

ONT

FEED THE DREAM

HOT PRICE

2.99

/lb

HOT PRICE

7.88

/lb

HOT PRICE

5.99

HOT PRICE

1.99

HOT PRICE

6.99

HOT PRICE

3.99

HOT PRICE

6.99

International WOMEN'S DAY

MARCH 8

19.99

HOT PRICE

4.97

HOT PRICE

4.94

MEMBERS SAVE 11.50

1.99

MEMBER PRICING

without Scene+ Card 3.49

HOT PRICE

6.49

HOT PRICE

5.97

HOT PRICE

\$2

GET STARTED

1 Download the app

2 Load your offers to activate them

3 Shop and scan your Scene+ card

Scene+ LOAD YOUR PERSONALIZED OFFERS TODAY

Scan QR code to download or open the app

HOT PRICE

12.99

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

Prices and offers in effect March 2026

So many deals

Scan here for our full digital flyer

POL387_000465_PPR_001

Dollar DAYS!



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



MAPLE LEAF, SCHNEIDERS or SHOPSY'S Wieners 375 g or MINA Chicken Wieners 675 g selected



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



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

Scene

TURN
POINTS
INTO
GROCERIES



CHOOSE
CAREFULLY
SEAFOOD

100% WILD
SALMON

35

1,000 PTS
when you buy 1

35

That's like
\$10
toward your
groceries

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



READY
FOR
YOU

500 PTS
when you buy 3

5

That's like
\$5
toward your
groceries

Made In-Store Chicken Pot Pies 320 g
available hot or chilled



COMPLIMENTS
Spring Water

100 PTS
when you buy 2

3

COMPLIMENTS Spring Water
24x500 mL



HERSHEY'S
eggies

300 PTS
when you buy 2

14.99

HERSHEY'S Eggies 670-900 g
or LINDOR'S Chocolate Eggs
300 g while supplies last



BECEL
Original

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

FULL_SRT_00043_P000_0001

[illegible]

Canadian Beef Grading Agency is tender and aged perfectly so you can count on delicious results.
Exclusive to select STERLING SILVER® premium cuts.

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 Basted Without Antibiotics Chicken Drumsticks or Bone-In Thighs 15.41/kg

+250 PTS when you spend \$25 or more
6⁹⁹ /lb
Fresh AIR-CHILLED Bone-In Chicken Breast Halves back attached Family Size 15.41/kg

6⁹⁹ /lb
Fresh Pork Loin Back Ribs Cryovac 15.41/kg

Value size
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 each 1 lb pack
JOHNSONVILLE Sausage Meat or NOBLE Premium Lean Ground Bison 226-375 g starting at 6.99

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

5⁹⁹
COMPLIMENTS Breakfast or Dinner Pork Sausage 375-500 g

quick & easy

+200 PTS when you buy 2
10⁹⁹
PILLER'S Turkey Bites, Mini Peppercorn or Salami Sticks 300-500 g

+200 PTS when you spend \$20 or more
4⁹⁹
COMPLIMENTS Marinated Boneless Pork Chops or Pork Sirloin Kabobs 250-300 g

7⁸⁹
CARL BUDDIG Sliced Meats 55 g

4⁹⁹
POGO Original 4 pk 300 g

SWISS CHALET Individual Chicken Pot Pies or KIM PHAT Potsticker frozen 454-470 g
7⁹⁹

SCHNEIDERS Spinach 4 Cheese or Buffalo Chicken Dips 265 g
10⁹⁹

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

GET TO FREE GROCERIES FASTER

when you scan your Scanme membership card and pay with your Scotiabank Scotia® Visa Card

FREE DELIVERY EVERY DAY **100% OFF** **\$500+ purchase**

*\$20 in groceries - Some points redeemed at any participating store location must be redeemed in increments of 1000. *Gift \$200 per year. On-regional purchases at participating grocery stores. Other conditions apply. See full list of participating stores. ©2022 Scotiabank. All rights reserved. Scotiabank and Scanme are trademarks of Scotiabank. "You too."

