

ONT

Canadian Sobeys

Since 1907

HOT PRICE
3.49 /lb

Boneless Pork Sirloin Chops Family Size or Roasts or Fresh Pork Side Ribs breast bone removed 7.69/kg

HOT PRICE
14.88 /lb

STERLING SILVER Fresh Capless Prime Rib Premium Oven Roast or Family Size Grilling Steak cut by your meat expert from Canada AAA grade beef while supplies last 32.80/kg

CERTIFIED TENDER
TENDREté CERTIFIÉE

Surf & Turf

MEMBERS SAVE \$2
11.99 MEMBER PRICING

13.99 without Scene+ Card

COMPLIMENTS Value Size Breakfast or Dinner Pork Sausages or Thick Cut Bacon 1-1.4 kg or MAPLE LEAF or SCHNEIDERS Hams 600-700 g

HOT PRICE
12.99 /lb

Live Market Lobsters product of Atlantic Canada subject to availability 28.64/kg

CHOOSE CANADIAN SEAFOOD

HOT PRICE
2.99 /lb

Asparagus product of Ontario 6.59/kg

From Ontario

FIRST OF THE SEASON

HOT PRICE
6.99

Large Watermelon product of USA or Mexico no 1 grade 15 lb average

LARGE 15 LB AVERAGE

We will steam your lobster - just ask us!

HOT PRICE
4.94

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

HOT PRICE
3.99

CHRISTIE Family Size Cookies selected 303-520 g, OREO Cakesters 285 g or RITZ Minis 226-280 g

200 PTS when you buy 4

HOT PRICE
2.47

DEMPSTER'S White or Whole Wheat, Texas Toast or Sandwich Bread 675 g or Hot Dog or Hamburger Buns 8 pk

HOT PRICE
5.47

KELLOGG'S Family Size Cereal 450-650 g, GENERAL MILLS Family Size Cereal 516-778 g

HOT PRICE
5.97

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

300 PTS when you buy 4

HOT PRICE
2.77

LAY'S Potato Chips 200-235 pk

HOT PRICE
2.88

VH Sauces 341-380 mL selected

Global Market

Scan here for our full digital flyer

So many deals

See the full flyer at [sobeys.com](https://www.sobeys.com), in the Sobeys app, or sign up for email to stay in the loop.

Happy Victoria Day! Prices and offers in effect May 2026

Victoria Day May 18th
Please check your local store or online for holiday hours.

THU 14	FRI 15	SAT 16	SUN 17	MON 18	TUE 19	WED 20
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*Certified by the Canadian Beef Grading Agency / Certifié par L'Agence Canadienne de Classement du Bœuf

ONT

Long Weekend Celebration

Victoria Day May 18th



MEMBERS SAVE \$3
11.99
MEMBER PRICING

14.99 without Scene+ Card
COMPLIMENTS, SHOELESS JOE'S, JACK ASTOR'S or BELMONT Burgers 678-907 g



MEMBERS SAVE \$1
1.99
MEMBER PRICING

2.99 without Scene+ Card

COMPLIMENTS ORGANIC Whole White or Cremini Mushrooms product of Canada 227g



MEMBERS SAVE \$1.51
1.49
MEMBER PRICING

\$3 without Scene+ Card

KRAFT BBQ Sauce 455 mL



MEMBERS SAVE 40¢
87¢
MEMBER PRICING

1.27 without Scene+ Card

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



MEMBERS SAVE \$1.50
7.99
MEMBER PRICING

9.49 without Scene+ Card

COCA-COLA or PEPSI Soft Drinks 12x355 mL

Scene

TURN POINTS INTO GROCERIES



200 PTS when you buy 2

3⁹⁹

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



300 PTS when you buy 2

6⁹⁹

FIELD ROAST Plant-Based Frankfurters or Sausages assorted 340-368 g



150 PTS when you buy 2

2/\$7

MOTT'S Clamato or Garden Cocktail or NESTEA Iced Tea 1.89 L



That's like \$5 toward your groceries

500 PTS when you buy 4

2⁷⁷

QUAKER Dipps or Chewy Granola Bars 120-156 g



200 PTS when you buy 1

28⁹⁹

PAMPERS Super Pack Diapers 42-116 pk

1,000 Points = \$10 of free groceries

100% fresh GUARANTEE **Guaranteed fresh or your money back**

3.99 /lb
COMPLIMENTS Fresh AIR-CHILLED Whole Chicken or Fresh Chicken Legs back attached 8.80/kg

BUY 2 GET 3RD FREE of equal or lesser value
JOHNSONVILLE Breakfast, Dinner or Smoked Pork Sausage 250-500 g

Get **400 PTS** When you buy 2
OR
Get **800 PTS** When you buy 3 or more
14" Take & Bake Pizza 715-890 g

10.99 MEMBER PRICING
13.99 without Scene+ Card
MAPLE LEAF PRIME Raised Without Antibiotics Breaded Chicken or Wings or SCHNEIDERS Breaded Chicken 450-700 g

3.99 /100 g
PANACHE Black Forest, Sugarbush Maple Ham or Oven Roasted Chicken

5.99
WONDERFUL Pistachios selected 200-225 g

WE'RE FULL OF compliments

300 PTS when you buy 2
\$4
COMPLIMENTS Oranges product of Egypt 1.36 kg 3 lb bag

6.99
COMPLIMENTS Apple, Apple Crumble or Pumpkin Pie 650-750 g or Crumb Cakes 465 g

\$8 **\$22**
\$12 **\$25**
COMPLIMENTS Cooked Shrimp in Ring with Sauce 255-737 g assorted

200 PTS when you buy 2
3.99
COMPLIMENTS Cranberry or Ruby Red Cocktail 1.89 L

2.99 **200 PTS** when you buy 3
COMPLIMENTS Syrup 750 mL or Pancake Mix 905 g, Instant Oatmeal 260-344 g or Quick Oats 1 kg

