

ONT

Canadian Sobeys

Since 1907

HOT PRICE
3.99 /lb

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

HOT PRICE
5.88 /lb

Fresh Regular Ground Beef Family Size 12.96/kg

MEMBERS SAVE *3
9.99 MEMBER PRICING
12.99 without Scene+ Card

MAPLE LEAF Prime Raised Without Antibiotics or SCHNEIDERS Breaded Chicken or Wings 450-700 g

HOT PRICE
99¢ /lb

From Ontario

Gala or Ambrosia Apples product of Ontario, Canada extra fancy grade 2.18/kg

HOT PRICE
9.99 /lb

From Newfoundland

CHOOSE CANADIAN SEAFOOD

Fresh Steelhead Trout Fillets product of Newfoundland 22.02/kg

200 PTS when you buy 2

HOT PRICE
3.99

3 PACK

TAYLOR FARMS Chopped or Leaf Salad Kits packed in Canada 207-383 g or Rainbow Peppers 3 pk product of Ontario, Mexico or USA

HOT PRICE
6.44

NESCAFÉ Instant Coffee 100-170 g, Sweet & Creamy 16-18 pk Cappuccino or Lattes 8 pk or COMPLIMENTS Coffee Pods 12 pk

HOT PRICE
4.94

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

HOT PRICE
6.49

CASHMERE Bathroom Tissue 12=24 or 8=24 Rolls, SPONGETOWELS 3=6 Rolls or SCOTTIES Facial Tissue 6 pk

HOT PRICE
3.47

COCA-COLA or PEPSI Soft Drinks 6x222 mL

HOT PRICE
3.97

KRAFT Singles 410 g

HOT PRICE
2.97

CLASSICO Pasta Sauce 218-600 mL

Global Market

HOT PRICE
10.99

TILDA Rice Basmati 1.81 kg

GROcery GIVEAWAYS Play on the Sobeys app now

Over \$100K in prizes available! **PLAY WEEKLY FOR MORE CHANCES TO WIN!**

Scene Travel Powered by Expedia, Scene CINEPLEX, Scotiabank

THU 9 | FRI 10 | SAT 11 | SUN 12 | MON 13 | TUE 14 | WED 15

Prices and offers in effect April 2026

So many deals Scan here for our full digital flyer

ONT

Dollar DAYS!



\$2

COMPLIMENTS English Muffins 6 pk or Hot Dog or Hamburger Buns 8 pk or DEMPSTER'S Half Loaf White or Whole Wheat Bread 380 g



BAKED IN STORE

\$3

Strudel Fingers, Turnovers or Mini Strudels 4-6 pk 228-272 g



\$3

HEALTHY CHOICE Gourmet Steamers 269-306 g or SWANSON Frozen Dinners 280-345 g



LARGE

4/\$5

Ataulfo Mangoes product of Mexico



\$5

WONG WING Frozen Entrées, Egg Rolls, Spring Rolls or Dumplings, CHEF BOMBAY Indian Inspired Appetizers or ASIAN INSPIRATIONS Entrées 240-680 g

Scene™

TURN POINTS INTO GROCERIES



300 PTS
when you buy 2

3.99

MAPLE LEAF, SCHNEIDERS or SHOPSY'S Wieners 375 g, MINA Chicken Wieners 675 g or OLYMEL Breakfast or Dinner Pork Sausages 375-450 g selected



BAKED IN STORE

300 PTS
when you buy 2

5.99

Chocolate Chip or Monster Cookies 10 pk 310 g or 24 pk Mini 312 g



500 PTS
when you buy 3

4.99

KRAFT Peanut Butter 500 g or Cheez Whiz 450 g



200 PTS
when you buy 2

2/\$5

QUAKER Dipps or Chewy Granola Bars 120-156 g



400 PTS
when you buy 2

\$10

GAIN Liquid Detergent 2.6 L or Flings! 31 pk, DOWNY or GAIN Fabric Enhancers or Softener 303-379 g, 1.66-2.63 L or GAIN or BOUNCE Sheets 120-200 pk

1,000 Points = \$10 of free groceries

Dollar DAYS!

\$4 /lb

COMPLIMENTS Fresh AIR-CHILLED Whole Chicken or Chicken Legs back attached 8.82/kg

\$6

MAPLE LEAF or SCHNEIDERS Bacon 375 g, MAPLE LEAF Ready Crisp Bacon 65-85 g or SCHNEIDERS Cooked Bacon 100 g

\$6

SCHNEIDERS Juicy Jumbos, Regular Beef Wieners or Smoked Sausages 375-450 g selected

\$6

BEST BUY Raw Shrimp 55-65 ct per lb 300 g

\$12 /lb

STERLING SILVER Fresh Boneless Inside Round Oven Roast or Family Size Marinating Steaks cut by your meat expert from Canada AAA grade beef 26.45/kg

\$8

Small Bar Cakes 325-575 g

\$5

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

\$6

COMPLIMENTS Sliced Deli Meats selected 175 g

\$3

KRAFT Salad Dressing 425 mL or BEN'S ORIGINAL Bistro Express Rice 240-250 g

\$7

CRACKER BARREL Cheese 340-400 g, Shreds 250-320 g or BLACK DIAMOND Cheestrings 12-16 pk

\$2

KELLOGG'S Cheez-It Crackers 191-200 g, SOUR PATCH KIDS 135-154 g or DARE Veggie Crisps 100 g

\$4

OLYMPIC Organic or Kremia Yogurt 650 g or KRAFT Philadelphia Dips 340 g

\$2

COMPLIMENTS Canned Fruit 398 mL, Apple Sauce 620 mL or Apple Snacks 4-6 pk or SNACK PACK Puddings 4 pk

\$5

TROPICANA Orange Juice or Juice Blends selected 1.36 L or GAY LEA Salted Butter 454 g (excludes Sticks)