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

quick & easy

*\$20 in groceries | Saver points redeemed at any participating Express location must be redeemsed in increments of \$200. *Exp. 12/28/22

COMPLIMENTS Bacon Strips or Rounds 375 g 6.99 ea

64⁹⁹ when you buy 2

PILLER'S Turkey Bites, Mini Pepperson or Salami Sticks 300-500 g

200 PIS when you buy 2

10⁹⁹

COMPLIMENTS Marinated Boneless Pork Chops or Pork Sirloin Kabobs 250-500 g

4⁹⁹

CARL BUDDIG Sliced Meats 55 g

78⁹⁹

POGO Original 4 pk 300 g

4⁹⁹

SWISS CHALET Individual Chicken Pot Pies or KIM PHAT Potsstickers frozen 454-470 g

7⁹⁹

SCHNEIDERS Spinach 4 Cheese or Buffalo Chicken Dips 265 g

10⁹⁹

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

14⁹⁹

GET TO FREE when you earn your Saver membership card and play with your ScanLife™ app

\$20 OFF DELIVERY on orders over \$40

\$100 OFF on orders over \$500

ScanLife™ Express® Your Card

*Offer valid while supplies last. ©2022 Foodland Inc.

seafood



8⁹⁹

JANES Breaded or Battered Fish selected 450-510 g



12⁹⁹

CEDAR BAY Air Fryer Salmon Bits, 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



17⁹⁹

Fresh Wild Icelandic Cod Fillets subject to availability 39.66/kg

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 252-355 g

15⁹⁹

PANACHE Bacon-Wrapped Scallop Medallions 250 g

deli & kitchen



3⁶⁹

COMPLIMENTS German, Hungarian or Peppercorn Salami



3⁹⁹

FANTINO & MONDELLO Prosciutto Cotto or Capicola 100 g hot or mild



6⁴⁹

BRANDT Kolbassa Sausage selected 250 g



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 Pepperoni Toppings selected 175-250 g



2⁹⁹

Swirls 225 g available hot or chilled

Try Me



7⁹⁹

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



4⁴⁹

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



100 PTS

When you buy 100 g or more

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

FOR ONLY \$15

Give them more with the Grocery Essentials Card

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

frozen & dairy



5⁴⁹ **+100 PTE**
when you buy 2

ARMSTRONG Cheese Sticks
210 g, Swirls 283-340 g, Nibblers
200 g or Combos 180 g



2⁹⁹

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



5⁴⁹

SHEPHERD GOURMET Skeyr
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 or Organic
Yogurt 650 g, KRAFT Philadelphia
Dips 340 g or SEALTEST
Chocolate Milk 2 L



12⁹⁹ **NEW**

EL MONTEREY
Taquitos
567-588 g



6⁹⁹

KAWARTHA Dairy Ice Cream
15 L selected



3⁹⁹

RUSTICA Single Serve Pizza
360-382 g



3²⁹

MICHELINA'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



9⁹⁹

RICARDO Frozen Pizza 700-745 g



9⁹⁹ **NEW**

GSP Pinsa Pizza
442-453 g



+100 PTE
when you buy 2

6⁹⁹

PILLSBURY Pizza Pops 8 pk



5⁹⁹

MCCAIN Deep'n Delicious Cakes
510 g



7⁹⁹

RICARDO Frozen Entrées
380-395 g



+200 PTE
when you buy 2

5⁹⁹

COMPLIMENTS
Greek Yogurt
650 g



3⁹⁹ **+100 PTE**
when you buy 2

COMPLIMENTS Cheddar Flavour
Slices 400 g



+100 PTE
when you buy 2

3⁹⁹

COMPLIMENTS Lemonade 1.54 L



3⁷⁹

COMPLIMENTS
Frozen Vegetables
selected 500-750 g



13⁹⁹

COMPLIMENTS
Frozen Fruit 1.5 kg



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



WE'RE FULL OF
compliments

deli & kitchen



4²⁹
/100 g
HAYTER'S FARM Turkey



10% off **200 PTS**
when you buy 2 or more
BRANDT Kolbassa Coil or Loaf or LYONER Sausage, Krakowska or All Beef Salami