4.99 **200 PTS** when you buy 2
COMPLIMENTS Peanut Butter 1 kg, Honey Bear 375 mL or Jam 375-500 mL

2.99
COMPLIMENTS Cooking Spray 141-170 g

4.77
CRACKER BARREL Cheese Slices 200-240 g or Snacks 168 g

4.99
TROPICANA Orange Juice or Juice Blends selected 1.36 L

2.99
CLOVER LEAF Albacore White Tuna 170 g

8.99
HERSHEY'S S'mores Kits 578-651 g, MR. FREEZE, CRUSH, POPSICLE or DR PEPPER Jumbo Freezies 27 pk while supplies last

2.99
DEMPSTER'S Bagels selected 5-6 pk (excludes Protein Bagels)

2/\$5
DARE Bear Paws or Wagon Wheels 168-360 g or Veggie Crisps 100 g, CHRISTIE Mini Cookies 144-200 g or PEPPERIDGE FARM Goldfish Crackers or Crisps 156-227 g

35.99
TIM HORTONS Single Serve Coffee Pods 48 pk

6.99
ROYALE Bathroom Tissue 9-12=24 rolls, Paper Towel 3=6 rolls or Facial Tissue 6 pk

19.99
FINISH Dish Tabs 60-105 pk

100 PTS when you buy 2
\$3
COLGATE Total or Optic White Toothpaste or Toothbrushes 70-150 mL or 3 pk selected

90¢
PURINA Friskies or Fancy Feast Wet Cat Food 85-156 g

Scene+ SPEND & GET

SPEND \$125 OR MORE ON GROCERIES, GET 1,000 PTS

That's like \$10 toward your groceries

Valid Thursday, May 14 - Wednesday, May 20, 2026

DON'T FORGET YOUR COUPON
Offer also available on the Sobeys app

7 70974 06904 3

Offer valid May 14 to May 20, 2026 at all Sobeys locations in Ontario. Receive 1,000 Scene+ points when you spend a minimum qualifying purchase of \$125 in a single transaction. No base Scene+ points earned. Printed or digital coupon and Scene+ digital or physical membership card must be presented. Spending \$125 or more awards only one 1,000 Scene+ points allotment. Offer can be redeemed by flyer coupon or through My Grocery Offers. Offer excludes taxes and other goods and services which are non-discountable or excluded by law or as we determine from time to time. Limit of one basket builder offer per Scene+ membership card per day. Coupon has no cash value and cannot be combined with any other offers. Visit https://www.sceneplus.ca/terms-and-conditions to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Registered trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

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Get fired up for summer!



4.99

Sweet Snaps Peppers product of Canada 340 g or Mini Sweet Peppers product of Mexico or Canada 454 g 1 lb

We offer cored or whole pineapples for the same price

4.99

Whole or Cored Pineapple product of Costa Rica



2.99

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



9.99

COMPLIMENTS Salads 1.7-1.81 kg



6.99

CASTELLO Havarti Blocks 170-200 g or Slices 145-165 g



1.25

In-Store Marinated Raw Shrimp Skewers previously frozen 45 g



READY FOR YOU

Try our new AI Pastor Flavour!



6.99

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



Long Weekend Essentials



2/\$9

MISS VICKIE'S Kettle Chips 190-200 g



15.99

CADBURY Mini Eggs 700 g or MAYNARDS Candy 90 pk while supplies last



3.29

COMPLIMENTS Mini Light Ice Cream Bars 6 pk selected



2/9.50

CHEETOS 170-285 g



3.99

HELUVA GOOD! Dip 250 g



2.99

FRUITÉ Juice 1.36-1.54 L or FRUITOPIA 1.75 L



6.99

PROPEL Water 6x500 mL



4.99

SMUCKER'S Ice Cream Toppings assorted 428 mL

Here comes the sun!

Garden Centre locations now open

\$14

Premium Annual Planter 8" grown in Ontario



2/\$35

Assorted Flowering Tropicals on Trellis 5" selection may vary by store



24.99

Window Box Annual Planter 15" grown in Ontario



29.99

Premium Jumbo Hanging Basket or Planter 13" grown in Ontario 32.99 ea

2/\$40

Boston Fern Hanging Basket 10" grown in Ontario



24.99

Majesty Palm 10" pot (available at participating stores)



Give them more with the Grocery Essentials Card

Visit sobeys.com/giftcards for details



200 PTS
when you spend \$20 or more

8.99
/lb

READY FOR YOU

Fresh Premium Cheesy, Portabella Mushroom & Mozzarella, Bacon & Cheddar or Jalapeno & Cheddar Medium Ground Chuck Beef Burgers 19.82/kg



\$6

ea when you buy 2 or more
COMPLIMENTS Extra Lean Ground Chicken or Extra Lean Minced Turkey 450 g 7.49 ea

Build a better burger!



6.99

DAILY'S Bacon 375 g



\$5

Sourdough Buns 4 pk 315-345 g

BAKED IN STORE

Made with 100% Canadian flour



\$5

Gourmet Cheese Hot Dog or Burger Buns 8 pk

BAKED IN STORE



3.49

HAVEN GREENS Lettuce Blends 113 g or GOODLEAF Microgreens 50 g product of Ontario



From Ontario



4.77

CRACKER BARREL Cheese Slices 200-240 g



100 PTS
when you buy 2

3.99

COMPLIMENTS Deluxe Hamburger or Sausage Buns 6-12 pk



9.99

BBQ PIT BOYS Seasonings 240-408 g or SZN Burger Binders or Seasonings & Spices 220-360 g



2.99

FRENCH'S Flavoured Mustards 325 mL or Yellow Mustard Squeeze 550 mL



2.99

COMPLIMENTS Flavoured Mayo or Burger Sauce 300 mL or Whipped Dressing 445 mL



4.99

FRENCH'S Ketchup 750 mL



5.49

FRENCH'S Crunchy Toppers 170 g



4.99

COMPLIMENTS Pickles 1 L



4/\$12

Assorted Vegetables 4" grown in Ontario



2/\$7

Assorted Annuals 4" grown in Ontario



9.99

ea when you buy 2 or more
Annuals 6 pk grown in Ontario 10.99 ea



3

COMPLIMENTS Black Earth 25 L 3.49 ea



3.50

COMPLIMENTS Farm Manure Compost 25 L 3.99 ea



5

COMPLIMENTS Cedar Mulch 42.5 L selection may vary by store 5.49 ea

Scene GET PERSONALIZED OFFERS ON PRODUCTS YOU'LL LOVE.

