

ABZ
SAFEWAY



Sobeys



Buy 2 Get 1 FREE

*of equal or lesser value
SCHNEIDERS, MAPLE LEAF or GREENFIELD Bacon 375 g or MAPLE LEAF Ready Crisp Bacon 65-85 g selected starting at 8.49 ea



19.99
COMPLIMENTS Pacific White Shrimp Ring with Sauce 737 g or COMPLIMENTS NATURALLY SIMPLE Black Tiger Shrimp Ring with Sauce 515 g



Scene+
MEMBER PRICING
1.95 with Scene+ Card
/lb. 4.30/kg

2.49 without Scene+ Card
BUTTERBALL Turkey Regular, Stuffed or Naturally Inspired Raised Without Antibiotics frozen all available sizes grade A

Fresh turkeys available beginning Monday, Oct. 2nd



Fresh Boneless Striploin Grilling Steak or Premium Oven Roast cut from Canada AA grade beef while supplies last 19.58/kg



7.88 value size
/lb

family size **8.88** /lb

Fresh Boneless Beef Striploin Halves cryovac cut from Canada AA grade beef while supplies last 17.37/kg



3.99 FROM WESTERN CANADA 3 PACK
PRODUCT OF WESTERN CANADA
Rainbow Peppers 3 pk

IT'S ALMOST THANKSGIVING!



5.46
HOT PRICE
OIKOS Greek Yogurt 650-750 g or ACTIVIA 12 pk



2.97
Raspberries product of USA or Mexico 170 g



6.99
HOT PRICE
CHAPMAN'S Premium Ice Cream, Frozen Yogurt, Soft-Icet or No Sugar Added Ice Cream 1-2 L, Yukon Novelties or Super Novelties 5-18 pk



99¢
HOT PRICE
COMPLIMENTS Canned Vegetables 398 mL or Com 341 mL or Tomatoes 540-796 mL



2/12.50
HOT PRICE
PEPSI 12 pk

Scene+
MEMBER DAY
TUESDAY ONLY!
TUESDAY, OCTOBER 3, 2023
EXCLUSIVELY FOR SCENE+ MEMBERS

GET 15% OFF
OR **200 PTS**
FOR EVERY \$20 SPENT!
ON A MINIMUM \$50 GROCERY PURCHASE!
See back page for details

Scene+
GIVE & GET

BUY \$150 IN SOBEYS OR SAFEWAY
GIFT CARDS & GET
1000 PTS

SEPTEMBER 28 - OCTOBER 4
That's like \$10 toward your groceries

Prices and offers in effect September-October 2023
THU 28 | FRI 29 | SAT 30 | SUN 1 | MON 2 | TUE 3 | WED 4
SHOP EARLY & GET A HEAD START ON THANKSGIVING SAVINGS!



More deals!
Scan here for our full flyer



SOBEYS_SAFEWAY_MK22_FLYER_A01

AB_MB_SK

Stock-up for family feasting!



COMPLIMENTS Hickory Smoked Bone-In Ham Portions butt or shank 5.49/kg

2.49

/lb



19.99

BUTTERBALL Raised Without Antibiotics Seasoned Boneless Turkey Breast Roast frozen 1.2-1.5 kg



CLUB HOUSE Gravies or Sauces 21-47 g

66¢



2.99

PRODUCT OF WESTERN CANADA
COMPLIMENTS Carrots or Onions 5 lb 2.27 kg



QUALITY STREET Tin 650 g

13.99

Friday, September 29th is
**National
 Coffee Day**
 Cozy up to a comforting cuppa!



8.99
 STARBUCKS Coffee K-Cup® Pods 10 pk or
 STARBUCKS or VAN HOUTTE Ground Coffee 340 g,
 FOLGERS or MAXWELL HOUSE Ground Coffee
 544-925 g, TIM HORTONS or VAN HOUTTE K-Cup®
 Coffee Pods 10-12 pk

Get 100 PTS
 For every \$5 spent
 on COMPLIMENTS
 or EDWARDS
 Coffee any size

Flavour in every cup!

12.99
 CRANK
 Coffee
 340 g

See our digital flyer
 for more Scene+ offers!

TRY WITH
Our in-store BBQ
Whiskey Marinade

value size

4.99 /lb
Fresh Pork Loin
Back Ribs cryovac
11.00/kg

Save up to \$18.99

Buy 2 Get 1 FREE
*of equal or lesser value

3.49 /lb
Extra Large Green, Red or
Black Seedless Grapes
product of USA 7.69/kg

2.99 /lb
ORGANIC Broccoli
Bunches product of
Canada or USA
PRODUCT OF
WESTERN CANADA
Broccoli Crowns 6.59/kg

8.99
COMPLIMENTS Crispy Calamari
or PANACHE Assorted Breaded
Shrimp or Dim Sum Collection
or Crab Rangoon 252-355 g

5.99
APPLE VALLEY Apple or
Pumpkin Pie 450-550 g

5.99 JOHNSONVILLE Breakfast
or Dinner Pork Sausage
250-500 g

5.99 BOURSIN 150 g or Cuisine
220 g

\$11 STARTING AT
ANTIPASTO Classico 200 g
\$11 or BUON Appetito 400 g
\$20

Serving up value

Try this week's recipe:
**Roasted Butternut
Squash Soup**

Only \$5*
or less
Per Serving

Get recipe
on Sobeyes.com or Safeway.ca

4.99 COMPLIMENTS
Cheese 400 g or
Shreds 226-320 g
selected

9.99 BLACK DIAMOND
Cheestrings
28 pk 588 g

2/6.50
DEMPSTER'S
Hot Dog or
Hamburger Buns
12 pk, White or
100% Whole
Wheat Bread 570 g

3.99
HERSHEY Chipits
200-300 g or EAGLE
BRAND Sweetened
Condensed Milk
300 mL

3.99 NATREL Fine Filtered
Milk 2 L, DAIRYLAND
Chocolate Milk 1.89 L
or LUCERNE
Chocolate Milk 2 L

2/\$5
DARE Bear Paws
150-240 g, Viva
Puffs 300 g,
Wagon Wheels
315-360 g, Breton
or Vinta Crackers
200-250 g or
Breton Gluten Free
135 g, Breton Bites
200 g, Veggie
Crisps 100 g or
Bold 'n Baked
Crackers 150 g

3.99 KELLOGG'S Premium
Cereal selected
varieties 306-553 g or
POST or WEETABIX
Cereal selected
varieties 311-525 g

5.99 PARKAY Margarine
1.28-1.36 kg or
LACTANTIA Healthy
Attitude or Olivina
Margarine 850 g

4.49 BICKS Whole Pickles
or Baby Dills 1 L

4/\$5 STOVE TOP
Stuffing
120 g

2/7.50 RUFFLES
Potato Chips
180-200 g

4.99 COMPLIMENTS Pure
Orange Juice 2.5 L

Get 500 PTS
when you buy
these three
COMPLIMENTS
products in one
transaction.