13⁴⁹
MAPLE LEAF Natural Selections Deli Meats family pack shaved or sliced selected 375-400 g



4⁹⁹
STARTING AT
BABYBEL 6 pk 120 g, THE LAUGHING COW 8 pk 133 g or Dippers 4 pk 140 g



30% off
Prices as Marked
ILCHESTER Applewood Smoked Cheddar or KING JAMES Blue Stilton product of England



5⁹⁹
SNACK FACTORY Pretzel Crisps selected 155-200 g



Power Pair: Soup & Sandwich or Wrap
Buy any Freshly Prepared Sandwich or Wrap & get a Small Hot Soup for only **\$2**
Available every day!



5⁹⁹
Chicken Strip Meal with choice of hot side
2 piece
6⁹⁹
3 piece



6⁹⁹
2 Chicken Legs Meal with choice of hot side



8⁹⁹
Crispy Chicken Meal with choice of hot side
2 piece
6⁹⁹
3 piece



3⁹⁹
Kaiser Buns 6 pk 430 g
Made with 100% Canadian Flour
BAKED IN STORE



3⁹⁹
Panini or Calabrese Buns 6 pk 375-480 g
Made with 100% Canadian Flour
BAKED IN STORE



4⁹⁹
ACE BAKERY Rolls 5 pk 400-530 g
NEW
ACE BOCATA ROLLA



4⁵⁹
Tray or Butter Topped Rolls 12 pk 425-455 g
Made with 100% Canadian Flour
BAKED IN STORE



3⁹⁹
Hot Dog or Hamburger Buns 8 pk
Made with 100% Canadian Flour
BAKED IN STORE

delicious buns & rolls

MEMBERS SAVE 70¢
3⁹⁹
MEMBER PRICE
without Scene+Card



BUY 1 GET 1 FREE
MIX & MATCH
Brownies 550-585 g, Cream Pies 5" 260-370 g or Brownie Cakes 235-390 g



7⁹⁹
Small Bar Cakes 325-575 g 9.99 ea
NOT AROUND ANY MORE



2⁴⁹
COMPLIMENTS Bagels 6 pk
50 PTS when you buy 2



3⁹⁹
DEMPSTER'S Whole Grain, Protein or Signature Bread 600 g or NATURAL BAKERY Rye Bread 500 g

meal makers



4⁹⁹ CREAM OF WHEAT
336-800 g



21⁹⁹ CAMP Rich Amber Maple Syrup
1 L



10⁹⁹ COMPLIMENTS Peanut Butter
2 kg **100 PTS** when you buy 1



4⁹⁹ DEL MONTE Canned Fruit
796 mL



21⁹⁹ COMPLIMENTS White Liquid Honey
2 kg



5⁴⁹ NUTELLA Hazelnut Spread
375 g



5⁴⁹ LAURA SECORD Chocolate Chips
250 g



4⁹⁹ COMPLIMENTS Flour 2.5 kg or FLEISCHMANN'S Canada Corn Starch (reseal) 454 g



4⁷⁹ WEIGHT WATCHER'S Bread 450 g, Tortillas 8 pk or Bagels 6 pk or SHAWARMA Cinnamon Raisin Bread 450 g



2⁹⁹ HOSTESS Snacks 121-225 g



5⁹⁹ QUAKER Muffin, Cookie Mix 750-900 g, Oat Flour 700 g or BAKER'S Chocolate 170-225 g



