

# Sobeys

Better food for all.

CREATE A LITTLE Holiday Magic

## 5 DAY SALE

THU 14 | FRI 15 | SAT 16



10 Bonus Miles when you buy 1

**7.29** /lb

Grade A Turkey frozen all available sizes 2.84/kg



**2.99** /lb

WELCH'S Red or Green Seedless Grapes product of USA no 1 6.59/kg



**99¢** /lb

Sweet Potatoes product of Nova Scotia 2.18/kg



Compliments Spicy Breaded Chicken Wings

**8.99** ea

COMPLIMENTS Breaded Chicken Wings mild or spicy 750 g



BUY BIG SAVE BIG

**5.77** /lb

Striploin Grilling Steak cut from Canada AA or USDA select 12.72/kg



BUY BIG SAVE BIG

**2.99** /lb

Fresh Lean Ground Beef 6.59/kg



SAVE UP TO 1.11 /lb

**7.88** /lb

Boneless Pork Loin, Rib or Sirloin Portion 4.14/kg



SAVE UP TO 4.00 ea

**3.99** ea

KRAFT Cheese 450 g (excludes Cracker Barrel) or Shreds 320 g



ATLANTIC PRODUCED

**2/\$5**

VILLAGGIO Bread 675 g, Rolls 6 - 8 pk or DEMPSTER'S Whole Grains Bread 600 g



**2.49** ea

KRAFT Philadelphia Cream Cheese whipped or bold 227 - 250 g or Egg Nog 1 L



**2.99** ea

KRAFT Miracle Whip or Mayonnaise 650 - 890 mL, HEINZ Ketchup 750 mL - 1 L or MCLARENS Olives, Gherkins or Onions 375 - 750 mL



**3.99** ea

BECEL Margarine 907 g, Buttery 680 g or Chocolate Milk 2 L



**88¢** ea

BIG 8 Pop 2 L, ACT II Popcorn 297 g or CRUNCH 'N MUNCH 113 g



**99¢** ea

KRAFT Stove Top Stuffing 120 g or CLUB HOUSE Gravies and Sauces 21 - 45 g



**3.49** ea

CHAPMAN'S Premium Ice Cream or Frozen Yogurt 2 L, Slice Cream 1.5 L, Super Novelties 8 - 20 pk or Yukon Bars 5 - 8 pk (excludes seasonal)



**4.44** ea

POT OF GOLD or FERRERO Rocher Collections 122 - 156 g or 16 pk or Jewel Box 200 g

### CHOOSE YOUR REWARD!

REDEEM AT Sobeys

VALID THURS., DEC 14 - SAT., DEC 16, 2017

Get **95** Bonus Miles for every \$150\* you spend, with coupon, using your AIR MILES® Card

**OR**

REDEEM AT Sobeys

VALID THURS., DEC 14 - SAT., DEC 16, 2017

Get a **20¢** /litre fuel voucher\*\* for every \$150\* you spend, with coupon, using your AIR MILES® Card

PICK UP YOUR FREE HOLIDAY MAGAZINE IN STORE!

A LITTLE *Magical Inspiration*...