That's like
\$5
toward your
groceries

6.44
PUREX Bathroom
Tissue 12=24 rolls,
8=24 rolls, SPONGE
TOWELS 3-6 pk

COMPLIMENTS Whipped Dressing 890 mL, Ketchup 100% Canadian
Tomatoes 1 L or COMPLIMENTS BALANCE Salad Dressings 475 mL

**BUY AIR CANADA
GIFT CARDS** AND GET **10% OFF**

Offer valid during September 28 - October 4, 2023. Sorry no rainchecks or price matching.
Offer valid only on Air Canada \$50-\$500 VL. See gift card for details, terms, conditions, and
(if applicable) fees. Subject to availability.*

*You can make this recipe for \$5 or less per portion, based on pricing in-store and in the September 28th, 2023 to October 4th, 2023 weekly flyer. Stated cost does not include basic household pantry items. Stated cost is based on amount of each ingredient required in recipe.

Score+ Member Day: 10% discount with minimum \$50 grocery purchase and Score+ card. Minimum purchase must be made in a single transaction. See in-store for details. *Points with minimum \$50 grocery purchase and Score+ card. Get 200 Score+ points for every \$20 in eligible grocery purchases. Minimum purchase must be made in a single transaction. See in-store for details.

PROUDLY CANADIAN safeway.ca | sobeyes.com

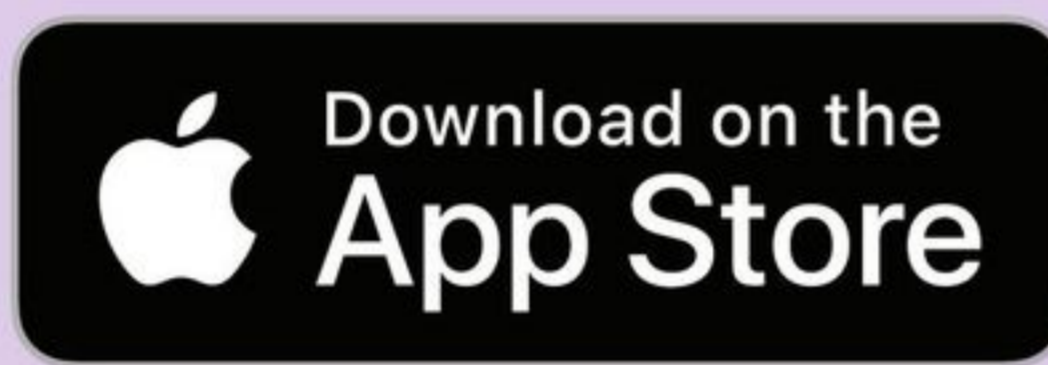
We reserve the right to limit sales to retail consumer quantities. Prices in effect Thursday, September 28, 2023 to Wednesday, October 4, 2023. Advertised prices do not include taxes, deposits and environmental fees. Some items may not be available at all stores. All items while stocks last. Items advertised may not be exactly as illustrated. "Use deliver" refers to prescription and floral items only. On delivery, some restrictions may apply. On BUY ONE GET ONE FREE (BOGO) items, customer must purchase the first item at full price to receive the second item free. BOGO offers are not 1/2 price sales. The free item must be of equal or lesser value to the purchase item. Customer must pay taxes, deposits, and environmental fees on the purchased and free items. Manufacturers coupons apply to purchased items only - not free items. Limit one coupon per purchased item. The Score+ Loyalty Program is available at all participating Sobeyes or Safeway locations within Western Canada. No base Score+ points earned. See weekly offers for current ways to earn Score+ points. All weekly Score+ offers exclude taxes, delivery charges, fuel payments, service fees, rental fees, event tickets, gift cards, fuel/dairy products in Western Canada regions, pre-paid cards, postal products and services, Western Union, MasterCard, Tim Hortons/Starbucks products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, bottle photo finishing, deposits, environmental charges, fuel and other goods and services, which are non-deductible or excluded by law. Members 1000 Score+ points for \$10 towards your purchase up to a maximum of \$2000 Score+ points (\$200 per day). For full Score+ Terms & Conditions or to redeem your points, visit <http://www.safeway.ca>. Terms and conditions. All offers are subject to change and may be withdrawn without notice. Trademarks of Score Plus IP Corporation used under license by Sobeyes Capital Incorporated. Please recycle where facilities exist. SOBESYS_SAFWAY_WK22_OBC_WST_AB_ML_SK

LOAD IT TO GET IT!

Get 500 PTS

when you spend \$25

and load offer in the **Sobeys or Safeway app** or at **MyGroceryOffers.ca**



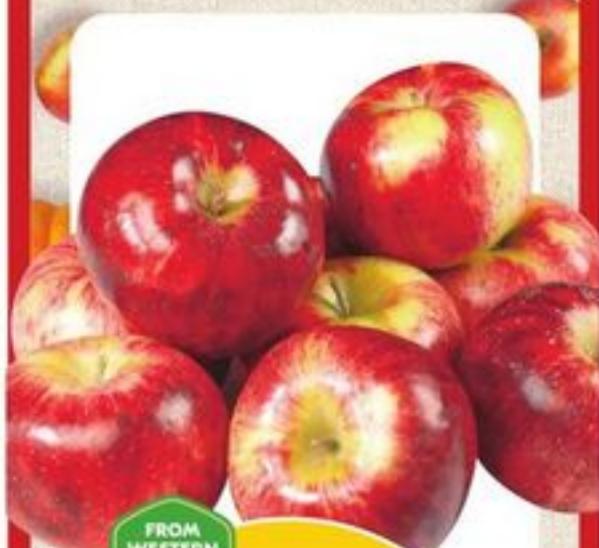
JAMIESON Vitamins or Supplements selected



Card must be registered. Offer valid and available to be loaded September 28-October 4, 2023 at all Sobeys or Safeway locations in Western Canada. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded to registered Scene+ Card prior to transaction. Limit 1 offer per Scene+ Card. Offer excludes taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fluid dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McCafe®/Tim Hortons®/Starbucks® products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Limit one. 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.

Harvest FEST

Discover the best in local this season.