\$3

OLD DUTCH Potato Chips 235 g or RIDGIES 200 g or COMPLIMENTS Tortilla Chips 250-280 g or Snacks 265-300 g

\$4

STRUB'S Pickles 1 L (excludes Premium) or FRENCH'S Ketchup 750 mL

\$6

DR. OETKER Giuseppe Rising Crust or Thin Crust Pizza 439-785 g

400 PTS when you buy 4
\$3

COMPLIMENTS Cranberry or Ruby Red Cocktail 1.89 L or MINUTE MAID 100% Juice or Punch 8-10x200 mL tetra

\$1

JELL-O Instant Pudding assorted 30-113 g or Jelly Powder 9.1-85 g

\$4

GENERAL MILLS Premium or Core Cereal 297-437 g, KELLOGG'S Cereal 210-525 g selected (excludes Family Size) or POST Cereal selected 283-525 g

\$1

CAMPBELL'S Tomato, Chicken Noodle, Cream of Mushroom or Vegetable Soup 284 mL

\$1

OLD EL PASO Seasonings 24 g or TACO BELL Seasonings 28 g

\$2

AYLMER Tomatoes 796 mL or Accents 398-540 mL

\$5

DOVE Hair Care 195-355 mL or 142-198 g, Deodorant 45-74 g, Body Wash 325 mL or Bar Soap 3 pk selected

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



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

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So much value



2.99
/lb, ea

Brussels Sprouts product of Mexico or USA no 1 grade 6.59/kg or Spinach Bunch product of Mexico or USA or Rapini product of USA



\$3

Grape Tomatoes Pint product of Canada, USA or Mexico



\$3

Mini Seedless Cucumbers product of Ontario, Canada no 1 grade 6 pk



4.99

Blueberries product of Morocco or Mexico no 1 grade 170 g



4.77
/lb

Extra Large Red or Black Grapes product of Chile 10.52/kg



1.99
/lb

Navel Oranges product of USA or Morocco 4.39/kg



4.99 COMPLIMENTS Potatoes product of Canada, Canada no 1 assorted 5 lb



5.99 100 PTS when you buy 2

COMPLIMENTS ORGANIC Portabella Mushroom Caps product of Canada 170 g



2.99 Boston Lettuce in Soil product of Canada



2.99 /lb Hothouse Tomatoes product of Ontario, Canada no 1 grade 6.59/kg



100 PTS when you buy 4

4/\$4 Large Lemons product of USA



100 PTS when you buy 2

5.99 Cara Cara Oranges product of USA 907 g 2 lb bag



100 PTS when you buy 2

5.99 COMPLIMENTS Gala, McIntosh, Ambrosia or Red Delicious Apples product of Ontario, Canada fancy grade 1.36 kg 3 lb bag



6.99 Mini Watermelon product of Brazil or Mexico



3.49 HARVEST FRESH Chopped Kale product of USA 284 g



77 PTS when you buy 2

2.99 GOOD LEAF Microgreens product of Ontario 50 g



25% OFF

Prepared Fresh Daily Yogurt Parfaits Cups assorted sizes



25% off Prepared Fresh Daily Chicken Caesar Salads assorted sizes



1.99 /lb Asian Pear product of China 4.39/kg



1.48 /lb Bok Choy or Napa Cabbage product of USA or Mexico 3.26/kg



2.99 Bulk Organic Avocados product of Mexico



4.99 THE LITTLE POTATO COMPANY Organic Potatoes product of Canada, Canada no 1, 680 g



1.79 SUNRISE Tofu Dessert almond or peach mango 300 g



300 PTS when you buy 2

4.99 BOOCH Kombucha product of Canada selected 473 mL



100 PTS when you buy 2

5.99 COMPLIMENTS Peanuts selected 425-500 g



200 PTS when you buy 2

9.99 WONDERFUL Pistachios no shell selected 155-170 g

floral

Available at most stores



\$14 Bromeliad in Ceramic 4" grown in Ontario



100 PTS when you buy 1

5.99 Gerbera Daisies 4" pot grown in Ontario

Because you deserve it!



200 PTS when you buy 1

9.99 Just Because Bouquet



24.99 Maple Magic Bouquet grown in Ontario

NO PURCHASE NECESSARY. Full Contest rules found at sobeys.com/grocerygiveaways. Contest runs from 03/26/26 - 04/29/26. Open to legal residents across provinces of Canada excluding Quebec who have a valid Scene+ account and have reached the age of majority. Total of 32 prizes to be won: 6x 1,000,000 Scene+ points (\$10,000 CAD ea), 3x Cineplex Showtime Cards (\$3,650 CAD ea), 2x \$5,000 Scotiabank Cash Prizes, 20x \$500 Home Hardware GCs, and 1x 1,000,000 Scene+ points that can be used for Travel (\$10,000 CAD). Contest is no way sponsored, endorsed or administered by Scotiabank, Cineplex Inc., Home Hardware Stores Limited, Apple Inc. or Google LLC. Apple Inc.* and Google LLC are completely released of all liability by each entrant in this Contest.