# Sensations by Compliments



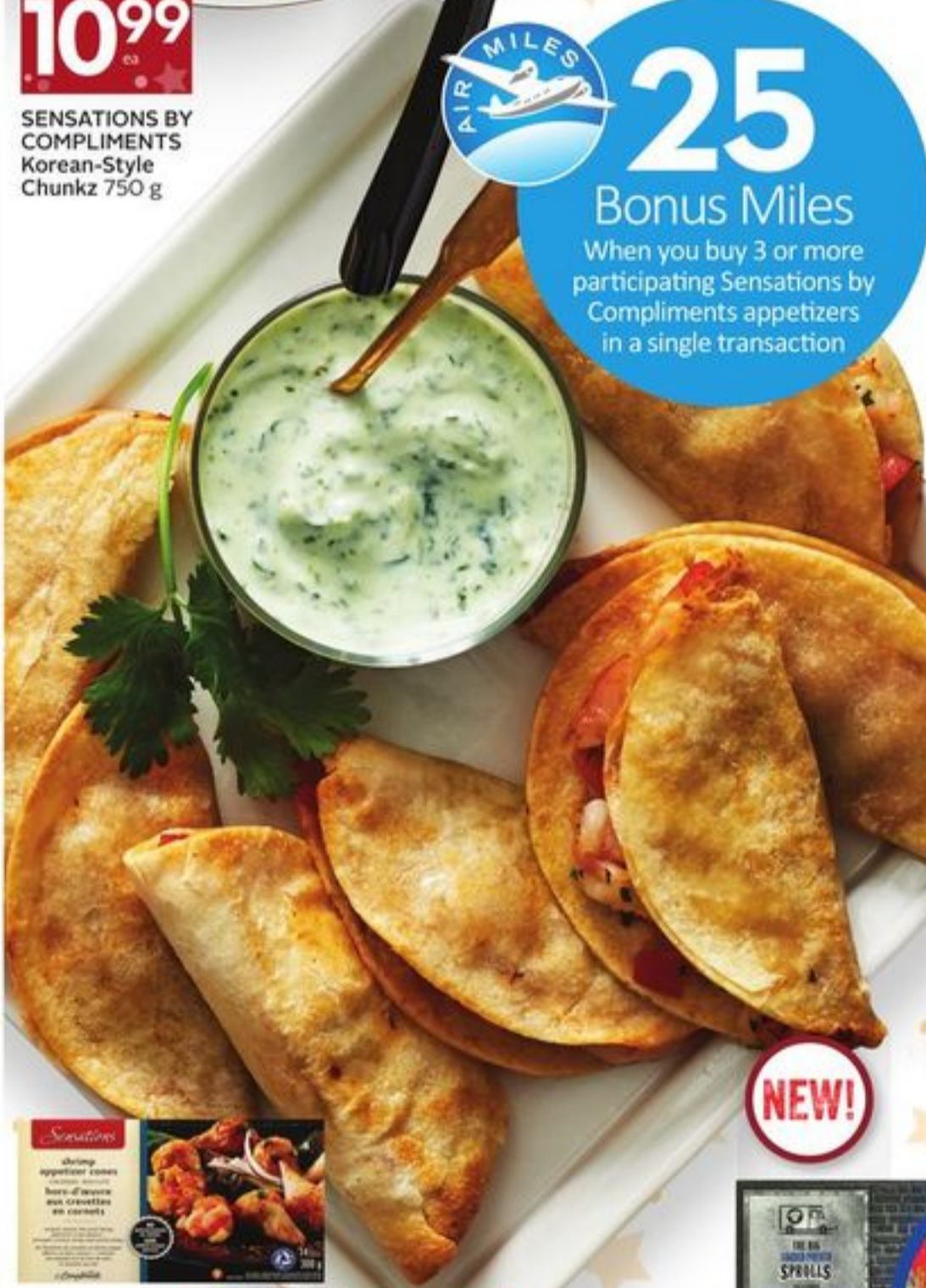
**NEW!**  
**10<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS  
Korean-Style  
Chunkz 750 g



**NEW!**  
**7<sup>99</sup>**

SENSATIONS BY COMPLIMENTS Chicken Taquitos 420 g

**AIR MILES**  
**25**  
Bonus Miles  
When you buy 3 or more  
participating Sensations by  
Compliments appetizers  
in a single transaction



**8<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS  
Shrimp Appetizer  
Crowns 310 g



**7<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS  
Mini Shrimp Tacos  
or Shrimp Appetizer  
Cones 300 g

**NEW!**



**7<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS  
Loaded Potato  
Sprolls 600 g



**3**  
Bonus Miles  
when you buy 2  
**2<sup>79</sup>**  
SENSATIONS BY COMPLIMENTS  
Italian Soda  
750 mL



**3**  
Bonus Miles  
when you buy 3  
**3/4<sup>98</sup>**  
SENSATIONS BY COMPLIMENTS  
Carbonated  
Spring Water  
750 mL - 1 L