20% off

PRODUCT OF WESTERN CANADA Bulk Apples



7.69 /lb

PRODUCT OF WESTERN CANADA Assorted Squash 3.73/kg

Dependent on weather



3.99

PRODUCT OF WESTERN CANADA Regular Pumpkins

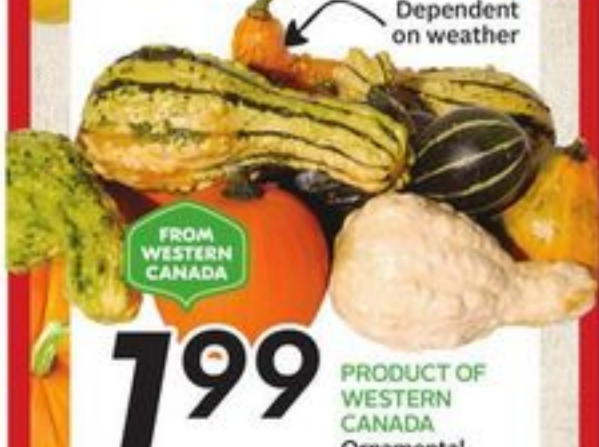
Dependent on weather



7.99

PRODUCT OF WESTERN CANADA Assorted Variety Pumpkins

Dependent on weather



1.99 /lb

PRODUCT OF WESTERN CANADA Ornamental Gourds 4.39/kg

Get ready for Thanksgiving!

Fresh Boneless Pork Belly and Seasoned Pork Tenderloin Porchetta Roast 17.61/kg

200 PTS when you buy 1
7.99 /lb



4.99

PRODUCT OF WESTERN CANADA COMPLIMENTS Potatoes 5 lb 2.27 kg



2.49

PRODUCT OF CANADA Cranberries 340 g or ORGANIC Cranberries 227 g product of USA

Prepare for a delicious holiday!

FROM OUR BAKE SHOP



8.49

Small Bar Cakes 445-540 g



4.29

Dinner Tray or Butter Topped Rolls 400-535 g



5.99

BUBY Sparkling Water 12x355 mL or MONTELLIER Sparkling Water 10x355 mL 6.99 ea



50 PTS when you buy 2

PANACHE Italian Soda 750 mL



2/\$8

TOSTITOS Tortilla Chips 205-300 g



7.99

LACTANTIA or MY COUNTRY Butter Sticks 454 g



6.49

COMPLIMENTS Omega-3 Free Run Large White Eggs 12 pk



4.99

Dinner Rolls 12 pk



150 PTS when you buy 3

3.99

BEST BUY Ice Milk 1.5 L or COMPLIMENTS Ice Cream Cone Novelties 4 pk (peanut free)



2/\$7

LUCERNE Cream Fat Free, 5%, Half/Half 1 L or DAIRYLAND Cream 10% 946 mL



4.99

SILK Creamers 890 mL or Whipping Cream 473 mL

Scene+ GIVE & GET Offer valid from September 28 - October 4, 2023 at all Sobeys and Safeway locations in Western Canada. Gift card purchase must be in a single transaction and cannot be combined with other gift card offers. Sobeys or Safeway gift cards cannot be purchased with other Corporate gift cards. No base Scene+ points earned. Offer is valid only on Sobeys or Safeway gift cards. Receive 1000 Scene+ Points when you purchase \$150 in Sobeys or Safeway Gift Cards. Limit of 5 offers per account number. No coupon is required. Scene+ digital or physical membership card must be presented. Offer subject to change and may be withdrawn without notice. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

Easy to Carve Roast!
The bones have been removed and reattached by string. Once cooked to your preferred doneness then snip the tied bones from the roast for an easy carve boneless roast.

15⁹⁹ /lb
STERLING SILVER Fresh Capless Prime Rib Easy Carve Premium Oven Roast cut from Canada AAA grade beef 35.25/kg

CERTIFIED TENDER
TENDRETE CERTIFIEE

READY FOR YOU

3⁷⁹ /100 g
Fresh Atlantic Salmon Roasts with Mediterranean Style Imitation Crab and Seafood Stuffing

Prep your mains, sides and more for this Thanksgiving!

BUY MORE SAVE MORE **1⁹⁹** ea when you buy 2 or more
PANACHE Whole Oysters Triple Smoked 85 g 2.49 ea



100 PTS when you buy 2

BUY MORE SAVE MORE **5⁹⁹** ea when you buy 2 or more
PANACHE Toppers 125 mL selected varieties 6.49 ea

13⁹⁹ /lb
SUNGOLD Boneless Lamb Leg 30.84/kg

Canadian lamb

Let's get dippin'!

5⁴⁹
COMPLIMENTS Dips or Hummus 454 g

21⁹⁹ COMPLIMENTS NATURALLY SIMPLE Wild Atlantic Canada Sea Scallops 20-40 ct per lb 400 g

12⁹⁹ COMPLIMENTS Frozen Boneless Turkey Roast with Cranberry Stuffing 1 kg

150 PTS when you buy 3
3⁴⁹ KETTLE BRAND Chips 198 g

200 PTS when you buy 3
4⁴⁹ BETTY CROCKER Brownies, Cookies or Cupcakes 348-521 g

2/\$5 DOLE Pineapple In Juice 398 mL or OCEAN SPRAY Cranberry Sauce 348 mL

2⁹⁹ COMPLIMENTS Flavoured Mustards 325 mL

BUY MORE SAVE MORE **\$2** ea when you buy 3 or more
FRANCO AMERICAN Gravy 284 mL 2.29 ea

100 PTS when you buy 2
2⁹⁹ COMPLIMENTS Apple Sauce 620 mL or Apple Cups 6 pk

15% off COMPLIMENTS Assorted Plates, Bowls, Cutlery, Plastic Glasses or Beer Cups

100 PTS when you buy 3
2²⁹ WHITE SWAN Napkins 100 pk

3⁹⁹ ALCAN Foil Wrap 50 ft or Non-Stick Foil Wrap 25 ft or REYNOLDS' Parchment Paper 35 ft



Made with organic cashews and house-made cultures



9⁹⁹
NUTS FOR CHEESE Plant-Based Cheese
120 g or NUTS FOR BUTTER 227 g 6.99 ea

**Eat well,
give thanks!**

Thanksgiving picks for the wellness-minded



3⁹⁹
NOBLE BEAN
Tempeh 240 g

Vegan, gluten-free, and high in protein



Vegan, wild-fermented and naturally probiotic

9⁹⁹
WILDBRINE Kimchi or Sauerkraut 500 mL

23 grams of protein, 7 grams of fibre and no added sugar per serving!



10⁹⁹
FLORISH Pancake Mix 430 g

4⁹⁹

CALIFIA FARMS Barista Blends
946 mL or Creamers 750 mL 4.99 ea or Almond Coffee Beverage 1.4 L 5.99 ea



Plant-based barista faves



12⁹⁹
CRANK Coffee FSP 340 g

Certified organic, fairtrade and roasted in Canada



produce



3.49 FROM WESTERN CANADA

PRODUCT OF WESTERN CANADA
CANADA Mini Seedless Cucumbers no 1 grade 6 pk



Jumbo size

50 PTS when you buy 1

5.99

Large Pineapples product of Costa Rica



3.99 /lb

Brussel Sprouts product of USA 8.80/kg



89¢ /lb

PRODUCT OF WESTERN CANADA
Cabbage 1.96/kg

1.19 /lb

PRODUCT OF WESTERN CANADA
Rutabaga 2.62/kg



2.49 /lb

PRODUCT OF WESTERN CANADA Hot House
Tomatoes no 1 grade 5.49/kg

Fruity fresh...