7⁹⁹ MAISON ORPHÉE Baking Mixes 425-500 g or MATHESON FOOD COMPANY Rubs 160 g



10⁴⁹ HELLMANN'S Mayonnaise
1.42 L



5⁷⁹ MUTTI Passata 680 mL



6⁴⁹ STEFANO Pasta Sauce 405-648 mL **300 PTS** when you buy 2



5⁹⁹ CLUB HOUSE La Grille Seasonings 65-248 g or Spice Blends selected 111-203 g



89¢ CLUB HOUSE Gravies 21-47 g or Gluten-Free Gravies 24-25 g



4⁴⁹ FRANK'S RedHot Sauce or Thick Hot Sauce 354 mL



2⁹⁹ TACO BELL Hot Sauce 207 mL



2⁹⁹ CLOVER LEAF Yellowfin Chunk Light Tuna 142 g



2/\$5 MINUTE RICE Cups 250 g



3/\$4 MR. NOODLES Cups 64 g



1⁹⁹ GREEN GIANT Canned Vegetables 341-398 mL



4²⁹ PATAK'S Cooking Sauces 400 mL selected varieties

Here for your budget and lifestyle



3⁹⁹ COMPLIMENTS Syrup 750 mL or Pancake Mix 905 g **100 PTS** when you buy 2



3/\$10 COMPLIMENTS Granola 325 g **100 PTS** when you buy 2



3⁴⁹ COMPLIMENTS 7" Tortillas 340 g **200 PTS** when you buy 2



3⁴⁹ COMPLIMENTS Marshmallows 400 g or Coconut selected 200 g **100 PTS** when you buy 2



100 PTS when you buy 1 COMPLIMENTS or COMPLIMENTS BALANCE Salad Dressings 475 mL or COMPLIMENTS BBO Sauce 425 mL



2/\$5 PANACHE Dry Pasta 500 g



1⁴⁹ COMPLIMENTS Pizza Crust Mix 184 g or Pizza Sauce 213 mL **100 PTS** when you buy 2



1⁹⁹ COMPLIMENTS Smoked Oysters or Mussels 85 g **100 PTS** when you buy 2

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drinks & snacks



2⁴⁹
HARIBO Candy
170-175 g



5⁹⁹
CHRISTIE Family
Size Cookies
selected 303-520 g
or Cakestars 285 g



5⁹⁹
DARE Bear Paws Family Pack
337-480 g or Wagon Wheels
630 g



3⁹⁹
ARNOTT'S TimTam
Biscuits 175-200 g



5²⁹
CADBURY Bagged
Chocolate
144-200 g



6⁴⁹
FERRERO Squares
105 g



6²⁹
FRITO-LAY Value
Size Snacks
105 g



4⁴⁹
HUMPTY DUMPTY Party Mix
250 g, Snacks 200-290 g or
DUTCH CRUNCH 200 g



11⁹⁹
NOZECO
Non-Alcoholic
Spritzers 750 mL



1⁰⁰
when you buy 2
PEPSI Soft Drinks 6x222 mL



1⁶⁹
SPARKLING ICE
Sparkling Water
503 mL



2/\$7
TAKIS 198-280 g or
COMPLIMENTS Kettle-Cooked
Peanuts 275 g



13⁹⁹
MCCAFE Coffee 300-340 g or
Keurig® Compatible Single Serve
Pods 10-12 pk



3⁵⁰
MIO, WOOL-AID or CRYSTAL
LIGHT Water Enhancers 48 mL
Liquids or 4-10 pk Powders
4.69 ea



3⁰⁰
when you buy 1
19⁴⁹
NESCAFÉ Instant
Coffee 475 g



3⁹⁹
KELLOGG'S Special K or Kashi Bars
selected 144-200 g or Rice Krispies
Homestyle Bars selected varieties
154-198 g