**7<sup>99</sup>**  
COMPLIMENTS  
Roast & Ground  
Coffee original  
roast 925 g



**4**  
Bonus Miles  
when you buy 3  
**1<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS  
Kettle-Cooked  
Potato Chips  
200 g



**5**  
Bonus Miles  
when you buy 2  
**2<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS  
Cracker  
Assortment 250 g



**8**  
Bonus Miles  
when you buy 2  
**5<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS  
Shredded Cheese  
320 g



**weekly SAVINGS**  
**1<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS  
Whole  
Triple-Smoked  
Oysters 85 g



**ATLANTIC PRODUCED**  
**4<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS  
Ice Cream 1.5 L

2 | CULINARY CLASS

• Chicken Sate with Almond Sauce • Smoked Salmon Quiche • Cheddar and Tomato Tart • Lemon Snow with Raspberries

Register now. Recipes courtesy of Chef Franklin McKibbin, Sydney, NS. Only \$15 in our community room.

# Make Merry WITH PARTY PLATTERS!

**MADE IN-STORE**

**29<sup>99</sup>** ea Sweet Treats Tray  
2.1 kg

**19<sup>99</sup>** ea 10" Vegetable Nibbler Tray  
serves 8 - 10

**SAVE 15%**  
when you buy  
2 or more  
Made-to-Order  
trays

**weekly SAVINGS**

**16<sup>99</sup>** ea Tasty Triangles Tray  
serves 5 - 6

**weekly SAVINGS**

**19<sup>99</sup>** ea Munchies for a Bunch Tray  
serves 4 - 6

**STARTING AT**

**9<sup>99</sup>** /lb Celebration Vegetable Tray with Dip

**2<sup>39</sup>** /100 g Meat and Cheese Celebration Tray or assorted varieties

**30** Bonus Miles  
When you spend  
\$15 or more on  
Grab & Go trays

**MADE IN-STORE**

**8<sup>99</sup>** ea Gourmet Brownie Tray 9" 450 g

**STARTING AT**

**9<sup>49</sup>** /lb Celebration Fruit Tray with Dip and Grapes

**1<sup>99</sup>** ea OCEAN SPRAY Cranberry Sauce 348 mL

**1<sup>25</sup>** ea DOLE Pineapple 398 mL

**3<sup>99</sup>** ea BICK'S Whole or Baby Dills 1 L or Mustard Pickles 500 mL

**2/\$3** weekly SAVINGS VH Sweet & Sour, Plum or Cherry Sauce 227 mL or Pouches 160 mL

**2/\$5** BEAVER Mixed Nuts 80% peanuts roasted salted 190 g

**3<sup>49</sup>** ea MOTT'S Mr & Mrs T Mixes 1 L or ROSE'S Grenadine 739 mL

**3<sup>99</sup>** ea COMPLIMENTS Holiday Napkins\* lunch or beverage 50 pk

**2/\$4** weekly SAVINGS LOOK! Oven Bags large 2 pk or ALCAN Foil 25 ft 12"

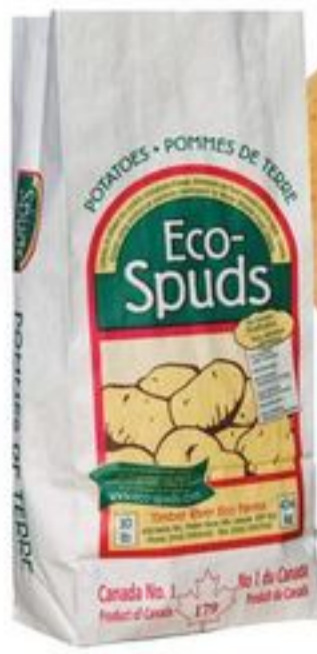


*Feast*  
**& MAKE MERRY**

[SEE THE MENUS](#)