4.49 /lb

Plums product of USA 9.90/kg



3.99

COMPLIMENTS
Lemons product of South Africa 2 lb



2.49 /lb

Bartlett Pears product of USA extra fancy grade 5.49/kg



1.99 /lb

Red Grapefruit product of South Africa

4.49 /lb

ORGANIC Green or Red Seedless Grapes product of USA 9.90/kg

Veggie love...



2.99 /lb

Ginger Root product of China or Peru 6.59/kg

1.49 /lb

Garlic product of China 5 pk



3.99

COMPLIMENTS Baby Spinach, Baby Arugula or Spring Mix product of Canada or USA 142 g



2/11

TAYLOR FARMS Chopped Salad Kits product of USA 312-383 g



1.99

COMPLIMENTS Baby-Cut Carrots product of Canada or USA no 1 grade 340 g



15% off

Prepared Fresh Daily BBQ Grillers assorted sizes

READY FOR YOU We do the prep so you have the time. Discover convenient food solutions that are ready to eat.



15% off

Mixed or Tropical Fruit Salads assorted sizes



15% off

Prepared Daily Mixed Melon, Watermelon, Honeydew or Cantaloupe Chunks



15% off

Prepared Fresh Daily In-Store Mango Salsa, Pineapple Salsa or Guacamole Dip assorted sizes



15% off

Prepared Daily Chicken Caesar Salad assorted sizes

Thanksgiving is October 9th

Pre-order with us and your flowers will be ready for pick-up when you arrive at the store.

Grown in Western Canada



100 PTS when you buy 1

14.99 Ornamental Peppers in Pumpkin Ceramic 4"



12.99 Fall Kalanchoe in Boho Ceramics 4"



14.99 Mixed Seasonal Bouquets selection may vary by store



16.99 Farm Fresh Bouquet

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

Make your own restaurant-style dinner with Sterling Silver Premium Beef

Roast Royale!

That's like **\$5** toward your groceries

500 PTS when you spend \$25 or more

7.99 /lb

NEW **READY FOR YOU**

STERLING SILVER Fresh Boneless Sirloin Tip Roast Royale seasoned fat added cut from Canada AAA grade beef 17.61/kg

STERLING SILVER Fresh Boneless Sirloin Tip Oven Roast or Marinating Steak cut from Canada AAA grade beef 17.61/kg

7.99 /lb

family size

Hand-Selected AAA BEEF
Well-marbled - Aged to perfection
Cut from Canada AAA Beef
Exclusive to Sobeys or Safeway

8.99 /lb **COMPLIMENTS** Fresh **AIR-CHILLED** Boneless Skinless Chicken Thighs 19.82/kg

3.49 /lb **Fresh Pork** Hock 7.69/kg

5.99 /lb **PANACHE** Flattened Chicken Lemon Greek, Jerk or Portuguese 13.21/kg

4.99 /lb **Fresh Pork** Tenderloin cryovac 11.00/kg

300 PTS when you spend \$30 or more

11.99 /lb **Fresh Beef** Chuck Short Ribs cut from Canada AA grade beef 26.43/kg

6.49 /lb **Lean Ground Beef** 14.31/kg

6.99 /lb **In-Store Made** Medium Ground Beef Chuck Burger or Ground Beef Chuck Inclusion Burger various flavours 15.41/kg

16.99 /lb **Fresh Canadian** Lamb Loin Chops 37.46/kg

6.99 /lb **Whole Ducks** frozen grade A 15.41/kg

Ham it up this Thanksgiving!

4.49 /lb **PANACHE** Hickory Smoked Spiral Sliced Honey Glazed Ham 9.90/kg

4.49 /lb **HARVEST MEATS** Smoked Pork Picnic Shoulder 9.90/kg

4.99 /lb **SUGARDALE** Premium Bone-In Ham Roast 11.00/kg

6.99 /lb **PANACHE** Simple-Carve Ham 15.41/kg

10.99 **GOLD LABEL** Boneless Hams 800 g

10.99 **PILLER'S** Naturally Smoked Boneless Hams 800 g 11.99 ea

12.99 **BEST BUY** Boneless Smoked Ham 1.2 kg

5.49 /lb **COMPLIMENTS** Bone-In Ham Steaks 12.10/kg

10.99 **SUNGOLD** Lamb Tonight 284-375 g

quick & easy

100 PTS when you buy 1

9.99 **SCHNEIDERS** Peppercettes or **MAPLE LEAF** Fully Cooked Chicken Legs or Pork Tenderloin 300-600 g

5.99 **COMPLIMENTS** Fully Cooked Strips 150-200 g 6.99 ea

7.49 **GRIMM'S** Pepperoni or Pepperoni Bites 300-450 g

6.99 **HARVEST** Premium Back Bacon, Sausage Rings or Cooked Bratwurst 250-375 g

7.99 **WONG WING** Frozen Entrées, Egg Rolls, Spring Rolls or Dumplings 360-680 g

9.99 **WATSON RIDGE** Frozen Chicken Burgers, Strips or Popcorn 800 g

130 PTS when you buy 1

12.99 **ST. HUBERT** Pot Pie or Mozzarella Sticks frozen 510-800 g

190 PTS when you buy 1

18.99 **COMPLIMENTS** Value Size Lasagna or Macaroni and Cheese 2-2.27 kg or **DYNASTY** MEATS Lamb Skewers 300 g

Scene+

EARN REWARDS FASTER WITH UP TO **5,000 BONUS SCENE+ POINTS** with the Scotiabank Scene+ Visa Card

Apply now at scotiabank.com/earnpointsfaster
With minimum spend on everyday purchases in the first year. Conditions apply.
*Not for use on Sobeys or Safeway. Offer ends October 31, 2023. Offer subject to change.

SOBEYS_SAFEWAY_WK22_P05_WST_AB_M8_S8



Lunches Made Easy



7⁴⁹ Maple Leaf® Natural Selections® Sliced Deli Meats 125g - 175g Select Varieties **400 PTS** when you buy 2



NEW!

9⁹⁹ Maple Leaf Prime® Rotisserie Chicken Legs 600g or Pork Tenderloin 400g

October is seafood month!

Dive into Flavour

This mild and meaty flavoured tuna is caught 1 by 1, a fishing method that has little to no impact on surrounding habitats and marine life.



3.49
/100 g

Yellow Fin Tuna Steaks previously frozen or frozen product of Vietnam

WISE CHOICES
KEEP ROLLING IN



Look for the Ocean Wise® symbol on your favourite Compliments seafood items.