Visit Sobeys.com/offers or the Sobeys app.

so much value



2²⁷ /lb
Vidalia Onions or Sweet Potatoes product of USA no 1 grade 5.00/kg

8⁹⁹ /lb
Fiddleheads product of Canada 19.82/kg

2⁹⁹
Boston Lettuce In Soil product of Canada

100 PTS when you buy 4
4/\$4
Large Lemons product of USA or Limes product of Mexico

5⁴⁹ /lb
Rhubarb product of Ontario 12.10/kg
From Ontario

3⁹⁹
Raspberries product of USA or Mexico 170 g

\$4
THE LITTLE POTATO CO. Kits product of Canada, Canada no 1 454 g

7⁹⁹
Medley Tomatoes product of Canada or Mexico 680 g

3⁴⁹ /lb
Green Peppers product of USA or Mexico 7.69/kg

2⁸⁸
Spinach Bunch product of USA

\$4
Large Cantaloupe product of USA or Guatemala no 1 grade

100 PTS when you buy 3
2/5⁵⁰
Red Mangoes product of Mexico

2⁴⁷ /lb
Granny Smith Apples product of South Africa extra fancy grade 5.45/kg

2⁴⁷ /lb
Green Anjou or Bosc Pears product of USA extra fancy grade 5.45/kg

4⁹⁹
ARTE Salad Kits product of Ontario assorted varieties 286-359 g
From Ontario

200 PTS when you buy 2
5⁹⁹
COMPLIMENTS Baby Spinach or Spring Mix product of USA 312 g

25% OFF
Prepared Fresh Daily Taco or Guacamole Dip or Pineapple Salsa assorted sizes

2/\$24
Prepared Fresh Daily Fruit or Vegetable Carousel 900 g-1.3 kg

\$6 /lb
Cherimoya product of Brazil 13.23/kg
Sweet, custard-like flavour with a silky finish
Global Market

7⁹⁹
Sharoni Persimmon Case product of Brazil
Global Market

100 PTS when you buy 1
5⁹⁹
Organic Lemons product of USA 454 g 1 lb bag
1 LB ORGANIC

200 PTS when you buy 2
5⁹⁹
COMPLIMENTS ORGANIC Mushroom Caps product of Canada 170 g
ORGANIC

4⁹⁹
TRADITION Lemonade selected 2.25 L

\$6
FIELD ROAST Plant Based Burgers 184 g
PRICE LOCK

4⁹⁹
COMPLIMENTS Candies selected 350-400 g

100 PTS when you buy 2
5⁹⁹
COMPLIMENTS Peanuts selected 425-500 g

floral

Available at most stores

100 PTS when you buy 1
8⁹⁹
Assorted Blooming in Linen Pot 4.5" grown in Ontario

2/\$15
Vitality Foliage Collection 4.5" grown in Ontario

18⁹⁹
Glorious Day Bouquet grown in Ontario

500 PTS when you buy 1
29⁹⁹
Springtime Glow Bouquet

Give them more with the Grocery Essentials Card

Visit sobeys.com/giftcards for details



So-tender
Sterling SILVER PREMIUM BEEF
HAND-SELECTED CANADA AAA BEEF
Well-marbled • Aged to perfection
Exclusive to Sobeys

24⁹⁹ /lb
STERLING SILVER Fresh Boneless Rib Premium Oven Roast or Family Size Grilling Steak cut by your meat expert from Canada AAA grade beef while supplies last 55.09/kg

CERTIFIED TENDER
TENDREté CERTIFIÉE



11⁹⁹ /lb
Fresh Boneless Sirloin Tip Oven Roast or Family Size Marinating Steak cut by your meat expert from Canada AAA grade beef 26.43/kg



500 PTS when you spend \$30 or more
9²⁹ /lb
COMPLIMENTS Fresh AIR-CHILLED Boneless Skinless Chicken Breasts 20.48/kg



20% off
HAYTER'S FARM Turkey Products selected varieties



250 PTS when you spend \$15 or more
3⁹⁹ /lb
Fresh Pork Shoulder Blade Roasts or Steak Family Size or Fresh Pork Shoulder Picnic Roast hock removed 8.80/kg



400 PTS when you buy 1
5⁹⁹ /lb
Fresh Whole Skinless Pork Belly cryovac 13.21/kg

value size



6⁹⁹ /lb
Fresh Medium Ground Beef Chuck available only in 5 lb tube 15.41/kg

value size



13⁹⁹ /lb
Seasoned Lamb Chops Greek spices & lemon or provencal herbs 30.84/kg



BUY MORE SAVE MORE
\$6 ea when you buy 2 or more
COMPLIMENTS Lean Ground Pork, LAMB TONIGHT Lean Ground Lamb, JOHNSONVILLE Sausage Meat, NOBLE Premium Lean Ground Bison or FONTAINE Lean Ground Veal 226-454 g starting at 6.99 ea



5⁸⁸ /lb
Grade A Duck frozen 12.96/kg

READY FOR YOU So Ready for the Grill



Made with medium chuck ground beef and SZN all dressed seasoning

8⁹⁹ /lb **200 PTS** when you spend \$20 or more
Fresh All Dressed Seasoned Medium Ground Chuck Beef Burgers 19.82/kg