# produce



**5<sup>99</sup>**  
 ECO-SPUDS Potatoes product of New Brunswick 10 lb bag



**3<sup>49</sup>**  
 Brussels Sprouts product of Atlantic Canada 7.69/kg

3.49 ea  
 Organic Carrots product of PEI 2 lb bag



**4<sup>99</sup>**  
 Carrots or Onions product of Atlantic Canada 5 lb bag



**4<sup>99</sup>**  
 Cauliflower product of Florida



**2/\$6**  
 COMPLIMENTS Cranberries product of Atlantic Canada 340 g



Turnip or Green Cabbage product of Atlantic Canada 1.96/kg

**89¢**



**5<sup>99</sup>**  
 COMPLIMENTS Chopped Salads Mediterranean, BBQ Ranch, Baja Blend or Kale with Brussels Sprouts product of USA 264 - 356 g



**NEW!**



**5<sup>99</sup>**  
 COMPLIMENTS ORGANIC Spring Mix or Baby Spinach product of USA 142 g



**2<sup>99</sup>**  
 Celery product of USA



**2<sup>99</sup>**  
 Parsnips product of Atlantic Canada 454 g



**89¢**  
 Limes product of Mexico size 36's

## salad toppers



**3<sup>99</sup>**  
 COMPLIMENTS Sunflower Seeds salted or unsalted 450 g



**6<sup>99</sup>**  
 COMPLIMENTS Walnuts halves and pieces 225 g



**6<sup>99</sup>**  
 ORGANICALLY YOURS Organic Dried Cranberries 200 g



everyday  
**LOW  
PRICE**

# EVERYDAY LOW PRICE



everyday  
**LOW  
PRICE**

**4.99**  
ea

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



Hothouse Tomatoes  
product of Canada or Mexico 6.59/kg

everyday  
**LOW  
PRICE**

**2.99**  
/lb



**4.99**  
ea

Raspberries or Blackberries product of Mexico 6 oz



**1ST**  
OF THE  
SEASON

**99¢**  
ea

Large Lemons product of USA size 88's



McIntosh Apples product of Atlantic Canada 3.95/kg

ATLANTIC  
CROWN

everyday  
**LOW  
PRICE**

**1.79**  
/lb



everyday  
**LOW  
PRICE**

**2.99**  
ea

COMPLIMENTS Garden Salad product of USA 340 g



**4.49**  
/lb

Mixed Nuts in Shell 9.90/kg



ATLANTIC  
CROWN

**4.99**  
ea

COMPLIMENTS McIntosh or Cortland Apples product of Atlantic Canada 3 lb bag



NEW  
BRUNSWICK

**1.49**  
ea

BELLEISLE FARMS Cole Slaw product of New Brunswick 227 g

## Enchanting Blooms

FOR THE HOLIDAYS



BUY 1 at \$8.99

BUY 2 OR MORE

**\$8**  
ea

Amaryllis Gift Box\*



**16.99**  
ea

Mini Festive Orchid\* in ceramic



GUARANTEED  
FRESH  
FOR 7 DAYS

**10% off**

Holiday Delight Bouquet\* reg 19.99



GUARANTEED  
FRESH  
FOR 5 DAYS

**18.99**  
ea

Premium Dozen Roses\* bouquet with greens and baby's breath 50 cm

Blizzard Holiday Garden\* 7.5"

**28.99**  
ea



**22.99**  
ea

Holiday Sleigh Garden\*

\*Floral items are available at most stores



Want free groceries?