250 PTS when you spend \$25 or more

19⁹⁹ /lb

Fresh Boneless Bottom Sirloin Tri Tip Premium Oven Roast or Family Size Grilling Steak cut by your meat expert from Canada AAA grade beef 44.07/kg



200 PTS when you spend \$20 or more

14⁹⁹ /lb

Fresh Beef Chuck Simmering Short Ribs Thick English Style or Thin Sliced Family Size cut by your local meat expert from Canada AA grade beef 33.05/kg



200 PTS when you spend \$20 or more

COMPLIMENTS Fresh AIR-CHILLED Split Chicken Wings



500 PTS when you spend \$30 or more

COMPLIMENTS Fresh AIR-CHILLED Boneless Skinless Chicken Breasts



Try with our in-store Breaded Seasoning

5⁹⁹ /lb

Fresh Boneless Pork Loin Centre Cutlets Family Size 13.21/kg



6⁹⁹ /lb

Fresh Pork Loin Back Ribs cryovac Family Size 15.41/kg



8⁹⁹ /lb

200 PTS when you spend \$20 or more

Fresh Lean Ground Beef Burgers Family Size 100% pure no additives or fillers 4 pk 19.82/kg



4⁹⁹ /lb

Frozen Cornish Hens or Frozen Grade A Ducks 11.00/kg



BUY MORE SAVE MORE \$6 ea when you buy 2 or more

JOHNSONVILLE Sausage Meat 375 g starting at 6.99 ea

READY FOR YOU Fast. Fresh. Delicious.



4⁹⁹ /lb

Fresh Homestyle Seasoned Whole Chicken 11.00/kg

250 PTS when you spend \$25 or more

20⁹⁹ /lb

Fresh Boneless Korean BBQ or Maple Chipotle Marinated Bottom Sirloin Tri Tip Grilling Steak Cubes cut by your meat expert from Canada AAA grade beef 46.27/kg

Bring on the grill



10% off

SUNGOLD Premium Lamb Loin Chops, Shoulder Steak, Leg Steak and Stewing Cubes

quick & easy



4⁴⁹ /lb

COMPLIMENTS Peameal-Style Bacon Chub 9.90/kg



200 PTS when you buy 2

10⁹⁹

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



STARTING AT 4⁹⁹

MAPLE LODGE FARMS Chicken Bacon 375 g or Ultimate Chicken Frankfurters 900 g or ZABIHA HALAL Breakfast Chicken Strips or Italian Sausages 375 g or Juicy Supreme Chicken Frankfurters 900 g



4⁹⁹

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



7⁹⁹

BEYOND MEAT Plant-Based, Chicken Tenders, Breakfast or Dinner Sausage, 2 pk Burger, Ground Beef or Steak Tips 226-400 g



8⁹⁹

200 PTS when you buy 2

WATSON RIDGE Breaded Chicken Strips, Burgers or Popcorn 800 g



10⁹⁹

SWISS CHALET Chicken or Beef Pot Pies 650-655 g



13⁹⁹

BELMONT Homestyle Beef Burgers Angus, prime rib or sirloin 852 g

GET TO FREE GROCERIES FASTER

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



*1,000 points = \$10 in groceries - Scene+ points redeemed at any participating Empire location must be redeemed in increments of 1,000. *Get 2 Scene+ pts on every \$1 spent - On eligible everyday purchases at participating grocery stores. Other conditions apply. See full list of participating merchants across Canada at Scotiabank.com/participatingstores. *Visa Int. /Licensed user.

seafood

compliments
LOBSTER-FLAVOURED
ALASKAN POLLOCK
FILET D'ALASKA
FILET DE HOMARDO

OCEAN WISE
RECOMMENDED

2.99 MEMBER PRICING
3.49 without Scene+ Card

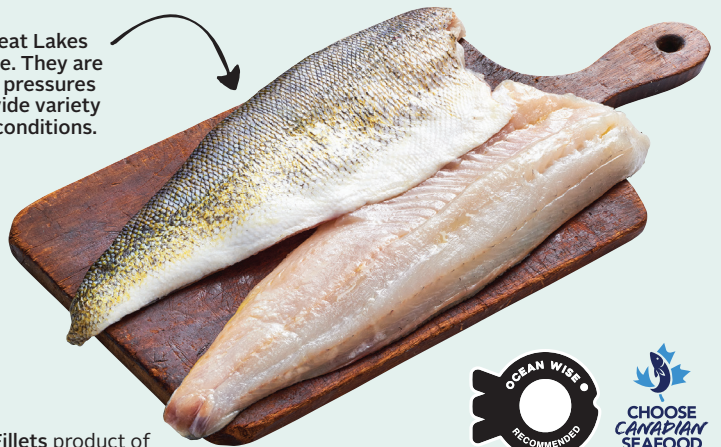
COMPLIMENTS Crab or Lobster-Flavoured Alaskan Pollock 227 g

Pickarel in the Great Lakes are highly adaptable. They are resilient to fishing pressures and tolerant of a wide variety of environmental conditions.



14.99 /lb

Fresh Wild Pickarel Fillets product of Ontario subject to availability 33.05/kg



NATURALLY SIMPLE
NATUURELLEMENT

Basa Fillets
Filet de pangasius

Wild Pollock Fillets
Filet de goberge sauvage

Tilapia Fillets
Filet de tilapia

4.99 MEMBER PRICING
5.99 without Scene+ Card

COMPLIMENTS NATURALLY SIMPLE Tilapia, Basa or Pollock Fillets 400 g

READY FOR YOU

1.25

In-Store Marinated Raw Shrimp Skewers 45 g previously frozen

OCEAN WISE
RECOMMENDED

5.99

Fresh Mussels 907 g or MUSSEL KING Whole Cooked PEI Mussels frozen 454 g product of Canada

100 PTS when you buy 1

12.99

COMPLIMENTS Breaded or Battered Haddock or Pan Seared Haddock, Cod, Sole or Salmon Fillets 460-580 g

BEST BUY VALEUR PLUS
BREADED POPCORN SHRIMP
CREVETTES POPCORN PANÉES

BEST BUY VALEUR PLUS
BREADED SOLE FILLETS
FILETS DE SOLE PANÉS

BEST BUY VALEUR PLUS
BREADED SQUID RINGS
RONDELLES DE CALMAR PANÉES

\$12 **120 PTS** when you buy 1

BEST BUY Breaded Popcorn Shrimp or Squid Rings 800 g or Breaded Sole Fillets 860 g