WE'RE FULL OF compliments



9⁹⁹
COMPLIMENTS De-Alcoholized
Beer 12 pk



100 PTS
when you buy 2
3⁴⁹
COMPLIMENTS
Soda Crackers
450 g



100 PTS
when you buy 2
9⁹⁹
COMPLIMENTS
Roast & Ground
Coffee 300 g

natural health



100 PTS
when you buy 2
2/\$7
COMPLIMENTS
ORGANIC Tortilla
Chips 240 g



3⁹⁹
SMARTSWEETS
45-90 g



14⁴⁹
KICKING HORSE
K-Cups® 10 pk



100 PTS
when you buy 2
5⁹⁹
KASHI Granola
311-340 g



5⁹⁹
SILK Plant-Based
Yogurt 500-650 g
or Barista 346 mL



100 PTS
when you buy 1
8⁹⁹
EVIVE Smoothie
Cubes 3 pk
405-450 g



8⁴⁹
RISE Organic
Kombucha 1L



2/\$7
EARTH'S OWN
UHT Oat or Soy
Beverages 346 mL



100 PTS
when you buy 1
19⁹⁹
SUKU Vitamin
Gummies 60 pk
selected



400 PTS
when you buy 2
25% off
WEBBER NATURALS
Vitamins or Supplements
selected varieties and sizes



200 PTS
when you buy 1
15⁹⁹
CLIF Builders
Bars 6 pk or
Minis 10 pk



15% off
TOM'S OF MAINE
Oral Care
76-473 mL

home & pet care

26⁹⁹

CHARMIN Bathroom Tissue 16=64 rolls or BOUNTY Paper Towels 6-8 pk

STARTING AT 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

STARTING AT 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

STARTING AT 7⁹⁹

L'ORÉAL Hair Expertise, AUSSIE or HERBAL ESSENCES Hair Care 150-778 mL selected

STARTING AT 9⁹⁹

U BY KOTEX Pads, Liners or TAMPAX Tampons 25-129 pk selected

STARTING AT 5⁴⁹

DOVE Body Wash 325 mL or Soap Bar 3 pk or AXE Body Wash or Shampoo, Conditioner 473 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
*Select products are only available when a pharmacist is on duty.

10% off

TYLENOL or BENYLIN 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 QuickHalt or Nicoterm 7 pk selected or PEPCOD Heartburn Relief 25-30 pk

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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EXCLUSIVE**

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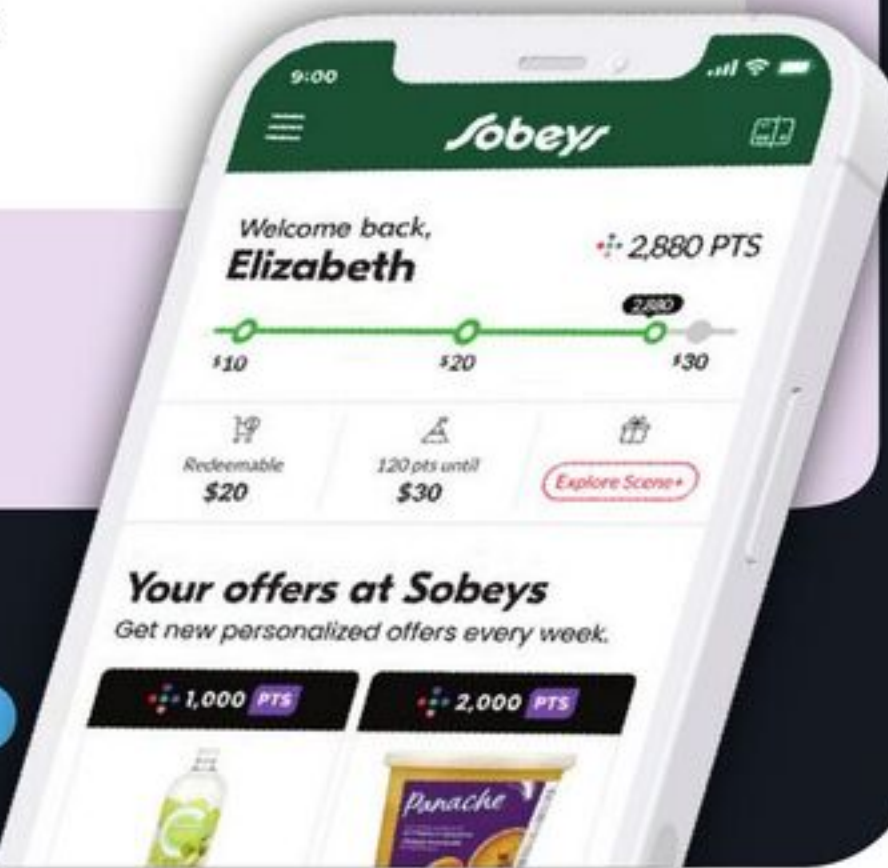
Get
400 PTS
when you buy 1

COMPLIMENTS Pure Vanilla Extract 125 mL



**SAVE
\$1.50**

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



Download on the
App Store

GET IT ON
Google Play

Offer valid March 5th to March 11th, 2026 at all Sobeys locations in Ontario. 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.