9⁹⁹ /lb
Fresh Boneless Skinless Chicken Breast or Thigh Kabobs with Vegetables 22.02/kg

5⁹⁹ /lb
Fresh Pork Tenderloin Kabobs with Vegetables 13.21/kg

19⁹⁹ /lb **250 PTS** when you spend \$25 or more
Fresh Beef Kabobs with Vegetables cut by your meat expert from Canada AAA grade beef 44.07/kg

quick & easy



100 PTS when you buy 2
STARTING AT **3⁴⁹** COMPLIMENTS Sliced Meats 175 g selected

6⁹⁹ STARTING AT
LOU'S Bacon or Entrées 375-400 g

12⁹⁹ STARTING AT
COMPLIMENTS Marinated Pork Loin Roast or Pulled Pork 800-900 g

16⁹⁹
SCHNEIDERS Smokies 900 g

9⁹⁹ **300 PTS** when you buy 2
IMPOSSIBLE FOODS Plant-Based Burger Simulated Meat Pack 340 g

15⁹⁹ **400 PTS** when you buy 2
COMPLIMENTS Breaded Chicken 1.47-1.5 kg

BUY 2 GET 3RD FREE of equal or lesser value
COMPLIMENTS or PANACHE Chicken Wings, Meat Appetizers, Meatballs, Egg Rolls or Spring Rolls 252-800 g

MIX & MATCH

GET TO FREE GROCERIES FASTER when you scan your Scene+ membership card and pay with your Scotiabank Scene+ Visa Card.

1,000 pts = \$10 in groceries

GET 2 SCENE PTS ON EVERY \$1 SPENT

*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.

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

seafood


CHOOSE CANADIAN SEAFOOD



4⁹⁹ **150 PTS**
when you buy 3 portions

Fresh Atlantic Salmon Portions plain or in-store marinated product of Canada 113 g

CATCH DAY PRISE JOUR



4⁹⁹

CATCH OF THE DAY Breaded or Battered Fish 350 g

OCEAN WISE RECOMMENDED



14⁹⁹ /lb

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

EVERYDAY VALUE



\$23

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

Bring on the Grill

Panache



10⁹⁹

PANACHE Herb & Garlic Shrimp 340 g

Cedar Planked Atlantic Salmon



7⁹⁹

CEDAR BAY Planked Atlantic Salmon applewood orange or hickory maple 141 g

OCEAN JEWEL Raw Shrimp Skewers



12⁵⁰

OCEAN JEWEL Raw Shrimp Skewers 10 pk 454 g

Atlantic Salmon Burgers



11⁹⁹

TRUE NORTH Delicious Salmon Burgers 568 g

bakery

Made with KitKat



14⁹⁹

Single Layer made with KitKat® Dessert Cake 516 g

BAKED IN STORE



6⁹⁹

All Butter Danish made with KitKat® 420-450 g

BAKED IN STORE



12⁹⁹

Cheesecake made with KitKat® 6" 626 g

BAKED IN STORE



6⁹⁹ **MEMBER PRICING** **7⁴⁹**
without Scene+ Card

Gourmet Cookies made with KitKat® 6 pk 410-475 g

BUY MORE SAVE MORE



5⁹⁹ ea when you buy 2 or more

COMPLIMENTS Pecan or Raisin Butter Tarts 510 g 6.99 ea


BAKED IN STORE



4⁹⁹ **100 PTS**
when you buy 2

Tea Biscuits 6 pk 335-350 g

BAKED IN STORE



7⁹⁹ **100 PTS**
when you buy 2

Gourmet Cinnamon Buns plain or with cream cheese icing 4 pk 690-750 g

deli & kitchen

6⁹⁹ **MEMBER PRICING** **7⁴⁹**
without Scene+ Card



COMPLIMENTS Natural Ingredients Sliced Meats selected 175 g

SLICED FRESH



4²⁹ /100 g

PANACHE Oven Roasted Turkey assorted

7⁹⁹



SAN DANIELE Prosciutto selected 100 g

STARTING AT 7⁹⁹ **100 PTS**
when you buy 2



ENTREMONT Brie or Camembert 227 g, KERRYGOLD 198 g, AGROPUR Grand Cheddar 2-3 yr 200 g, OKA 190 g or MANCHEGO 150 g

6⁷⁹ **100 PTS**
when you buy 3



TRE STELLE Feta, Halloumi, Bocconcini or Feta Cubes 200 g, Grated Parmesan 125 g, Crumbled Feta 150 g or Ricotta 400-475 g

SLICED FRESH



2⁹⁹ /100 g

BRANDT Kolbassa Coil, Loaf, Lyoner Sausage, Krakowska or All Beef Salami

\$2 **MEMBER PRICING** **\$3**
without Scene+ Card



Handheld Savoury Pastries spinach & feta, bacon & egg or other select varieties 76-95 g available chilled

3⁹⁹ **200 PTS**
when you buy 2



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

BUY MORE SAVE MORE



2⁹⁹ ea when you buy 2 or more

SUMMER FRESH Snack'n Go Hummus 118 g 3.49 ea

10⁹⁹



OLIVERI Pasta or Skillet Gnocchi 520-700 g

READY FOR YOU

Ready when you are quick and easy!