EVERYDAY VALUE

OCEAN JEWEL **908g**

PACIFIC WHITE SHRIMP / CREVETTES BLANCHES DU PACIFIQUE
Product: Deviled, Tail-Off
Décoquilles, déviées et sans queue

\$19

OCEAN JEWEL Raw Pacific White Shrimp 50-70 ct per lb 908 g

OCEAN JEWEL **908g**

PACIFIC WHITE SHRIMP / CREVETTES BLANCHES DU PACIFIQUE
Product: Deviled, Tail-Off
Décoquilles, déviées et sans queue

\$23

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

1,000 PTS when you buy 1

\$35

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

deli & kitchen

BOTHWELL

JALAPENO

SMOKED Gouda

SPICY DILL MONTEREY JACK

4.99 MEMBER PRICING
5.99 without Scene+ Card

BOTHWELL Red Hot Chili Pepper, Habanero, Jalapeño, Spicy Dill Monterey Jack, Muenster, Smoked Gouda, Marble or Aged Cheddar 170 g selection varies by store

EntreMont

SELECTION

CAMEMBERT DE FRANCE

CREMEUX-CRÈME

BRIE DE FRANCE DOUBLE CRÈME

50 PTS when you buy 1

9.49

ENTREMONT Brie or Camembert 227 g

SLICED FRESH

2.19 /100 g

COMPLIMENTS Cooked Ham or Mock Chicken

Piller's

TOPPING

PEPPERONI

7.99

PILLER'S Pepperoni Toppings selected 175-250 g selection varies by store

SCHNEIDERS

Sliced Deli Meats

8.99

SCHNEIDERS Sliced Deli Meats selected 150-175 g

SLICED FRESH

200 PTS when you buy 300 g or more

3.99 /100 g

SCHNEIDERS Ham, Cajun Turkey, Jumbo Summer Sausage, Turinger Sausage or Salsa Salami

AVAILABLE HOT OR CHILLED

3.29 MEMBER PRICING
3.79 without Scene+ Card

NANA'S Samosas sold by individual piece from the service case

Dark Chocolate & Pretzels

HUMGO!

TRADITIONNELLE HUMMUS & Bretzels

1.99

FONTAINE SANTÉ Snacks 129 g

Summer Fresh

Bruschetta

Traditional - Traditionnel

200 PTS when you buy 2

4.29

SUMMER FRESH Dips, Hummus, Salsa or Queso 200-227 g

AVAILABLE HOT OR CHILLED

100 PTS when you buy 300 g or more

Meatballs sauced or unsauced sold by 100 g

READY FOR YOU

Breakfast Sandwiches Ready to Go!

NEW

200 PTS when you buy 2

STARTING AT 6.99

2 pk Mini Croissant Breakfast Sandwiches 227-311 g

TRY ME!

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

drinks & snacks

McCafé

THE HOME CUP

YOU COULD **SCORE** A GRAND PRIZE OF **\$10,000!** + DAILY PRIZES OF \$250

— HOW TO ENTER —
KEEP your receipt and **SCAN** to enter with your McCafé® purchase

100 PTS when you buy 1
200 PTS when you buy 1

11⁹⁹ MCCAFÉ Roast & Ground Coffee 300-340 g or Whole Bean Espresso 300 g

26⁹⁹ MCCAFÉ Keurig® Compatible Single Serve Pods 30 pk

100 PTS when you buy 1
350 PTS when you buy 1

11⁹⁹ MCCAFÉ K-Cup® Pods 10-12 pk

37⁹⁹ MCCAFÉ K-Cup® Pods 48 pk

*NO PURCHASE NECESSARY. Open to age-of-majority residents of Canada. Rules: www.TheHomeCupContest.com. Prizes: \$10,000 CAD cheque (1) and \$250 CAD Digital Rewards (\$3). Limit 20 entries/person. 1 prize/person. Odds depend on entries. Skill-testing question required. Ends 5/24/2026, 11:59:59 p.m. ET. Sponsor: Keurig Canada Inc. ©2026 McCafé trademarks used under licence. Keurig and K-Cup are registered trademarks of Keurig Green Mountain, Inc.

Goldfish

CRISPS CROUSTILLANTS

2⁹⁹

PEPPERIDGE FARM Goldfish Crackers or Crisps 156-227 g

Dare

Ruffles Classic • Classique

WAGON WHEEL

Bear Paws Active Double Chocolate

3⁹⁹

DARE Bear Paws, Wagon Wheels or Ruffles Cookies selected 168-360 g

CHRISTIE Premium Plus Crackers 900 g, Party Pack Cookies 637-685 g or Gluten Free OREO 342-353 g

7⁷⁹

Dare

Ultimate Maple crème

Boston Cream donut-shaped

2/\$7

DARE Ultimate Cookies 290-300 g

Skittles or **Starburst** Candy 235-320 g or **KINDER** Chocolate Bar 6 pk 126 g

4⁹⁹

LINDT Swiss Classic Chocolate Bars 300 g

300 PTS when you buy 2

KitKat

That's like **\$10** toward your groceries

1,000 PTS when you buy 4

NESTLÉ Tablet Bars 95-105 g, King Size Bars 50-85 g or Juniors 8 pk

Nerds Gummy Clusters 142 g

Cadbury Dairy Milk Milk Chocolate Chocolat au Lait

3⁴⁹

BRISK Iced Tea 710 mL-1 L 1.79-2.49 ea

MONTELLIER or **AQUAFINA** Water 1 L or **BRISK** Iced Tea 710 mL-1 L 1.79-2.49 ea