Get **500 PTS**

When you buy any 3 Compliments or Compliments Naturally Simple branded seafood items.

That's like **\$5** toward your groceries



2.99 COMPLIMENTS Crab Flavoured Alaskan Pollock 227 g



8.99 COMPLIMENTS NATURALLY SIMPLE Wild Cod Fillets 400 g



19.99 COMPLIMENTS Large Cooked Shrimp In Ring with Cocktail Sauce 737 g

Let's do OurPart™ for future generations.

Flavours here and far!

Shop international foods storewide.

BUY MORE
SAVE MORE

9⁹⁹

ea when you buy 2 or more
NUWORLD Rice Blends 907 g 12.99 ea



7⁴⁹

A-SHA Noodles selected varieties 475 g



3⁴⁹ /lb



4⁹⁹



4⁹⁹



3⁹⁹

GOLDEN DRAGON Sauce selected varieties 455 mL



5⁴⁹

SPAM Luncheon Meat selected varieties 340 g



2⁹⁹

M'LORD Miniature Corn Cobs whole or cut available in selected varieties and stores 398 mL

seafood

 <p>3.49 /100 g</p> <p>Yellow Fin Tuna Steaks previously frozen or frozen product of Vietnam</p>	 <p>2.99 /100 g</p> <p>Coho Salmon Fillets frozen or previously frozen product of Chile</p>	 <p>2.99</p> <p>COMPLIMENTS Crab or Lobster-Flavoured Alaskan Pollock 227 g</p>	 <p>8.99</p> <p>MARINA DEL REY Wild Argentinian Raw Shrimp Meat or Easy-Peel 20-30 ct per lb 300 g or COMPLIMENTS Bay Scallops 340 g</p>
 <p>2.69 /100 g</p> <p>Wild Icelandic Cod Fillets previously frozen or frozen</p>	 <p>2.99 /100 g</p> <p>Almond Crusted Sole Fillets or Potato Crusted Cod or Coconut Crusted Tilapia previously frozen</p>	 <p>8.99</p> <p>COMPLIMENTS NATURALLY SIMPLE Haddock or Cod Fillets 400 g</p>	 <p>8.99</p> <p>COMPLIMENTS Breaded Fish Burgers 515 g or Cod Nuggets 454 g</p>

kitchen

 <p>50 PTS when you buy 2</p> <p>COMPLIMENTS Salads regular potato, creamy coleslaw, macaroni or other selected varieties 426-454 g</p>	 <p>5.99 with Scene+ Card</p> <p>6.99 without Scene+ Card</p> <p>Maple Bacon Back Ribs half rack available hot or chilled 355 g</p>	 <p>250 PTS when you buy 1 family meal deal</p> <p>PLUS add one 1 litre Coca-Cola product</p> <p>1.49 ea.</p> <p>Feed a family of 4 for \$4.75 ea.</p>
 <p>100 PTS when you buy 2</p> <p>STARTING AT 6.49</p> <p>Flatbreads selected varieties 230-305 g</p>	 <p>14.99 with Scene+ Card</p> <p>16.99 without Scene+ Card</p> <p>California Family Pack 620-675 g</p>	<p>BUY 1 +1 Whole Assorted Dagwood Sandwich 1.15 kg</p> <p>for only 18.99</p> <p>COMPLIMENTS Salad 850-908 g regular potato, creamy coleslaw, macaroni or other select varieties</p>

deli

 <p>200 PTS when you buy 400 g</p> <p>40% off</p> <p>Parmigiano Reggiano works out to 3.59/100 g</p>	 <p>20% off</p> <p>LE GRUYÈRE works out to 4.99/100 g, Gruyère Langrutti works out to 6.15/100 g or Emmental works out to 4.31/100 g</p>	 <p>4.99</p> <p>CASTELLO Danish Brie, Camembert or Blue 125 g</p>	 <p>MIX & MATCH</p> <p>BUY 1 GET 1 50% off</p> <p>PANACHE Cheddar 225 g or Applewood Smoked 250 g</p>
 <p>200 PTS when you spend \$10</p> <p>STARTING AT 3.49 /100 g</p> <p>MASTRO Salami, Capocollo or Oven Roasted Ham or DANIELE Mortadella selected varieties</p>	 <p>150 PTS when you spend \$10</p> <p>STARTING AT 3.69 /100 g</p> <p>COMPLIMENTS Roast Beef selection may vary by store</p>	 <p>150 PTS when you buy 1</p> <p>11.99</p> <p>LE SAUCIFLARD French Style Salami selected 300 g</p>	 <p>LIMITED TIME ONLY</p> <p>6.99</p> <p>LESLEY STOWE'S Raincoast Crisps Pumpkin Spice Crackers selected 150 g</p>

BAKE SHOP

Discover our premium quality fresh baked goods made in our in-store bakery.

 <p>4.29</p> <p>Butter Crust Dutch Crunch, Soft Italia or Sesame Seed Topped Bread 450 g</p>	 <p>40 PTS when you buy 2</p> <p>3.99</p> <p>Mini Ciabatta Buns Plain, Everything or Roasted Garlic 8 pk 270 g</p>	 <p>4.29</p> <p>PANACHE Naan plain, caramelized onion or roasted garlic 340 g</p>
 <p>LIMITED TIME ONLY</p> <p>140 PTS when you buy 2</p> <p>6.99</p> <p>Cinnamon Kringle Danish 420 g</p>	 <p>160 PTS when you buy 2</p> <p>7.99</p> <p>COMPLIMENTS Dessert Squares 400 g</p>	 <p>LIMITED TIME ONLY</p> <p>6.99</p> <p>KIMBERLEY'S BAKESHOPPE Frosted Soft Cookies 10 pk 383 g</p>
 <p>11.49 with Scene+ Card</p> <p>12.49 without Scene+ Card</p> <p>Half Dessert Cakes selected 620-695 g</p>		

Sign up for our E-Flyer &

SAVE \$5

off your next purchase of \$40 or more!
www.sobeys.com/getflyer or www.safeway.ca/getflyer



Take & Bake Pizza!

Pepperoni

Dry-cured pepperoni
and Mozzarella cheese



Get **200** PTS

When you buy 2
14" Take & Bake
Pizzas 800-890 g

Our in-store prepared Take & Bake Pizzas
all contain high quality ingredients.
Each features a New York-Style crust which
is handcrafted and made with Canadian
Wheat, and topped with cheese made
from a Canadian dairy.

Meat Lovers

Dry cured pepperoni, smoked ham & bacon,
Italian-style sausage crumbles and
Mozzarella cheese



STARTING AT
11.99

See more varieties
in-store!

**Cheese, Hawaiian,
Deluxe, Vegetable
or Buffalo Chicken.**

Pesto Chicken

In-store roasted chicken
marinated in pesto sauce,
Mozzarella cheese and
Parmesan cheese petals



Look for Ready For You products in our Meat, Seafood, Kitchen, Produce, and Deli departments.