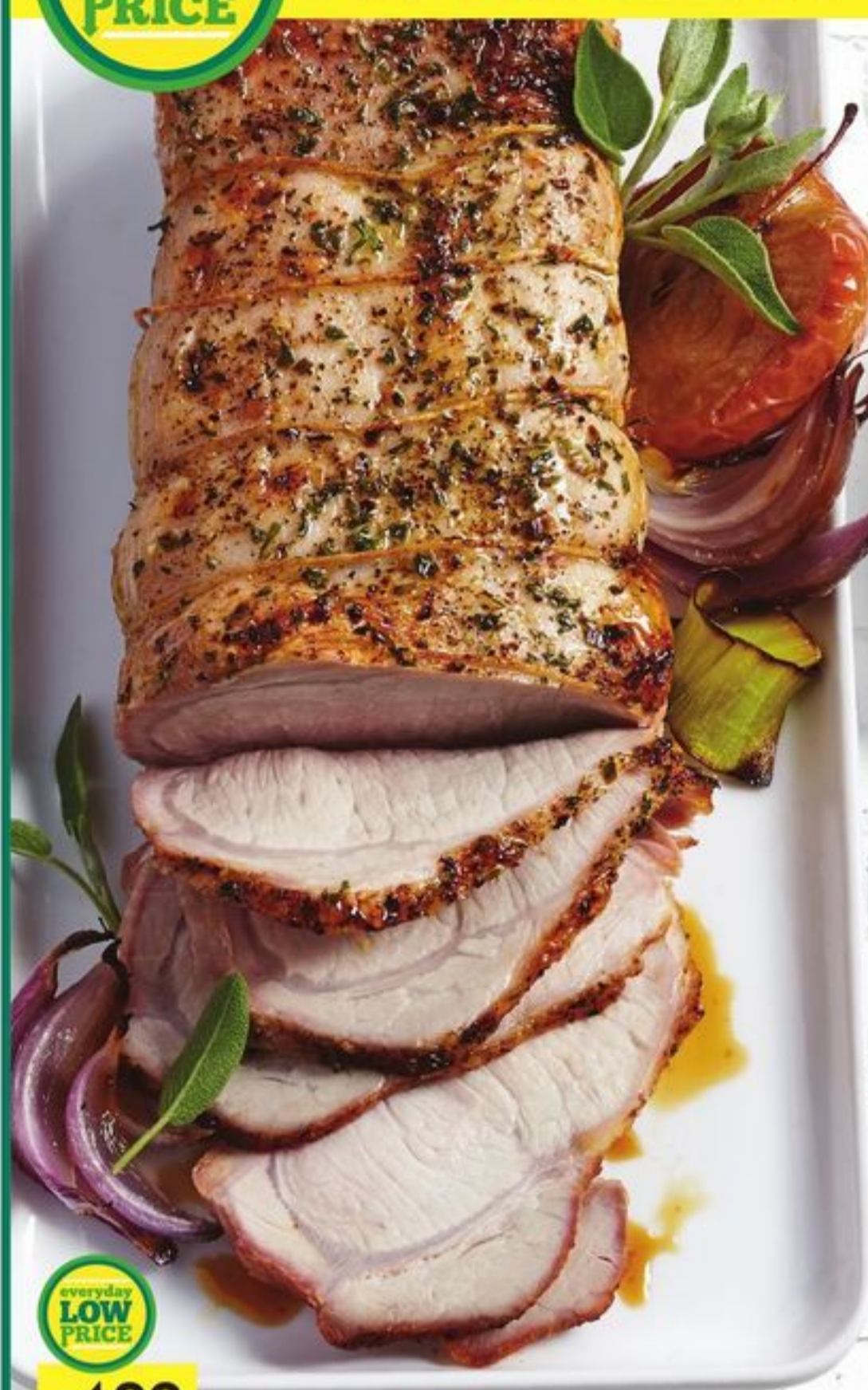
Use your AIR MILES® Cash Miles instantly towards groceries at checkout. Enrol today at [airmiles.ca/cash](http://airmiles.ca/cash)



5

everyday  
**LOW  
PRICE**

# EVERYDAY LOW PRICE



everyday  
**LOW  
PRICE**

**4.99**  
/lb

Pork Loin Centre Roast  
boneless 11.00/kg



BUY  
**BIG  
SAVE**

everyday  
**LOW  
PRICE**

**6.49**  
/lb

Chicken Breast  
boneless 14.31/kg

MAPLE LEAF  
PRIME Extra Lean  
Ground Chicken  
or Turkey 454 g

BUY 1 at \$6.99

BUY 2 OR MORE

**\$6**  
ea



everyday  
**LOW  
PRICE**

**4.99**  
ea

COMPLIMENTS  
Bacon 500 g



**5.49**  
/lb

Sirloin Tip Oven Roast cut from  
Canada AAA beef 12.10/kg



BUY  
**BIG  
SAVE**

**3.99**  
/lb

Pork Side Ribs whole 8.80/kg



**New!**

**16.99**  
ea

SENSATIONS BY  
COMPLIMENTS Boneless  
Turkey Breast Roast with  
cranberry stuffing 1.25 kg