200 PTS when you buy 2 **9⁹⁹** Made In-Store Bowls 435-459 g available chilled

100 PTS when you buy 1 **8⁹⁹** 2 Pack Mixed Deli Meat Subs or Select Varieties 430 g

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

drinks & snacks

8.99

MONSTER, REIGN or BANG Energy Drinks 4x473 mL

6.29

FRITO-LAY Value Size Snacks 325-535 g

2.99 **100 PTS** when you buy 2

COMPLIMENTS Microwave Popcorn 240-282 g

2.49 **100 PTS** when you buy 2

COMPLIMENTS Potato Chips 200 g

4.49 **200 PTS** when you buy 2

STARBUCKS Frappuccino or Doubleshot Coffee Drinks 405-444 mL

4.99

WALKER'S Shortbread selected 135-150 g or MCVITIE'S Cookies 300-400 g

4.99

CHRISTIE Family Size Crackers 328-454 g

4.79

OCEAN SPRAY Cranberry Cocktail 1.89 L

13.99 **100 PTS** when you buy 1

WERTHER'S ORIGINAL Candy 900 g

3.29

HARIBO Candy 170-175 g

10.99 **200 PTS** when you buy 2

NABOB Roast & Ground or Whole Bean Coffee 300-340 g

3.99

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

meal makers

4.49

KELLOGG'S Cereal selected 210-525 g (excludes Family Size)

3.69

MOTT'S Fruitsations 6 pk

5.99 **100 PTS** when you buy 1

LOTUS Biscoff Cookie Spread 400 g

3.99

DEMPSTER'S Malt Bread 340 g

3.49

AYLMER Ready To Serve Soup 540 mL

3.59

MAPLE LEAF Flakes of Ham, Turkey or Chicken 156 g

3.49

LANTIC Sugar Icing, Brown or Yellow 1 kg

3.49 **200 PTS** when you buy 2

COMPLIMENTS 7" Tortillas 340 g

7.49

MAZOLA Oil 1.18 L

2.00 PTS when you buy 1

HELLMANN'S Mayonnaise 1.42 L or COMPLIMENTS Value Size Pickles 2 L

3.49

KRAFT Jet-Puffed Marshmallows 400 g or BETTY CROCKER Frosting selected 340-450 g

2/\$6

TILDA Ready to Heat Rice 250 g

Here for your budget and lifestyle

2.99

COMPLIMENTS Ice Cream Cones or Cuplets selected 18 pk

3.49 **100 PTS** when you buy 2

COMPLIMENTS Fruit Cups 4 pk

15% off

COMPLIMENTS Baking Nuts selected 100 g (excludes Pine Nuts)

\$2 **100 PTS** when you buy 3

BEST BUY Baking Mixes 375 g

1.99

COMPLIMENTS Broth 900 mL

2.29

COMPLIMENTS Canned Tomatoes 796 mL or Stewed Tomatoes 540 mL

12.99

COMPLIMENTS Canola Oil 3 L

4.79

COMPLIMENTS Hot Pepper Rings 750 mL or PANACHE Dijon Mustard 500 mL

Scene GET 1,500 PTS FOR EVERY \$100 SPENT IN BOSTON PIZZA GIFT CARDS



Offer valid during May 14 - 20, 2023. Sorry no rainchecks or price matching. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

frozen & dairy



2⁹⁹
BEST BUY Ice Milk 1.5 L selected



4⁹⁹
NANA Frozen Dessert 500 mL, REVELLO or FUDGSICLE Novelties 12 pk selected



4⁹⁹
TENDERFLAKE Pie Shells, Tart Shells or Puff Pastry 255-397 g or KRAFT Cool Whip Frozen Whipped Topping 1 L



3⁹⁹ PILLSBURY Toaster Strudel 326 g



12⁴⁹
SWANSON Oven Easy or Family Skillet Meals 1.19 kg



7⁴⁹ **100 PTS** when you buy 2
DR. OETKER Giuseppe Stuffed Crust or Suprema Pizza 475-771 g



6⁴⁹
MCCAIN Pizza Pockets 6 pk



4⁴⁹
GREEN GIANT Riced Veggies or Restaurant Sides 283-340 g or MICHELINA'S Pizza Snack Rolls 496 g



3⁹⁹
GAY LEA Sour Cream 425-500 mL



4⁴⁹ GAY LEA Aerosol Whipped Cream Topping 225 g



2⁹⁹
I CAN'T BELIEVE IT'S NOT BUTTER! 400-427 g or LACTANTIA Flavoured Butter 125 g



5⁹⁹
AMOENZA Twists or Stix 228 g or CRACKER BARREL Crumbled Feta 180 g



4⁹⁹ **100 PTS** when you buy 2
NESTLÉ Coffee-Mate Creamer 828-946 mL



5⁴⁹
SHEPHERD GOURMET Skyr Icelandic Style Yogurt 500 g



15⁹⁹
SAPUTO Shredded Cheese 1 kg or ARMSTRONG 900 g



1⁹⁹ ea when you buy 2 or more
PILLSBURY Crescent Rolls or Wiener Wraps 200-227 g 2.49 ea

WE'RE FULL OF compliments



2⁹⁹
COMPLIMENTS Perogies 907 g



100 PTS when you buy 2
COMPLIMENTS Flatbread Pizzas 300-310 g



100 PTS when you buy 2
COMPLIMENTS Large Omega-3 Eggs or Large Brown Eggs 12 pk



2⁹⁹ **100 PTS** when you buy 2
COMPLIMENTS Cream Cheese or Spread 227-250 g 3.99 ea

natural health



4⁹⁹
G.H. CRETORS Popcorn 213-227 g



5⁹⁹
CROFTER'S Organic Strawberry Jam 383 mL



100 PTS when you buy 2
2/\$5 CWENCH Sports Drink 500 mL



3⁹⁹
HUMBLE Rumbles Chips 135 g or SUNRYPE Organic Bites 6x18 g



8⁴⁹ **200 PTS** when you buy 2
ELMHURST Plant-Based Milk or Barista 946 mL



11⁹⁹
AMY'S KITCHEN Pizza 340-397 g



5⁹⁹
SILK Protein Beverages 1.75 L




6⁹⁹ **50 PTS** when you buy 1
CARBONAUT Bread 544-550 g, Hamburger or Hot Dog Buns 288-315 g, Tortillas 210-264 g or Pizza Crust 216 g