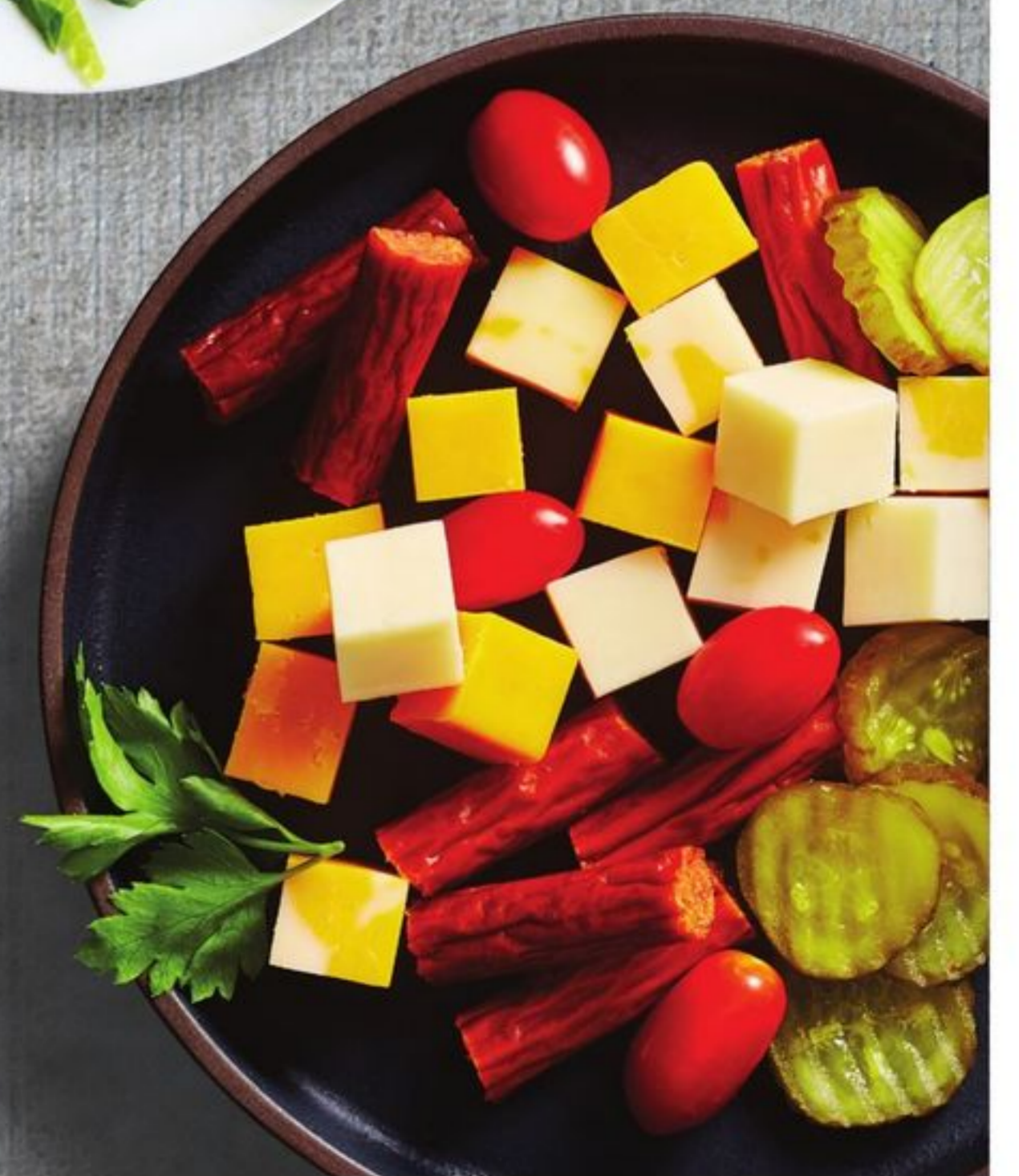
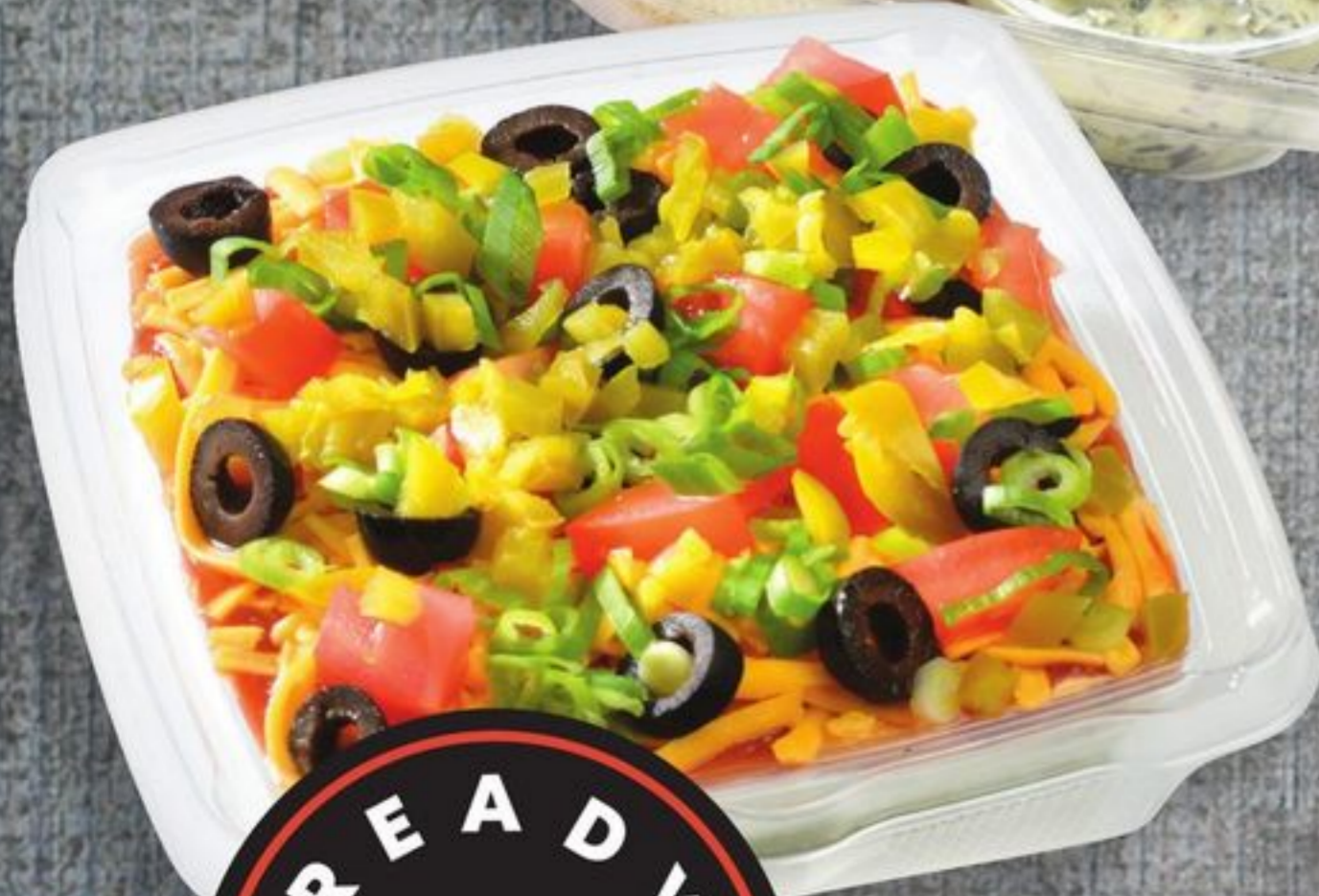