Cheers to beer, wine & coolers!



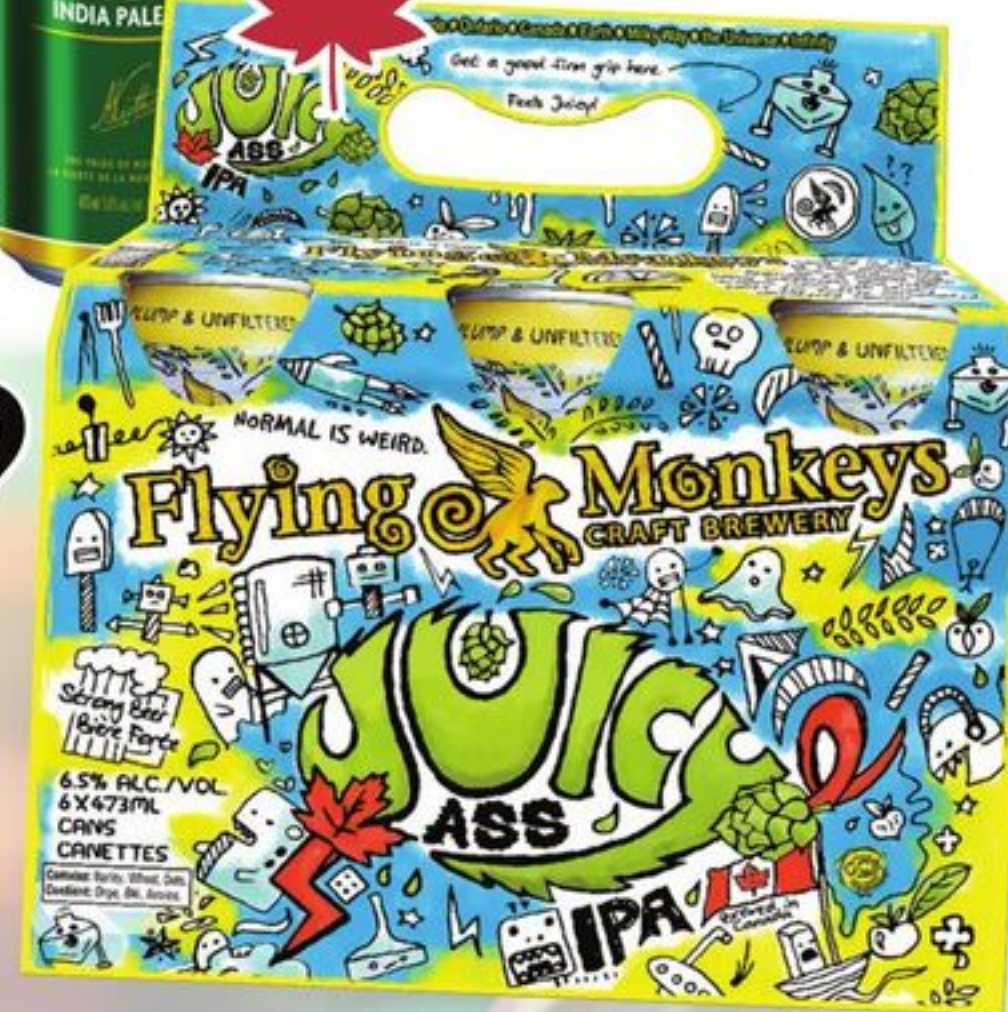
28⁹⁹

MOLSON CANADIAN
12x473 mL tall cans



17⁹⁹

FLYING MONKEYS
Juicy Ass IPA or
ALEXANDER KEITH'S
IPA 6x473 mL tall cans



27⁹⁹

MOTT'S CLAMATO Caesar
Variety Pack 12x341 mL cans



16⁹⁹

CREEMORE Lager
6x473 mL tall cans

13⁹⁹

WAYNE GRETZKY
Sauvignon Blanc, Baco Noir,
Cabernet Merlot or Pinot
Grigio VQA 750 mL