5⁹⁹ **300 PTS** when you buy 2
METHOD Liquid Dish Soap 473 mL



9⁹⁹ **200 PTS** when you buy 2
KIND 5 pk, Minis or Thins 10 pk



2/\$7
PERFECT SPORTS Diesel Whey Protein Bars or HERSHEY'S One Bars 50-60 g



16⁹⁹ **300 PTS** when you buy 2
ONE A DAY Vitamin Gummies 120-130 pk

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

home & pet care



4.99 ZIPLOC Bags 10-100 pk selected



4.29 COMPLIMENTS Foil Wrap 50 ft or Heavy Duty 25 ft



3.49 COMPLIMENTS Summer Napkins 20 pk



200 PTS when you buy 1
22.99 CASHMERE Bathroom Tissue 24=72 rolls or SPONGETOWELS Ultra Pro Double 8=16 rolls



6.99 PALMOLIVE EZ-Pump Dish Detergent 828 mL



4.99 **100 PTS** when you buy 2
CLOROX Clean-Up or All Purpose Cleaners 946 mL or Bathroom Foam 887 mL



5.99 GLADE Plug-Ins Scented Oil 1 pk



6.99 ARM & HAMMER Laundry Detergent 1.42-1.63 L



8.99 GREENIES Dental Dog Treats 170-228 g



1.89 BLUE BUFFALO Tasteful Wet Cat Food 155 g



1.99 PEDIGREE Wet Dog Food 375 g



100 PTS when you buy 1
COMPLIMENTS Cat Litter 7 kg

health, beauty & baby



7.99 **100 PTS** when you buy 2
SENSODYNE Clinical Repair Toothpaste 75 mL selected



5.99 HEAD & SHOULDERS, OLD SPICE or AUSSIE Shampoo or Conditioner 315-475 mL, OLAY or IVORY Body Wash 364-621 mL or SECRET Deodorant 45 g selected



7.49 TRESSEMMÉ Shampoo, Conditioner or Stylers 180-828 mL or 298-413 g selected



150 PTS when you buy 1
7.49 SOFTSOAP Liquid Hand Soap 1.47 L or HELLO Deodorant 73 g selected



UP TO 20% off
GILLETTE, BIC, BILLIE, SCHICK Skintimate or Mach3 Razors or Shave Care 1-15 pk, 75-177 mL or 198-311 g selected



10.99 HEAD & SHOULDERS Classic Clean or Dry Scalp Shampoo 400-835 mL selected



5.49 **250 PTS** when you buy 2
ALWAYS Pads, Liners or TAMPAX Tampons 10-72 pk selected



500 PTS when you buy 2
20% off OMBRELLE Selected Sun Care Products



78.99 SIMILAC 360 Total Care Ready To Feed Infant Formula 16 pk



9.99 PEDIASURE Complete 4 pk



300 PTS when you buy 1
68.99 ENFAMIL A+ NeuroPro Infant Formula Refills 862-890 g



9.99 PAMPERS Baby Wipes 112-216 pk

pharmacy

Only available at pharmacy locations. *Select products only available when a pharmacist is on duty.



400 PTS when you buy 2
19.99 DEPEND Underwear or POISE Pads selected



10% off **250 PTS** when you buy 2
BIOTRUE or RENU Twin Pack Contact Solution selected, OCUVITE 50 pk or PRESERVISION 60-120 pk Vitamins selected



15% off **600 PTS** when you buy 2
BAND-AID Premium Bandages or POLYSPORIN Ointment 15 g



200 PTS when you buy 2
10% off Children's ADVIL Liquid 24-100 mL or Tablets 20 pk



600 PTS when you buy 2
12.49 TYLENOL or BENLYN Cough, Cold & Flu selected*



600 PTS when you buy 2
14.99 PEPCID Heartburn Relief 25-30 pk

Need health care or advice? We do that!
From weight management to diabetes care, pharmacist can help.*
360Health | Sobeys
*Fee for some services may apply.



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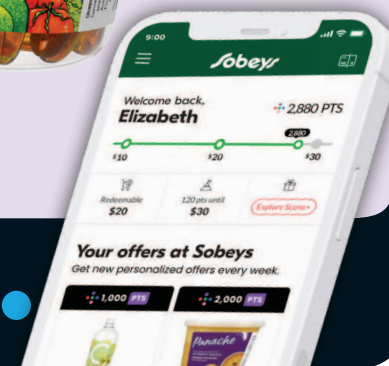


Get
300 PTS
when you buy 1

COMPLIMENTS
Exceptional Chocolate
Chip Cookies 280 g

Get
600 PTS
when you buy 2

WEBBER NATURALS
Vitamins or Supplements
selected varieties and sizes



Offer valid May 14th to May 20th, 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. Registered trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.



Your destination for variety and value



4⁹⁹
Pomegranates
product of Peru



1⁷⁹
/lb

Long Squash product of Mexico or Honduras or Red Carrots product of China 3.95/kg



10% off SUNGOLD Premium Lamb Loin Chops, Shoulder Steak, Leg Steak or Stew Cubes



8⁸⁸ EIGHT TREASURES Cooked & Peeled Shrimp 91-120 ct per lb 340 g

150 PTS
when you buy 2
10⁹⁸

DAINTY World Classics Basmati Rice 1.6 kg



16⁹⁹ SHER Desi Style Atta 9.07 kg



4⁴⁹ TRE STELLE Paneer 300 g



4⁴⁸ THE SPICE TAILOR 3 Step Kits 215-375 mL selected



1⁷⁹ MAGGI Masala Noodles Family Pack 280 g



1²⁹ PARLE-G Biscuits 300 g



4²⁹ SHERBON Mango Juice Drink 2 L



STARTING AT 2⁷⁹ RUBICON Juice 1 L

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

Stock up on long weekend deals!



