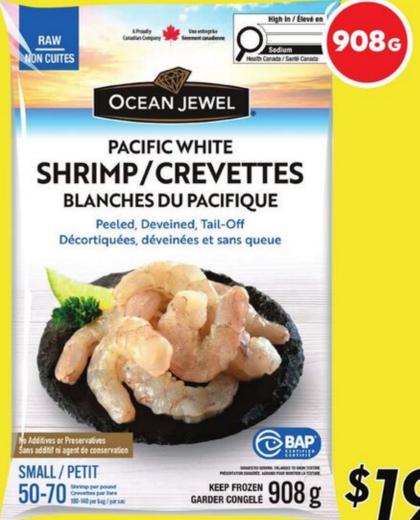
That's like
\$10,000
towards
groceries!

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.

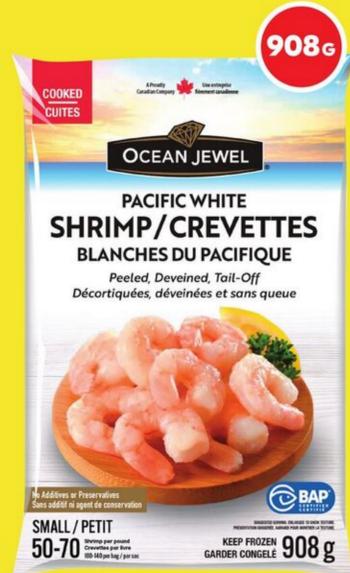
*NO PURCHASE NECESSARY. Full Contest rules and no purchase entry method found at sobeys.com/sterling-silver-contest. Contest runs from February 26, 2026 and ends on March 25, 2026. Open to legal residents of across all provinces of Canada excluding Québec who have a valid Scene+ account, and who have 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**



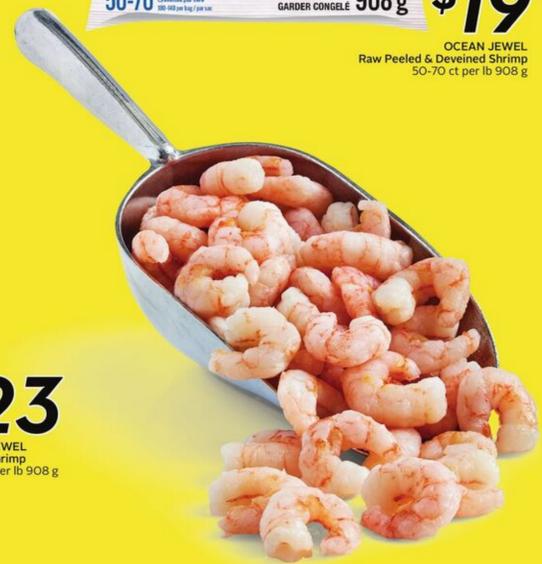
\$19

OCEAN JEWEL
Raw Peeled & Deveined Shrimp
50-70 ct per lb 908 g



\$23

OCEAN JEWEL
Cooked Shrimp
50-70 ct per lb 908 g



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

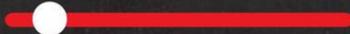


soup



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

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.

2X
Canadian-origin products



*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.



CLICK HERE to view full list of participating products.



Earn an instant entry for every eligible product purchased when scanning your Scene+ card



\$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



150 PTS
when you buy 3
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 ACQUA MIST SILK 1.75-1.89 L 6.59 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 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 4x473 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 **8¹¹**

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

GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW

♦Conditions Apply