**4.49**  
ea

MAPLE LODGE FARMS  
Chicken Bacon 375 g



**11.99**  
ea

SWISS CHALET Pork Back  
Ribs smoky BBQ 600 g



**13.99**  
ea

COMPLIMENTS Turkey Roast  
with Cranberry Stuffing 1 kg



**3.49**  
ea

CHRIS BROTHERS Bologna  
sliced 375 g



**11.99**  
ea

MAPLE LEAF PRIME Chicken  
Wings 750 - 800 g



BUY 1 at \$6.99

BUY 2 OR MORE

**5.99**  
each

COMPLIMENTS Mozzarella  
Sticks or assorted varieties  
325 g

# seafood



**5<sup>99</sup>**  
JANES Battered or Battered Fish assorted varieties 450 g or 640 g



**16<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS Extra Large Black Tiger Shrimp 26 - 30 count cooked 454 g or Jumbo Shrimp 16 - 20 count uncooked 454 g



COMPLIMENTS Cooked Jumbo Shrimp with Sauce 312 g or COMEAU Bacon Wrapped Salmon 225 g

**9<sup>99</sup>**



**10<sup>99</sup>**

Fresh Atlantic Salmon Fillets 24.23/kg



Oysters **1<sup>00</sup>** ONLY /each

PEI Oysters "Raspberry Point" Most Northern Stocks of oysters in North America, salty taste, clean flavour with a delightful sweet finish.

Nova Scotia Oysters "Ruisseau" From Eel Lake Oyster Farms, commonly known as American or Eastern oysters, a delicious oyster with intense taste.

New Brunswick Oysters "Che-book-took" The original Micmac name meaning "great little harbour" Bouctouche Bay offers pristine waters of ideal conditions for quality.

BRING SOMETHING SPECIAL TO THE OCCASION  
The holidays are a time for breaking out of the normal, surprising family and guests with a special treat to subtly dance on their tastebuds! Bring the flavour of fresh Atlantic grown oysters to your plate this holiday season.

# deli



**3<sup>99</sup>**  
OLIVIERI Fresh Pasta, Gnocchi or Sauce assorted varieties 160 - 360 g or 300 mL



**99¢**  
COMPLIMENTS Cooked Ham deli sliced or shaved

**3<sup>99</sup>**  
CHRIS BROTHERS Sausage polish or garlic 250 g



**3<sup>99</sup>**  
SENSATIONS BY COMPLIMENTS Goat Cheese assorted varieties 113 g



**6<sup>99</sup>**  
SNOWDONIA Cheese assorted varieties 200 g

# Holiday MEAL BUNDLE

Make busy nights easier. Just grab and go. Available 4pm - 8pm



**\$24<sup>99</sup>**

# bakery

MADE IN-STORE



**4<sup>49</sup>**  
Macaroon Cookies\* 12 pk 450 g



**8<sup>99</sup>**  
Christmas Cakes\* 650 g



**3<sup>99</sup>**  
Loaf Cakes\* assorted varieties 454 - 620 g

**2<sup>99</sup>**  
Twin Rolls\* white or whole wheat 8 pk



**3<sup>49</sup>**  
Raisin Walnut Bread 450 g or Parisian Baguette 425 g



**2<sup>99</sup>**  
Newfoundland Homestyle Bread\* white or whole wheat 520 g



**2<sup>99</sup>**  
DEMPSTER'S Bagels 6 pk 450 g



**MORE WAYS TO HELP YOU SAVE**

everyday **LOW PRICE**

weekly **SAVINGS**

BUY MORE SAVE MORE

better **REWARDS**



**\$1** ea  
COMPLIMENTS Pudding Cups 4 x 99 g



**249** ea  
COMPLIMENTS Fancy Molasses 675 g



**299** ea  
COMPLIMENTS Honey 375 g



**699** ea  
SENSATIONS BY COMPLIMENTS 100% Pure Maple Syrup 375 mL



**299** ea  
COMPLIMENTS Chunky Salsa 650 mL



**349** ea  
COMPLIMENTS Instant Rice 600 - 700 g



**299** ea  
NAPOLI Superpac Pizza 510 - 576 g



**599** ea  
COMPLIMENTS Bathroom Tissue double 12 pk



BUY 1 at 3.49 - 3.79  
BUY 2 OR MORE  
**\$3** ea  
HUMPTY DUMPTY Party Mix 280 g or OLD DUTCH Arriba 245 g