750 ea when you buy 2 or more

MONSTER, **BANG**, **NOS** or **REIGN** Energy Drinks 444-473 mL

2/6⁵⁰

POWERADE 710 mL or **BODYARMOR** Super Drink 473 mL

2/4⁵⁰

Mamba Chews or Sticks 150 g or **MARS** King Size Bars 85-93 g

2⁴⁹

HEINEKEN Alcohol Free Beer 6x330 mL

200 PTS when you buy 2

HAWKINS Cheezies 210 g

3⁴⁹

MISS VICKIE'S Kettle Chips 190-200 g

200 PTS when you buy 2

2/\$9

CLEARLY CANADIAN Flavoured Sparkling Water 325 mL

2⁴⁹ **100 PTS** when you buy 2

JACK LINK'S or **GOLDEN ISLAND** 65-81 g

7⁴⁹

TAKIS 198-280 g

3⁹⁹

KELLOGG'S Special K or Kashi Bars selected 144-200 g

3⁹⁹ **100 PTS** when you buy 2

COMPLIMENTS Family Size Granola Bars 560-630 g or Crispy Rice Squares 528 g

8⁹⁹ **100 PTS** when you buy 1

COMPLIMENTS Milk or Dark Chocolate Covered Almonds or Milk Chocolate Covered Cashews or Peanuts 350-400 g

250 PTS when you buy 2

COMPLIMENTS Snack Pub Mix 820 g

9⁹⁹ **100 PTS** when you buy 1

COMPLIMENTS Rice Crackers 100 g

750 **EVERYDAY VALUE**

COMPLIMENTS Drink Boxes 10x200 mL

\$3 **EVERYDAY VALUE**

WE'RE FULL OF COMPLIMENTS

COMPLIMENTS Lager De-Alcoholized Beer 12x355 mL

9⁹⁹ **200 PTS** when you buy 1

COMPLIMENTS Mini Rice Crisps 100 g

7⁹⁹

COMPLIMENTS Instant Coffee 150 g

\$4 **EVERYDAY VALUE**

GET 1,000 PTS FOR EVERY \$100 SPENT ON HAPPY TEEN, HAPPY KID OR THANK YOU GIFT CARDS!

THANK YOU HAPPY TEEN HAPPY KID

Offer valid during April 9 - 15, 2026. Sorry no rainchecks or price matching. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability. Cards issued by Peoples Trust Company.

Big cheese, big savings

Parmigiano Reggiano, COMPLIMENTS Double Cream Brie, ILCHESTER Applewood Smoked Cheddar, CASTELLO Blue Cheese, LE GRUYÈRE, FRICO Mild, Medium, Spiced or Smoked Gouda, CHEVALIER Triple Cream Brie, COMPLIMENTS Provolone, CASTELLO Havarti Herb & Spice or French Emmental.

Selection varies by store.

20% off

when you buy 400 g or more of select in-store cut cheeses. Prices on cheese are already reduced by 20%.



7⁹⁹ FANTINO & MONDELLO Authentic Italian Charcuterie Meats selected 100-200 g

10⁹⁹ PILLER'S Sliced Deli Meats club packs selected 350 g

3⁷⁹ /100 g COMPLIMENTS Hungarian, Peppercorn or German Salami

200 PTS when you buy 2

COMPLIMENTS Salads regular potato, creamy coleslaw, macaroni or other selected varieties 426-454 g

200 PTS when you buy 2

5⁹⁹ OLIVIERI Pasta or Gnocchi 280-360 g or Sauce 160-300 mL

250 PTS when you buy 2

6⁴⁹ YUCATAN Avocado Salsa 340 g

READY FOR YOU **Fresh from our kitchen**

2²⁹ /100 g Chicken Wings breaded or naked, sauced or unsauces, available hot or chilled sold by 100 g

\$6 1/4 Assorted Dagwood 285 g

bakery

BUY 2 GET 3RD of equal or lesser value FREE

BAKED IN STORE

Almond or Butter Tarts 6 pk 270-400 g or All Butter Danish 4 pk 420 g

21⁹⁹ Dessert Cakes 1.2-1.49 kg

MEMBERS SAVE \$5

9⁹⁹ **MEMBER PRICING**

14⁹⁹ without Scene+ Card

Made with 100% Real Cream

Single Layer Shortcakes 905-950 g

LIMITED TIME ONLY

BUY MORE SAVE MORE

\$5 ea when you buy 2 or more

TWO-BITE Mini Spring Cupcakes chocolate or vanilla 12 pk 284 g 6.99 ea

BAKED IN STORE

100 PTS when you buy 2

4⁴⁹ Gourmet Cinnamon Buns 2 pk 345-375 g

1⁹⁹ TABLE TALK Pies 4" 114 g

5⁴⁹ ACE BAKERY Bistro Breads 595 g

NEW

5⁹⁹ COMPLIMENTS Garlic Parmesan Breadsticks 550 g

100 PTS when you buy 2

3⁶⁹ VILLAGGIO Bread 570-675 g or Buns 6-8 pk (excludes ciabatta)

100 PTS when you buy 2

2⁴⁹ COMPLIMENTS Bagels 6 pk

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

meal makers



100 PTS
when you buy 2

5.99 KELLOGG'S Family Size Cereal 450-650 g



6.99 JIF Peanut Butter 1 kg



100 PTS
when you buy 2

5.49 NUTELLA Hazelnut Spread 375 g or B-ready Bars 6 pk



3.99 CREAM OF WHEAT 336-800 g



6.99 BEEMAID Liquid Honey Bear 375 g



4.99 COMPLIMENTS Flour 2.5 kg or CROSBY'S Molasses selected 675 g



3.99 ROBIN HOOD Oats 1 kg or CRISCO Shortening selected 454 g



4.49 COMPLIMENTS Sweetened Condensed Milk 300 mL or GRAHAM CRUMBS 400 g or BETTY CROCKER Cake, Cookie or Bisquick Mix 263 g-1.13 kg