\$3 **150 PTS**
when you buy 3
KELLOGG'S Cheez-It Crackers
191-200 g



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



2/\$9 **300 PTS**
when you buy 4
TOSTITOS Tortilla Chips
205-300 g



5⁹⁹
CHRISTIE HoneyMaid Graham
Wafers 400 g



150 PTS
when you buy 2
2/\$7
COMPLIMENTS
Lem&Tea or
Raspberry
Lemonade 1.89 L



100 PTS
when you buy 1
4⁹⁹
COMPLIMENTS
Lemonade or
Iced Tea 2.84 L



1²⁵
ea when you buy 3 or more
CADBURY Singles 33-60 g
1.99 ea



4⁹⁹
ea when you buy 2 or more
MAYNARDS Large Bag Candy 308-315 g 5.99 ea



7⁹⁹
MR. FREEZE No Sugar Freezies 48 pk or TONY'S
Chocolonely Chocolate Bar 180 g while supplies last



60 PTS
when you buy 1
13⁹⁹
CORONA Cero Alcohol-Free
Beer 6x330 mL



7⁴⁹ **50 PTS**
when you buy 2
OCEAN SPRAY Sparkling
Beverages 6x340 mL



50 PTS
when you buy 2
1⁹⁹
COMPLIMENTS
Soft Drinks 2 L

So ready for a Long weekend BBQ



5⁹⁹ /lb

PANACHE Flattened Chicken in Various Flavours 13.21/kg



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 buy 1

12⁹⁹ /lb

NAGANO Premium Fresh Pork Loin Hotel Cut Chop 28.64/kg



7⁴⁹ /lb

COMPLIMENTS Fresh AIR-CHILLED Whole Chicken Wings



BAKED IN STORE

100 PTS when you buy 2

4⁶⁹

Panini or Calabrese Buns 6 pk 375-480 g



Made with 100% Canadian Flour

BAKED IN STORE

3⁹⁹

Tray or Butter Topped Rolls 12 pk 425-455 g

Try our Made with KitKat® Brownie or Brownie Cake for a Limited Time



Place your brownie on the smoker for an extra indulgent treat! Then top with your favourite ice cream



BAKED IN STORE

2⁹⁹

Ciabatta or Artisan Style Baguettes 325-380 g

BUY 1 GET 1 FREE
of equal or lesser value

Brownies 550-585 g or Brownie Cakes 310-390 g

National Caesar Day

May 14th

Add in
Horseradish
brine for
an extra kick!



2.99

HOBBS PICKLES
90 mL selected

4.99

MATT & STEVE'S
Caesar Mix 1.36 L



5.49

MATT & STEVE'S
Pickle Spears 750 mL



6.79

MATT & STEVE'S
Pickled Asparagus
500 mL



4.99

FRENCH'S
Worcestershire Sauce
295 mL



5.99

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



50 PTS
when you buy 2

2.99

LOUISIANA
Hot Sauce 177 mL



So Local

From Ontario



RAWCOLOGY®

Proudly made in Canada, Rawcology creates organic snacks with simple, real ingredients. Our granolas and treats are crafted to nourish, delight, and inspire joyful snacking, because better ingredients make every bite brighter!

Organic,
Gluten Free,
Allergen Friendly,
Low Sugar &
Nutrient Dense



5.99
RAWCOLOGY Gut Loving Probiotic Snack Bites 90 g



STARTING AT
9.99
RAWCOLOGY Organic Grain Free Granola 200 g

We have 2X as many Canadian-origin products as competing stores*

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 NielsenIQ'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.

RICARDO

Gourmet, yet easy

From my kitchen
to yours

Asian-inspired
dumplings with
vegetable rice
and a sweet lime
sauce. Ready in
5 minutes.



200 PTS
when you buy 2

6⁹⁹

RICARDO Boxed Sides 280 g
available chilled



7⁹⁹

RICARDO Frozen Entrées
380-395 g



9⁹⁹

RICARDO Frozen Pizza
700-745 g



Simplify meal prep with this selection of easy, chef quality meal solutions
Available Exclusively at Sobeys

World Bee Day

MAY 20, 2026



8⁹⁹

BEEMAID HONEY
500 g



10⁹⁹

COMPLIMENTS Honey
750 g-1 kg



Tiny Creatures. Big Impact!

Bees do more than make delicious honey. They power our ecosystem by pollinating millions of flowers. That includes pollinating one third of the foods we eat every day!



Explore New Sweet & Spicy Honey Infusions!

7⁹⁹

COMPLIMENTS Hot Honey
375 g

Canadian Hive Heroes

Meet Dani Glennie! She's a second-gen beekeeper from Langenburg, Saskatchewan, proudly continuing the work her mother started on their family farm. As a BeeMaid Honey co-op member, Dani specializes in raising nucs and queens to build strong, healthy hives and ensure a successful honey harvest each season.





Canada's Baby Grocery Store

Big offers for your baby's essentials!

5⁴⁹ NESTLÉ Gerber Cereals 227 g

\$7 ea when you buy 5 or more
COMPLIMENTS ORGANIC Baby Pouches 128 mL 1.79 ea

\$4 BABY GOURMET Organic Baby Snacks 40-42 g

200 PTS when you buy 1
39⁹⁹ ENFAGROW A+ Powder 907 g

4⁴⁹ Q-TIPS Cotton Swabs 400 pk

22⁴⁹ HUGGIES Baby Wipes 560-704 pk

28⁹⁹ PAMPERS Easy Ups or Ninjamas Super Packs 34-74 pk

8⁹⁹ LIVE CLEAN Baby Shampoo & Wash 300 mL

200 PTS when you buy 2
12⁹⁹ AVEENO Baby Lotion, Wash & Shampoo 532 mL

NEW

BR
BASKIN-ROBBINS

9.99

BASKIN-ROBBINS Confectionery Ice Cream 946 mL or Novelties 4x125 mL selection may vary by location

MADE IN CANADA

Nestlé® Favourites

5.99

NESTLÉ Premium Frozen Dessert or Real Dairy Ice Cream 1.5 L, Drumstick or Selected Premium Novelties 4-10 pk selection may vary by location

Your **summer** lineup

2.99 MINUTE MAID Lemonades 1.75 L

3.99 MINUTE MAID Zero Sugar Drinks 1.54 L

4.49 SIMPLY Lemonades 1.54 L

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less. The trademarks that appear are the property of their respective trademark owners.