We do the prep so you **have the time.**

Discover convenient food solutions that are ready to eat, heat or cook.



Get **300** **PTS**
When you spend \$15 on
any store produced
Grab and Go Entertaining
or Snacking Trays
(excludes bakery)



Look for Ready For You products in our Meat, Seafood, Kitchen, Produce, and Deli departments.

frozen & dairy



6.99 RED BARON Rising or Thin Crust Pizza 447-597 g



11.99 P.F. CHANG'S or BERTOLLI Multi-Serve Meals 624 g



200 PTS when you buy 3



7.99 with Scene+ Card
without Scene+ Card
STARBUCKS Iced Coffee 1.18-1.42 mL



6.99 PILLSBURY Pizza Pops 8 pk



5.49 HUNGRY-MAN Frozen Dinners 360-455 g



4.99 BLACK DIAMOND Cheestrings 8 pk 168 g, AMOOZA! Twists 228 g or CRACKER BARREL or BLACK DIAMOND Combos 3 pk



4.49 TENDERFLAKE Pie or Tart Shells or Puff Pastry 255-397 g



3.99 CAVENDISH FARMS All-Day Breakfast Hash Browns 625-650 g



3.99 LIBERTE Greek 4 pk or 2 pk or Mediterranean 500 g or 4 pk 5.49 ea



3.49 YOPLAIT Minigo 6x60 g or Tubes 8 pk 4.49 ea



3.99 KELLOGG'S Eggo, French Toast Sticks, Pancakes or Thick & Fluffy Waffles 270-330 g



7.99 CAVENDISH FARMS Flavour Crisp Fries 2 kg



6.49 TIM HORTONS Coffee Creamer 750 mL



3.49 GAY LEA Aerosol Whipped Cream 225 g



50 PTS when you buy 1



4.99 COMPLIMENTS Cheese Slices 210-230 g 5.49 ea



75 PTS when you buy 1



50 PTS when you buy 3

COMPLIMENTS Cottage Cheese 750 g

COMPLIMENTS Cheese Slices 210-230 g 5.49 ea

COMPLIMENTS Thin Crust or Hand Finished Pizza 325-419 g

COMPLIMENTS Perogies 507 g

natural health



5.99 KASHI GoLean or ORGANIC Cereals 340-460 g



500 PTS when you buy 2



6.49 PACIFIC FOODS Soup 946 mL or 1 L



5.49 Garden of Eatin' Supreme Burger 190-390 g or LUCKY Gluten Free Spring Rolls 241 g



4.99 COMPLIMENTS ORGANIC Frozen Vegetables 340-500 g



3.99 OLYMPIC ORGANIC Yogurt 650 g



39.99 NORTH COAST Naturals ISO Protein 680 g



2/\$7 OH YEAH! Protein Bars 60 g



4.99 RIVIERA Vegan Delights 500 g or 4 pk 480 g



19.99 CENTRUM Gummies 90-150 pk

Scene+ MEMBER PRICING

3.49 with Scene+ Card
without Scene+ Card
MUTTI ORGANIC Diced or Peeled Tomatoes 398 mL

4.99 with Scene+ Card
without Scene+ Card
COMPLIMENTS Vitamin D3 1000 IU 150 pk or Vitamin D3

Scene+ DON'T FORGET TO SWIPE YOUR SCENE+ CARD **\$490** IN POINTS AVAILABLE IN STORE THIS WEEK! 1,000 PTS = \$10 OF FREE GROCERIES.

SOBEYS_SAFWAY_WK22_P07_WST_AB_148_5K

DONATE IN-STORE Sept. 14 - Oct. 1 **TO GET KIDS THE MENTAL HEALTH HELP THEY NEED.**

100% of funds support kids' mental health programs



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Canon, 13
Received support
for PTSD

drinks & snacks

<p>6.99 without Scene+ Card 5.99 with Scene+ Card</p> <p>PLANTERS Dry Roasted Seasoned Peanuts 454 g</p>	<p>2/7.50</p> <p>LAYS Potato Chips 220-235 g Poppables 130 g or Baked 177 g</p>	<p>2/\$9</p> <p>MISS VICKIE'S Kettle Chips 190-200 g</p>	<p>100 PTS when you buy 2</p> <p>PEPSI Soft Drinks 6x222 mL</p>
<p>50 PTS when you buy 2</p> <p>GLACEAU Vitamin Water 591 mL or MONSTER Energy Drinks 444-473 mL</p>	<p>150 PTS when you buy 3</p> <p>KELLOGG'S Cheez-It Crackers 191-200 g</p>	<p>80 PTS when you buy 2</p> <p>CHRISTIE Crispers Family Size or Ritz Chips 240 g or Good Thins Crackers 100 g</p>	<p>4.79</p> <p>CHRISTIE HoneyMaid Wafers 400 g or Fig Newtons 283 g</p>
<p>5.99</p> <p>NESTLÉ Carnation Hot Chocolate 400-450 g, RED ROSE Tea 48-72 pk, TWININGS Probiotics Tea 18 pk or TAZOO Tea Concentrate 946 mL</p>	<p>5.99</p> <p>NESTLÉ Mini Chocolate Bars 25 pk</p>	<p>1.79</p> <p>KINDER Surprise Egg 20 g, NUTELLA & Go 52 g or KINDER Bueno Bar 39-43 g</p>	<p>6.99</p> <p>NESTLÉ Quality Street Share Bag or Turtles Share Bag 160-190 g or HERSEY'S Pot of Gold 243-245 g</p>