150 PTS
when you buy 2

5.49 OLD EL PASO Dinner Kits 250-510 g



300 PTS
when you buy 2

2/\$5 LIPTON Soup Mix 2 pk 94-166 g or CUP-A-SOUP 4 pk 58-63 g or KNORR Soup Mix 40-83 g or Recipe Onion Soup Mix 56 g



7.99 YELLOWSTONE Seasoning Blends 135-160 g or MAISON ORPHEE Baking Mixes 425-500 g



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



2/\$5 CHEF BOYARDEE 418-425 g



3.49 PURITAN Stew 410 g



3.99 MUTTI Pizza Sauce 398 mL



4.79 THE KEG Salad Dressing 475 mL



3.99 CATELLI Gluten Free or Supergreens Pasta 300-340 g



3.99 NO YOLKS Egg Noodles 340 g



14.99 FILIPPO BERIO Olive Oil 750 mL



2.99 MRS. CUBBISON'S Croutons or Texas Toast 142 g or Salad Strips 99 g



150 PTS
when you buy 2

2.99 COMPLIMENTS Grain Breads 600 g



3.99 RUDOLPH'S Rye-Lite Bread 680 g, DEMPSTER'S 7" Tortillas 240-340 g or TIA ROSA Tortillas 220-328 g



2.99 HOSTESS Snacks 121-225 g



1.89 COMPLIMENTS Coconut Milk 400 mL selected



100 PTS
when you buy 3

3.33 COMPLIMENTS Quick Oats 1 kg



100 PTS
when you buy 1

9.99 COMPLIMENTS Strawberry or Raspberry Jam 1 L



BUY MORE SAVE MORE
4.99 ea when you buy 2 or more

COMPLIMENTS Chocolate Chips 225-270 g 5.49 ea



100 PTS
when you buy 2

3.49 COMPLIMENTS Coconut selected 200 g



\$7 COMPLIMENTS Mac & Cheese 225 g or Deluxe Mac & Cheese 200 g



100 PTS
when you buy 1

COMPLIMENTS Bacon Bits 75-85 g



100 PTS
when you buy 2

2.99 COMPLIMENTS Albacore Tuna 170 g



100 PTS
when you buy 2

COMPLIMENTS Coating Mix 142 g

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dairy & frozen



3⁴⁹ GAY LEA Sour Cream 425-500 mL



8⁴⁹ **50 PTS** when you buy 1
HELUVA GOOD! Dip 680 g



4⁹⁹ **100 PTS** when you buy 2
COMPLIMENTS Cheese Slices 210-230 g



5⁴⁹ **150 PTS** when you buy 2
OASIS Health Break or Smoothie 1.6 L



11⁴⁹ **50 PTS** when you buy 1
iÖGO Yogurt 2 kg



6⁹⁹
NATREL Protein Plus Milk 2 L



5⁹⁹
AMOENZA! Twists or Stix 228 g or CRACKER BARREL Feta Crumbles 180 g



3⁹⁹ **100 PTS** when you buy 2
HERSHEY'S Refrigerated Pudding or JELL-O Refrigerated Pudding or Gels 4 pk



5⁴⁹
REVELLO or FUDGSICLE Novelties 12 pk selected



5⁹⁹
DEL MONTE Sorbet 946 mL selected



7⁹⁹
SAVI GOURMET Gnocchi, Risotto or Penne Pasta Meals 500 g



21/\$4
GREEN GIANT Simply Steam Vegetables 198-250 g



3⁹⁹ **50 PTS** when you buy 1
CAVENDISH FARMS Restaurant Style Fries 540-750 g



8⁴⁹
MARIE CALLENDER'S Frozen Meals 680-879 g



7²⁹
MCCAIN Pizza Pockets 6 pk



3⁹⁹
KELLOGG'S Eggo Waffles, French Toast Sticks or Pancakes 270-330 g



7²⁹ **100 PTS** when you buy 2
COMPLIMENTS ORGANIC Large Eggs 12 pk



100 PTS when you buy 1
COMPLIMENTS Pure Orange Juice 2.5 L



100 PTS when you buy 1
COMPLIMENTS Frozen Fruit 1.5 kg



5⁹⁹
COMPLIMENTS Flatbread Pizzas 300-310 g

natural health



14⁴⁹
KICKING HORSE K-Cups® 10 pk



7⁴⁹ **150 PTS** when you buy 2
KASHI GoActive Cereal 349-501 g or Organic Cereal 360-510 g



2/\$9
QUE PASA Tortilla Chips 300-350 g



3⁹⁹
SMARTSWEETS Candy 50 g



2⁹⁹
CLUB HOUSE Organic Spice Bags 10-57 g



4⁴⁹
ENJOY! Plant-Based Cheese 200 g



5⁹⁹
RIVIERA Vegan Delights 500-650 g or 4 pk 120 g



7⁹⁹
RISE Organic Kombucha 1 L



15% off **500 PTS** when you buy 1
LEANFIT Whey or Plant Protein Powders 715-875 g or Creatine 300 g



