Sobeys

Everyday Plant-Based Essentials

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



The pour that gives you more with 18 grams of plant-based protein per cup



7.49 SILK High Protein Soy Milk 1.42 L

PERFECT FOR SMOOTHIES!



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



4.50 ea when you buy 2 or more

SILK Select Beverages 1.75-1.89 L **6.99 ea**



3.49 SILK Creamers 450-473 mL



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

23.99 COMPLIMENTS Protein+Greens 520 g

Lunchbox favourites!

200 PTS when you buy 2



12.99 PURE PROTEIN Bars 6 pk

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



2/$5 COVE Soda 355 mL



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

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

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Better Easter Baking

Plant based & free-from favourites



GLUTEN FREE

8.99 ENJOY LIFE Chocolate Chips 255-283 g

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



STARTING AT **7.99** ELMHURST Milk or Barista 946 mL or Creamers 473 mL



GLUTEN FREE

STARTING AT **6.99** XO BAKING CO. Gluten Free Baking Mixes 210-538 g



6.99 MANITOBA HARVEST Hemp Hearts 227 g



Sparkling Sips!

ORGANIC

3.69 RISE Botanicals Beverage or Organic Kombucha 414 mL



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



100 PTS when you buy 2

7.49 ZEVIA Soda 6x355 mL

Mornings made easy



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

8.99 FLOURISH Pancake Mix 430 g



GLUTEN FREE

STARTING AT **6.99** LITTLE NORTHERN BAKEHOUSE Gluten Free Breads, Buns or Bagels 260-567g





7.99 NUTS FOR CHEESE Dairy Free Cream Cheese 210 g

3.99 ALMOND BREEZE Milk 1.89 mL

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





5.49 JORDANS Cereal 375-400 g or Granola 325-375 g

7.99 YOGGU! Plant Based Yogurt 450 g



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Pantry staples



6.99 NONNA PIA'S Pasta Sauce 660 mL



7.99 THREE FARMERS Roasted Fava Beans or Chickpeas 170 g



Spring Break snacks



50 PTS when you buy 2

3.49 PANDA Licorice 170 g

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



7.99 VALLEY POP Popcorn 440 g



2/$9 QUEST Protein Bars 42-60 g or Chips 32 g



2/$8 BUILT Bars or SINFIT Protein Chips 40-54 g

Bites for every moment



20 g of protein, no added sugar & available in a ton of great flavours.

3.99 100 PTS when you buy 4 BAREBELLS Protein Bars 55 g



100 PTS when you buy 2

2/$7 GRENADE Bars 60 g



2/$5 SIMPLY Protein Bars 40 g



2.29 KIND Fruit & Nut Bars 40 g

Organic, nourishing bars

100 PTS when you buy 3

2.99 MADE WITH LOCAL Bars 53-68 g



200 PTS when you buy 2

9.99 CLIF Bars 5 pk



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Strong starts, smooth finishes

Everything you need for pre and post workout!





300 PTS when you buy 1

43.99 KAIZEN Whey or Plant Protein Powders 840 g

Plant-based protein powder made with simple ingredients



17.99 VEGA Protein Made Simple 259-271 g



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



400 PTS when you buy 2

20% off WEBBER NATURALS Magnesium, Collagen or Multivitamin Supplements selected varieties and sizes

100 PTS when you buy 2

5.99 TOM'S Toothpaste 85-90 mL selected (excludes Sensitive)





15% off ORGANIKA Electrolytes 210-360 g or 20-21 pk



16.99 WAKE WATER Electrolyte Powders 8 pk



15% off DR. SQUATCH Soap, Body Wash or Deodorants 75-141 g or 414 mL

Gentle care for your home!

Hypoallergenic & dermatologist tested laundry detergent designed with sensitive skin in mind



14.99 NATURE CLEAN Laundry Detergent 3 L



12.99 ECO MAX Laundry or Fabric Softener 3 L



300 PTS when you buy 2

6.99 MRS. MEYER'S Dish Soap, Cleaners or Hand Soap 370-473 mL selected

Plant-based multi-purpose cleaning wipes that are safe to use around your kids, pets and food-contact surfaces



100 PTS when you buy 2

6.49 GREEN WORKS Wipes 75 pk selected

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Rachelle Béry

Spring into wellness



Rachelle Béry wellness boutique



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



15% off
NOW VITAMINS OR SUPPLEMENTS SELECTED VARIETIES AND SIZES



Made in Canada. Sugar & Gluten free. Contains 20 g of fermented plant protein per serving.

600 PTS when you buy 1

46.99
GENUINE HEALTH FERMENTED PROTEIN POWDERS 600 G

Dietary supplements and vitamins containing raw, sprouted and fermented ingredients.



600 PTS when you buy 1

39.99
ANCIENT NUTRITION BONE BROTH OR COLLAGEN
242-357 G



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



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



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



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

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



16.99
HERBATINT NATURAL HAIR COLOUR
120-135 ML SELECTED

NATURAL ORGANIC ECO FRIENDLY

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

Products available at select locations only.

Browse a Rachelle Béry boutique at your local Sobeys store