BUY 1 at \$3.99  
BUY 2 OR MORE  
**\$3** ea  
RUFFLES 220 - 245 g



BUY 1 at \$1.39  
BUY 4 OR MORE  
**\$1** ea  
COMPLIMENTS Crackers & Cheese 3 x 27 g



BUY 1 at \$3.49  
BUY 2 OR MORE  
**\$3** ea  
COMPLIMENTS Kitchen Garbage Bags 14 L or 22 L 24 pk (where accepted)



5 Bonus Miles when you buy 4  
**2/\$7**  
MISS VICKIE'S 200 - 220 g



10 Bonus Miles when you buy 3  
**333** ea  
CLASSICO Pasta Sauce 218 - 650 mL



3 Bonus Miles when you buy 2  
**249** ea  
HELIVA GOOD! Dips 250 g



5 Bonus Miles when you buy 2  
**399** ea  
GAY LEA Whipped Cream 225 g

# Compliments

Trusted Brand Quality for Less



4 Bonus Miles when you buy 2  
**2/550**  
COMPLIMENTS Roasted & Salted or Barbecue Peanuts 300 g



**699** ea  
COMPLIMENTS Almonds 275 - 300 g



**2/\$5**  
COMPLIMENTS BALANCE or COMPLIMENTS Garden Vegetable Cocktail 1.89 L or COMPLIMENTS Tomato Clam Cocktail 1.89 L



4 Bonus Miles when you buy 2  
**199** ea  
COMPLIMENTS 100% Pure Canola Oil 473 mL



**199** ea  
COMPLIMENTS Coating Mix 142 - 184 g



weekly **SAVINGS**  
**279** ea  
COMPLIMENTS Flavoured Mayo 300 mL



weekly **SAVINGS**  
**299** ea  
SENSATIONS BY COMPLIMENTS Marinade 350 mL



weekly **SAVINGS**  
**299** ea  
COMPLIMENTS Large White Eggs dozen



**999** ea  
COMPLIMENTS Frozen Fruit 1.5 kg



weekly **SAVINGS**  
**\$1** ea  
COMPLIMENTS Facial Tissue 2 or 3 ply 78 - 136 pk



weekly **SAVINGS**  
**2/\$4**  
COMPLIMENTS Multi-Surface Cleaner 1.2 L

# HELP YOUR HOST WITH Sweet Treats



**5.99**  
NESTLÉ KitKat Rubies Boxed Chocolates 110 g



**13.79**  
NESTLÉ After Eight skyline tin 400 g

STARTING AT  
**2.29**

COMPLIMENTS Candy Canes peppermint 16 pk 200 g or TOBLERONE Chocolate Bar 100 g



**4.49**  
M&M'S Candy 200 g



**14.97**  
NESTLÉ Quality Street Tin 725 g



**3.99**  
Touch of Christmas Santa Plate\* 8.5" or Tumbler 20 oz



**9.99**  
SAFDIE Holiday Fabric Tablecloth\* 52" x 70" or 60" x 84"



**12.99**  
GOODCOOK Roasting Set 15 pieces



**2.99**  
LIBBEY Christmas Ornaments Glassware\* or Winterland assorted varieties



**8.99**  
COMPLIMENTS Holiday Crackers\* 10" 8 pk



**14.99**  
GOODCOOK Jumbo Non-Stick Roaster



## SAVE \$2

when you

## BUY 2

participating Miss Vickie's® or Simply products

\*Participating products: Miss Vickie's® kettle cooked potato chips (200 g – 220 g, any flavour); Simply TOSTITOS® tortilla chips (220 g – 240 g, any variety); Simply DORITOS® tortilla chips (213 g); and Simply TOSTITOS® salsa (423 mL).