12⁹⁹
PREMIER PROTEIN Shake 4 pk



20% off
ROAR or CWENCH Electrolyte Powders 7-10 pk or 315 g



200 PTS when you buy 2
20% off
JAMIESON Probiotic, Omega or Multivitamin Supplements selected

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

home & pet care



8.99

WHISKAS Dry Cat Food 1.5-2 kg or IAMS Proactive Health Dry Dog Food 1.5 kg



1.64 ea when you buy 3 or more

CESAR Gourmet Wet Dog Food 100 g 1.79 ea



12.99

PURINA Tidy Cats Multi-Cat Clumping Litter 2.72 kg



9.99

PURINA Beneful Dry Dog Food 1.6-1.8 kg



5.99 STARTING AT

BOUNTY Paper Towels 1-2 pk or Napkins 200 pk



2.99 100 PTS when you buy 2

COMPLIMENTS Multi-Surface Cleaner 1.41 L



7.99 100 PTS when you buy 2

COMPLIMENTS Waste Bags 90 L 24-30 pk or 74 L 40 pk selected



2.50

COMPLIMENTS Sandwich Bags 100 pk or Freezer Bags 15-20 pk



26.99

FINISH Dish Tabs 68-82 pk



4.99 STARTING AT

DAWN Dish Soap 532-982 mL or Powerwash Refill 473 mL



6.99 STARTING AT

ARM & HAMMER Laundry Detergent 1.42-1.63 L or OXICLEAN Stain Fighters 680 g, 1.47 L, Sprays 354-636 mL or Gel Stick 183 mL



3.29

GLAD Cling Wrap 30m

health, beauty & baby



6.99 200 PTS when you buy 2

CREST 3D White Toothpaste, Pro-Health Rinse or ORAL-B Toothbrushes 85 mL-14 L or 1-2 pk selected



7.49

TRESEMME Shampoo, Conditioner or Stylers 180-828 mL or 298-311 g selected



7.99 STARTING AT

L'ORÉAL Expertise or LIVE CLEAN Hair Care 150-350 mL selected



7.99

OLD SPICE or SECRET Deodorant 68-144 g or OLD SPICE or IVORY Body Wash 473 mL-1.35 L or OLAY Soap Bar 4 pk selected



3.49 100 PTS when you buy 2

COLGATE Optic White, Max Fresh or Total Advanced Toothpaste 90-150 mL or Toothbrushes 3 pk selected



20% off UP TO

EDGE or CREMO Shave Cream, GILLETTE Beard Stylers or BLISTEX Lip Care 4.25-198 g or 30-177 mL or INTUITION, VENUS or BIC Razors 1-8 pk selected



12.99 500 PTS when you buy 2

ALWAYS Pads, Liners or TAMPAX Tampons 27-162 pk selected



15% off

CUREL or JERGENS Body Lotion 200-620 mL



78.99

SIMILAC 360 Total Care Ready-to-Feed 16x235 mL



49.99 250 PTS when you buy 1

ENFAMIL A+ NeuroPro Formula 553-587 g



3.99

HUGGIES Simply Clean Wipes 64 pk



36.99

PAMPERS Super Econo Pack 66-174 pk

pharmacy

Only available at Pharmacy Locations

*Select products are only available when a pharmacist is on duty.



10% off 200 PTS when you buy 2

IMODIUM 20-24 pk selected



15% off 300 PTS when you buy 2

ADVIL Pain Relief 80-115 pk selected*



10% off

TUMS 32-160 pk selected



15% off 200 PTS when you buy 2

NEUTROGENA Acne Products selected



10% off 150 PTS when you buy 2

TYLENOL Pain Relief 50-120 pk or Easy Dissolve 12 pk or MOTRIN 200-400mg 45-72 pk selected*



20% off

ALLEGRA Allergy Relief 30-40 pk* or NASACORT Nasal Spray 60 dose*



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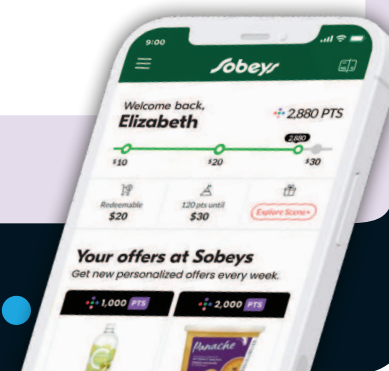
Get
200 PTS
when you buy 2

COMPLIMENTS Dry Cured Salami selected 125 g



SAVE \$3

LOAD THIS OFFER AND SAVE \$3 WHEN YOU BUY 2 PANACHE Italian Soda 750 mL



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Your destination for Orthodox Easter finds



2⁹⁹
/lb, ea

Brussels Sprouts product of Mexico or USA no 1 grade 6.59/kg or Spinach Bunch product of Mexico or USA or Rapini product of USA



4⁹⁹

COMPLIMENTS Potatoes product of Canada Canada no 1 assorted 5 lb



200 PTS
when you spend \$20 or more

9⁴⁹
/lb

Fresh Lean Ground Beef Meatballs or Meatloaf bacon & cheddar, cheesy, mushroom & mozza or Italian-style 20.92/kg