SUPER PREMIUM PLUS by **CHAPMAN'S**

3.99

200 PTS when you buy 2

CHAPMAN'S Super Premium Plus Ice Cream 500 mL selection may vary by store location

WILDLY DELICIOUS PRESERVE CO. LTD.

RULE THE GRILL

\$5 ea when you buy 2 or more or 6.99 ea

APPLEWOOD & HICKORY SMOKED BBQ SAUCE
TUMÉE AU BOIS DE CHÊNE ET SAUCE À GRILLADES

SOUVLAKI MARINADE
LEMON & OREGANO CITRON ET ORIGAN

PERI PERI
CHILI & GARLIC CHILI ET AIL

Find Recipes Online wildlydelicious.com

NEW

TRY OUR CHIPS FOR FRY LOVERS

3.99

CAVENDISH FARMS Quick Crisp Crinkle Chips 540 g

CAVENDISH FARMS Flavour Crisp Classic Crinkle Cut Fries 650 g

CAVENDISH FARMS Restaurant Style Gourmet Frites 750 g

WANT A FANTA? COME GET IT.

CALL OF DUTY® **HALO®** **WORLD OF WARCRAFT®**

XBOX®25

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NEW

100 PTS when you buy 2

PEPSI Soft Drinks or BUBLY Sparkling Water Mini Cans 6x222 mL

13.99

BUBLY Sparkling Water 24x355 mL

new

CELSIUS LIVE FIT

9.99

CELSIUS Energy Drinks 4x355 mL

100 PTS when you buy 1

GATORADE Powder Sticks 10 pk

NEW!

6.99

PURE LEAF Iced Tea 6x340 mL any flavour

50 PTS when you buy 1

Alani NU

2/\$6

ALANI NU Energy Drinks 355 mL

Tim Hortons

Two NEW ways to chill

Tim's® Iced Coffee, Crafted Your Way

TIM HORTONS Ready-to-Drink Black Iced Coffee 1.42 L also available in vanilla or caramel

7⁹⁹

BLACK UNSWEETENED **NEW!**

TIM HORTONS Cappuccino Iced Coffee Syrup 470 mL also available in mocha

7⁹⁹

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I ♥ Reese's DAY
MAY 18TH

SO MANY REESE'S. SO LITTLE TIME.

HERSHEY King Bars assorted varieties 62-85 g **2¹⁹**

HERSHEY Bagged Chocolate assorted varieties 160-290 g **5⁷⁹**

HERSHEY Single Bars assorted varieties 34-58 g **1⁴⁹**

200 PTS
when you buy any 4 items*

Offer valid in-store from May 7-20, 2026

Dempsters HOT DOG SOFTER Than any other

THE SUPER MARIO BROS. MOVIE MOVIE OFFER

WHITE NO ARTIFICIAL FLAVOURS

Mi Tierra Original

Mini Cupcakes PEACH PÊCHE

Mini Cupcakes RASBERRY / FRAISE

*When you purchase 4 or more of any combination of Dempsters® hot dog and hamburger buns, 8pk, Dempsters® breads 675g, Mi Tierra™ 280g and Hostess® 178g-231g products in a single transaction.

New
MADE WITH REAL TEA

mio
60% less sugar.*
100% of the flavour.

200 PTS
when you buy 2

MIO Iced Tea Powder 540 g **8⁹⁹**

*Than regular iced tea per 1 1/2 cups (375 mL)

mio
your water, your way.

3⁷⁹ ea when you buy 2 or more

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

FROM BREW TO CHILL.

11⁹⁹
VAN HOUTTE K-Cup® Pods 10-12 pk

13⁹⁹
VAN HOUTTE Roast & Ground Coffee 340 g

25⁹⁹
VAN HOUTTE K-Cup® Pods 30 pk

VAN HOUTTE
REAL. GOOD.

Sobeys

Your Wellness, Rewarded

Stock up on your favourites or try something different and get rewarded!



4/\$10 ANNIE'S Mac & Cheese 149-170 g
(excludes Gluten Free, Vegan, or Super! Mac)



6⁹⁹ NATREL Organic Milk 2 L



2/\$10 EARTH'S OWN Barista
946 mL



2/\$5 BLUE DIAMOND
Almond Breeze
946 mL



100 PTS
when you buy 2
10⁴⁹
WESCANA
Gluten Free Oats
1 kg



2/\$6
TONICA Organic
Kombucha 355 mL



200 PTS
when you buy 2
6⁴⁹
SAMBAZON Bowls
berry bliss or
superberry 173 g



100 PTS
when you buy 2
7⁹⁹
MID-DAY
SQUARES 4 pk

50 PTS
when you buy 2
7⁹⁹
CALIFIA FARMS
Organic Almond
Beverage 1.4 L



500 PTS
when you buy 2
2/\$40
BIOSTEEL
Hydration
Powder 16 pk

150 PTS
when you buy 1
10⁹⁹
MUSCLE MILK
Protein Shake 4 pk



3⁹⁹
BAREBELLS Protein
Bars 55 g

15% off
PVL Sports BCAA, Creatine, Domi8
or Glutamine Powders 225-400 g



Prices & offers in effect Thursday, May 14 - Wednesday, May 20, 2026.

*Scene+ Points and all offers valid from Thursday, May 14 - Wednesday, May 20, 2026. Participating products are those listed in this ad. All products must be purchased in one transaction, excludes taxes, deposits, and other non-discountable items. Redeem at checkout.

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APPLY NOW



*Conditions Apply



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from anywhere. Try now and get

\$60 off + FREE DELIVERY on your first 4 orders.*

Download the App

*\$15 off each order, min. of \$75. See terms on voila.ca.