13⁹⁹

RUFFINO Chianti
750 mL



*PLEASE DRINK RESPONSIBLY. You must be 19 years or older to purchase alcohol. Available at select stores



Your destination for
variety and value



77¢

/lb
Cabbage product of Ontario 1.70/kg



1.49

/lb
Asian Pears
product of China
3.28/kg



4.99

AURORA Arborio Rice 750 g



5.49

FINE FINE FOODS Roasted Red Peppers
660 g or Ajvar 290 g



3.99

RUGEN FISCH Herring Fillets in
Sauce 200 g selected varieties



2.99

HEINZ Baked Beans
398 mL



3.49

HEINZ Cream of
Tomato Soup
400 g



5.29

HP Sauce Brown
255 g



5.79

OLIYA Pure
Sunflower Oil 1 L



1.99

THREE CROWN Tea 20 pk
selected varieties



4.99

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 500-550 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

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



99¢

Garlic product of China 5 pk



3⁴⁹

COMPLIMENTS Pitas 200-425 g



3⁴⁹

HARVEST GOLD Naan 6 pk or Roti
10 pk



11⁴⁹

SALEM FOODS Nabulsi Olives 2 kg



5⁴⁹

ICM Halloumi Cheese 250 g



5⁹⁹

KIRI Cream Cheese Portions
144 g



8⁴⁹

KASH Golden Tahini 900 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 Zoe Evans

from Zero Soap Co.

Zero Soap Co. is a Toronto-based skin care brand rooted in simplicity and sustainability. Founded by Zoe Evans in 2021, each product is thoughtfully handcrafted using natural ingredients. Every detail from formulation to packaging is designed to minimize waste. The brand is built on the belief that everyday rituals can be both beautiful and responsible.

100 PPS when you buy 1

899

ZERO SOAP CO. 115 g





Meet Gillian Manton

from Moose Munchies

Moose Munchies Candy Co. is a Canadian, woman-founded confectionery brand creating premium, nut-free and gluten-free fudge made with simple ingredients and thoughtful care. Built on the belief that great treats, and great businesses, should make people feel welcome, Moose Munchies is known for inclusive indulgence, consistent quality, and a commitment to doing better every step of the way.

100 PPS when you buy 1

799

MOOSE MUNCHIES Fudge 130 g





Meet Sharon Rotzang

from La Presserie

Founded in 2019 in Toronto, La Presserie is inspired by the cuisine of South of France, where artisanal craftsmanship, high-quality, sophisticated, and delicious foods are celebrated with a true passion. The artisanal foods we create truly set the benchmark for delicious taste and nutrition. Our soups and prepared entrees have brought fine dining to the freezer aisles all over the country, and will continue to deliver restaurant-quality meals straight to your home.

200 PPS when you buy 2

STARTING AT 749

LA PRESSERIE Soups or Entrées 300-500 g





Meet Stefania Hopkins

from That Guy's Sauces

Founded in resilience, That Guy's Sauces launched in January 2021 in Niagara Falls, Ontario, co-founded and co-owned by a dynamic husband and wife team. The brand has developed a diverse portfolio of personally prepared in small batches and offer premium ingredients for affordable prices.

STARTING AT 599

100 PPS when you buy 1

THAT GUY'S Sauces 148 mL-1 L





Meet Andrea Grand

from Barbet

Barbet was founded by two sisters who wanted to create something they couldn't find → a beverage that felt modern, flavourful and was designed to be seen. Following a health scare in 2020 by one of the sisters, they set out to create a better-for-you beverage option: low in sugar, full of flavour and all wrapped up in a beautiful design. Barbet pairs common ingredients like cucumber, pink grapefruit, and white peach with uncommon ones like yuzu, calamansi and jalapeño to concoct new melodies of flavour. Mix it, drink it neat or straight from the can. Barbet is the only can you need in your pantry!

100 PPS when you buy 2

349

BARBET Drinks 355 mL



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

10% off

All STERLING SILVER
Grilling Steaks
Excludes Dry Aged

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

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.