6⁹⁹
TRE STELLE Ricotta 400-475 g



6⁹⁹
TRE STELLE Feta 200 g



9⁹⁹

KRINOS Fillo Twisters 1 kg selected



3⁹⁹
R&S Roasted Buckwheat 908 g



25 PTS
when you buy 2

3⁹⁹

SEMKI XXL Roasted Sunflower Seeds 300 g



1⁹⁹

S&F Cream Crackers 200 g



1⁹⁹

RSH Lovita Jelly Cookies 135 g



2⁴⁹

BORJOMI Carbonated Mineral Water 500 mL



3⁹⁹

LOVARÉ Tea 30 g selected



100 PTS
when you buy 3

4⁴⁹

S&F Canned Smoked Cod Liver 120 g



4⁹⁹

KÜHNE Gourmet Selection Gherkins or Pickled Onions 500 mL



150 PTS
when you buy 2

MEZZETTA Olives 283-398 mL



12⁹⁹

LIV99 Extra Virgin Olive Oil 500 mL

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

Happy Vaisakhi

Fragrant aroma and sweet juicy flavour



5⁹⁹
/lb

Sugar Mango product of Colombia
13.21/kg

LARGE



NEW CROP

4⁹⁹

Pomegranates product of Peru



1⁹⁹
/lb, ea

Methi product of Mexico or Ginger Root product of China 4.39/kg



3⁴⁹

CHALO! Naan 500 g



4⁹⁹

CHALO! Roti 750 g



8⁹⁹

GIA Basmati Rice 3.63 kg



19⁹⁹

AASHIRVAAD Whole Wheat Flour 9.07 kg



14⁹⁹

INDIA GATE Pure Basmati Rice 4.54 kg



15²⁹

BRAR'S Desi Ghee 800 g



4⁴⁹

PATAK'S Cooking Sauces 400 mL selected



3⁷⁹

PATAK'S Side Dishes 285 g selected



3⁵⁰ ea when you buy 2 or more

THE SPICE TAILOR 3-Step Kits 210-285 mL 3.99 ea



4⁷⁹

KFI Cooking Sauces 375-395 mL selected



2⁷⁹

RUBICON Juice Drink 1 L or Juice boxed 4x200 mL



4⁴⁹

RUBICON EXOTIC Organic Coconut Water or Non-Dairy Beverage 1 L



1²⁹

PARLE-G Biscuits 300 g



1⁴⁹

HALDIRAM'S Indian Snacks 150 g selected



49¢

MAGGI Masala Noodles 70 g



Find more variety and value in store



\$3

Traditional Poutine 350 g
also available Popcorn Chicken Poutine 430 g \$4 ea
available hot

NATIONAL POUTINE DAY

April 11



6⁹⁹

MCCAIN Regular Fries 1.5 kg



100 PTS
when you buy 2

5⁹⁹

ARMSTRONG Nibblers 200 g



6⁴⁹

BOTHWELL Squeak'rs 240 g



Perfectly squeaky!



\$6

MAPLE LEAF or SCHNEIDERS Bacon 375 g, MAPLE LEAF Ready Crisp Bacon 65-85 g or SCHNEIDERS Cooked Bacon 100 g



Great for a loaded poutine!



1⁴⁹

Green Onions product of Mexico



2⁴⁹

ST-HUBERT Sauce Mix 52-57 g or 398 mL



Scene

That's like
\$20
toward your groceries



THE CERTIFIED TENDER* ADVANTAGE
When choosing a roast or steak, 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 available at Sobeys.

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STERLING SILVER
TOP SILVER MEDALLION
OR NAGANO PRODUCTS**

GET UP TO 2,000 PTS

SPEND \$20, GET

500 PTS

SPEND \$35, GET

800 PTS

SPEND \$50 OR MORE, GET

2,000 PTS

**HAND-SELECTED
CANADA AAA BEEF**

Well-marbled • Aged to perfection



22⁴⁹ /lb

STERLING SILVER Fresh Boneless Top Sirloin Grilling Medallions cut by your meat expert from Canada AAA grade beef 49.58/kg

PORC • PORK
Nagano

MAKE IT A NAGANO NIGHT.

RICH FLAVOUR. REMARKABLY TENDER. 100% CANADIAN PORK.



Remarkably tender cuts!

**STARTING AT
10⁹⁹** /lb

NAGANO Premium Fresh Pork Loin Hotel Cut Chop, Tenderloin or Back Ribs 100% Canadian Starting at 24.23/kg

Exclusive cuts available at Sobeys

*Certified by the Canadian Beef Grading Agency / Certifié par L'Agence Canadienne de Classement du Bœuf

Perfect buns for all occasions



Made with 100% Canadian flour



Small Crusty Buns 12 pk
725 g



Made with 100% Canadian flour



Cheese Sticks
6 pk 300 g

MIX & MATCH

Get **200** PTS

When you buy 2 or more of any of these participating Bakery products*. *before taxes



Made with 100% Canadian flour



Kaiser Buns
6 pk 430 g



Made with 100% Canadian flour



Sourdough Buns
4 pk 315-345 g



Made with 100% Canadian flour



Hot Dog or Burger Buns 8 pk



\$3

COMPLIMENTS
Tortilla Chips
250-280 g



2/\$5

COMPLIMENTS
Kettle Chips 200 g



100 PTS
when you buy 2

2⁴⁹

COMPLIMENTS
Potato Chips
200 g



value size

value size · format valeur



100 PTS
when you buy 1

5⁹⁹

COMPLIMENTS
Value Size
Potato Chips
750 g

value size

value size · format valeur



100 PTS
when you buy 1

8²⁹

COMPLIMENTS
Value Size Kettle
Chips 907 g



100 PTS
when you buy 2

3⁹⁹

COMPLIMENTS
Flavoured Tortilla
Chips 255 g



100 PTS
when you buy 2

2⁹⁹

COMPLIMENTS
Potato
Chips Extraaaa! Flavour
200 g

WE'RE FULL OF
compliments

Just like the
snack aisle

You always
make us smile

Celebrate National Pet Day! April 11th



4⁹⁹ MILK-BONE Biscuits, Treats or Chews selected 201-900 g



200 PTS when you buy 1

MEOW MIX Dry Cat Food 1.36-1.42 kg



100 PTS when you buy 3

2⁹⁹

WHISKAS TEMPTATIONS Cat Treats 180 g



7⁹⁹ ZUKE'S Dog Treats 170 g



4/\$5

PURINA Fancy Feast Petites or Friskies Lil' Soups 34-79.4 g



100 PTS when you buy 10

88¢

WHISKAS Favourites Pouches 85 g or PEDIGREE Pouches 100 g



CHANCE TO WIN*
EVERY WEEK!

G R O C E R Y
GIVEAWAYS



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IT'S GAME TIME



PLAY THE COMPLIMENTS CHALLENGES THIS WEEK
FOR YOUR CHANCE TO EARN A FREE ITEM OFFER!



COMPLIMENTS
Blooming Onion
Pearls 500 g



COMPLIMENTS
Popcorn
190-250 g

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