meal makers

<p>4.49 with Scene+ Card 5.69 without Scene+ Card</p> <p>FLEISCHMANN'S Yeast 113 g or Bread Booster 100 g</p>	<p>5.79</p> <p>E.D. SMITH Pure Pumpkin 796 mL</p>	<p>50 PTS when you buy 1</p> <p>BISTO Gravy Powder 227 g or Instant Gravy 170 g</p>	<p>1.79 ea when you buy 2 or more</p> <p>BATON ROUGE Signature Sauces or Gravies 34-45 g 2.19 ea</p>
<p>100 PTS when you buy 3</p> <p>PACE Salsa 642-648 mL</p>	<p>200 PTS when you buy 6</p> <p>CAMPBELL'S Chunky Soup 515 mL</p>	<p>8.99</p> <p>KELLOGG'S Jumbo Cereal selected varieties 700 g-1.2 kg, POST Jumbo Cereal 1.1-1.4 kg or KELLOGG'S Pop-Tarts 1152 kg or Rice Krispies Squares 660 g</p>	<p>100 PTS when you buy 4</p> <p>JELL-O Jelly Powders 10-85 g</p>
<p>4.99</p> <p>KIKKOMAN Soy Sauce 296 mL</p>	<p>10.99</p> <p>BEN'S ORIGINAL Converted Rice 2.2 kg</p>	<p>7.69 STARTING AT</p> <p>SCHÄR Gluten Free Bread or Buns 200-400 g or Hot Dog or Hamburger Buns 4 pk</p>	<p>2/\$6</p> <p>HOSTESS Snacks 121-225 g</p>

<p>2.29 ea when you buy 3 or more</p> <p>COMPLIMENTS Potato Chips or Extraa! Flavour Chips 200 g 2.99-3.19 ea</p>	<p>50 PTS when you buy 2</p> <p>COMPLIMENTS Fizzy or Sparkling Water 503 mL or 1 L</p>	<p>100 PTS when you buy 1</p> <p>PANACHE Cookies 300 g, BEST BUY Creme Filled Cookies 600 g or COMPLIMENTS Arrowroot Cookies 350 g</p>	<p>100 PTS when you buy 1</p> <p>COMPLIMENTS Pure Milk Halloween Chocolate Balls 250 g</p>
<p>2.99</p> <p>KRAFT Jet-Puffed Marshmallows White 250 g</p>	<p>6.49</p> <p>COMPLIMENTS Super Squeeze Apple Snacks 90 g 12 pk</p>	<p>2.99</p> <p>COMPLIMENTS Sweet Gherkins or Sweet Pickled Onions 375 mL</p>	<p>2.99</p> <p>COMPLIMENTS Albacore Tuna 170 g</p>

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home & pet care



15% off GOODCOOK Turkey Gadgets selected varieties



2/12 COMPLIMENTS Kitchen Towels or Dish Drying Mats assorted varieties



3.99 SPONGETOWELS Ultra Pro Plus 2 pk



12.49 with Scene+ Card
13.99 without Scene+ Card
COMPLIMENTS Bathroom Tissue Double 24=48 Rolls



150 PTS when you buy 1
8.99 PUREX Laundry Detergent 1.47-2.03 L or 28-40 Disc pk



200 PTS when you buy 1
32.99 TIDE Pods 85-112 pk, Power Pods 63 pk



200 PTS when you buy 2
6.99 GAIN Laundry Detergent 1.36 L or Flings 16 pk



8.49 COMPLIMENTS Laundry Detergent 1.37-1.47 L or Sheets 200 pk



100 PTS when you buy 2
2/\$6 MILK-BONE Soft & Chewy 113 g or SNAUSAGES 196 g



200 PTS when you buy 2
8.99 PURINA Cat Chow 1.6-2 kg



200 PTS when you buy 1
18.99 ARM & HAMMER Cat Litter 3.86-9.1 kg



5.79 COMPLIMENTS Grip 'N' Tie Bags, 30-48 pk scented or unscented

health, beauty & baby



1.49 CREST Toothpaste 50-100 mL, 1 pk or ORAL-B Cavity Defense Toothbrushes 1 ea selected



150 PTS when you buy 2
8.99 CREST 3D White Toothpaste or Rinse, ORAL-B Toothbrushes, Arc Whitening Booster 1-3 pk 52-946 mL selected



6.49 LIVE CLEAN Hand Soap 500 mL, SECRET, OLD SPICE or IVORY Deodorant 68-85 g selected



15% off JERGENS or CUREL Lotion 200-620 mL or BIORE Skincare selected



15% off BIC Twin Blade 10 pk or Triple Blade 4-8 pk Razors or BLISTEX Lip Care 4.25-7 g selected



3.99 SOFTSOAP Hand Soap 332 mL



75 PTS when you buy 2
4.99 CREST 3D White, ORAL-B Toothbrushes or Glide Flossers 70 mL or 1-75 pk selected



50 PTS when you buy 2
4.99 COMPLIMENTS Mouthwash 1 L selected



2/\$6 CEREBELLY ORGANIC Purées 128 mL selected



2/\$7 BABY or TODDLER MUM-MUM 50-60 g selected



500 PTS when you buy 2
22.99 PAMPERS Baby Wipes 504-720 pk



100 PTS when you buy 1
13.99 CETAPHIL Baby Care 295-400 mL

pharmacy

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



100 PTS when you buy 2
10% off VOLTAREN Emulgel 30 g or 50 g



300 PTS when you buy 1
10% off ROBAX Extra Strength 40 pk or 70 pk or PLATINUM 60 pk selected*



150 PTS when you buy 2
15% off CHILDREN'S TYLENOL, MOTRIN or BENLYLIN selected*



150 PTS when you buy 2
10% off NEUTROGENA Acne Products selected



100 PTS when you buy 2
15% off POISE Pads or Liners selected



150 PTS when you buy 2
15% off TYLENOL Pain Relief 50-120 pk or MOTRIN 200-400 mg 45-90 pk selected*

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Meow Mix
1.36-2 kg **\$9.79**



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\$20.99
Blue Buffalo
Dry Cat Food 2.2 kg

\$15.99
Lily & Jax
Dry Dog or
Dry Cat food
1.6-2 kg



200 PTS
when you buy 1



\$12.99
Tidy Cats
LightWeight Cat Litter
2.72 kg



50 PTS
when you buy 1
\$6.49
BLUE Bits, Stix, or
Sizzlers Dog Treats
113-170 g

250 PTS
when you buy 1



\$13.99
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Dry Dog Food
1.36-1.67 kg

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PURINA Beyond
Wet Cat Food
85 g



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COMPLIMENTS
Pizza Sauce 213 mL

50 PTS
when you buy 2

COMPLIMENTS
Pizza Dough 650 g

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Taste Test**

100%
MONEY-BACK
GUARANTEE

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Sept. 29

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1000 PTS
when you buy 2



Rich and tasty

Seasonal flavour



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on every \$5 spent on Compliments coffee

Get

1,000 PTS

when you spend \$40
on coffee products*

That's like \$10 in free groceries



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5⁴⁹

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