RICARDO

Gourmet, yet easy

From my kitchen
to yours

Creamy chocolate
cheesecake, chocolate
crust and delicious
raspberry topping,
this rich and indulgent
dessert promises to
bring a smile to the
faces of everyone
at the table.



400 PTS
when you spend
\$20 or more

RICARDO Marinated
Chicken Breast 400 g
33.05/kg

Packed with
lemon, parsley and
garlic, these
flavours are
inspired by the
Mediterranean.



19⁹⁹

RICARDO Cheesecakes
frozen 570-600 g



6⁴⁹

RICARDO Dressings
250 mL selected



Gourmet meals without the stress. Chef crafted and easy to prepare.
Available Exclusively at **Sobeys**

EVERYDAY VALUE



\$23

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



\$19

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



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

\$35

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



\$35

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

CLICK HERE to view full list of participating products.

Your family could

WIN*

1 million Scene+ Points towards free groceries

Scene+

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



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

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



FEED THE DREAM



Sobeys
OFFICIAL GROCER



*MINI RULES FEED THE DREAM CONTEST 2026 (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, 2026 and ends on March 18, 2026. Open to legal residents 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 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



**Together
is Golden**

 **PROUD PARTNER**



**McCaïn Premium
Potatoes: Superfries,
Bistro Selects, Flavours
of the World or Fun
454-800 g**

2/\$9

13.99 **McCaïn Pockets**
selected 12 pk

**Pick your
cherry
favourite**

Coca-Cola
cherry

Cherry flavoured.
6 x 330 mL L, same value home.

COCA-COLA
Mini Cans
6x222 mL

smart
water
6x1 L

fuze
100% Fuze
12x341 mL

MONSTER
Monster Energy Drinks
4x473 mL

Offer valid from March 5th to March 31st, 2016.
This promotion requires a purchase of \$10 or more. Limit 1 purchase per household. Subject to availability while supplies last.
This promotion is not valid in Quebec and New Brunswick. Participants must purchase the product at the same price as at regular price.
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7⁹⁹ **200 PTS**
when you buy 2

STARBUCKS Creamers or Non-Dairy Creamers 828 mL



4⁹⁹

NATREL Coffee Creamer 1 L



4⁹⁹

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



4⁹⁴

HÄAGEN-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



2⁹⁹

KELLOGG'S Cheez-It Crackers 191-200 g selected



11⁹⁹

RXBAR 5-8 pk selected



2⁹⁹

PRINGLES Super Stacks 148-156 g

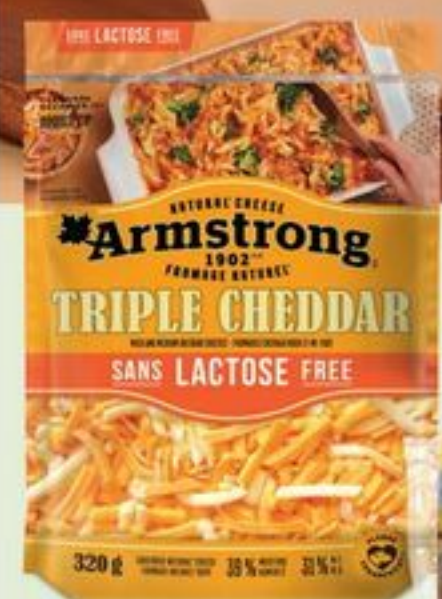


\$3

KELLOGG'S Cheez-It Cracker 191-200 g selected

200 PTS

when you buy 2



6⁹⁹

ARMSTRONG Cheese Blocks 400 g or Shreds 300-320 g



6⁹⁹

ARMSTRONG Cheese Shreds 300-320 g

THERE'S NO *GRATER* FLAVOUR THAN ARMSTRONG CHEESE



ARMSTRONG

NATURAL CHEESE 1902

MADE IN CANADA

*From domestic and imported ingredients



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



6⁹⁹

200 PTS

when you buy 2

SMUCKER'S Pure Jam 310-500 mL or JIF Peanut Butter 1 kg



3/\$10

500 PTS

when you buy 3

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