## \$3.99

ASSORTED DAIRY ISLE CHEESE 270 G OR SHREDDED CHEESE 225 G

Try our Dairy Isle Sharp Cheddar and Cranberry Cheese Log  
<http://dairyisle.ca/recipes/sharp-cheddar-and-cranberry-cheese-log/>

# dairy & frozen

 <p><b>weekly SAVINGS</b> <b>3.99</b> ea CENTRAL DAIRIES 18% Cream 1 L</p>	 <p><b>weekly SAVINGS</b> <b>5.99</b> ea BLACK DIAMOND Cheese 400 - 450 g, Shredded 340 g, Natural Slices or Sticks 252 - 280 g or Strings 336 g</p>	 <p><b>weekly SAVINGS</b> <b>3.99</b> ea STOUFFER'S Sauté Sensations 640 g</p>	 <p><b>weekly SAVINGS</b> <b>3.49</b> ea SWANSON Hungry-Man Dinners 360 - 455 g</p>
 <p><b>weekly SAVINGS</b> <b>4.99</b> ea NATREL Butter salted or unsalted 454 g</p>	 <p><b>weekly SAVINGS</b> <b>5.99</b> ea IÖGO 0 - 1.5% Yogourt 16 pk or Probio 12 pk</p>	 <p><b>weekly SAVINGS</b> <b>4.99</b> ea HÄAGEN-DAZS Ice Cream or Gelato 500 mL or Novelties 3 - 4 pk</p>	 <p><b>weekly SAVINGS</b> <b>2.99</b> ea MCCAIN Superfries, Smiles or Tasti Taters 454 - 800 g or Breakfast Potatoes 600 - 650 g</p>
 <p><b>\$1</b> ea SIMPLY Orange Premium Orange Juice, Lemonade or Apple Juice 340 mL</p>	 <p><b>weekly SAVINGS</b> <b>3.99</b> ea SHEPHERD GOURMET Skyr Yogourt 500 g</p>	 <p><b>weekly SAVINGS</b> <b>2.79</b> ea GREEN GIANT Frozen Vegetables 750 g or Valley Selections 300 - 500 g</p>	 <p><b>weekly SAVINGS</b> <b>4.99</b> ea MCCAIN Deep'n Delicious Desserts 400 - 680 g</p>

# breakfast

 <p><b>3.99</b> ea KELLOGG'S Froot Loops 345 g, Frosted Flakes 425 - 445 g, Corn Pops 320 g, Bran Flakes 680 g or Krave 312 - 323 g</p>	 <p><b>2.99</b> ea KELLOGG'S All-Bran Bars 180 - 210 g, Special K Nourish 165 g, Special K or Vector Protein Bars 180 - 200 g or KASHI Bars 160 - 200 g</p>	 <p><b>1.99</b> ea MINUTE MAID 100% Juice or FIVE ALIVE 1 L tetra</p>	 <p><b>3.49</b> ea DOLE Pineapple Juice 1.36 L</p>
 <p><b>1.99</b> ea CREAM OF WHEAT Variety Pack 195 g</p>	 <p><b>6.99</b> ea NESTLÉ Carnation Breakfast Essentials powder 10 x 40 g or ready to drink 6 x 237 - 315 mL</p>	 <p><b>10.99</b> ea JUMPING BEAN Coffee 20 pk</p>	 <p><b>15.99</b> ea MAXWELL HOUSE or NABOB Keurig® Compatible Single Serve Pods 30 pk</p>

# natural source

 <p><b>3.99</b> ea KASHI Cereal 265 - 460 g or GENERAL MILLS Chex Cereal 345 - 395 g</p>	 <p><b>2/\$5</b> MADE WITH LOCAL Real Food Bars 53 g</p>	 <p><b>9.99</b> ea VAN DYK'S Blueberry Juice 500 mL</p>	 <p><b>2/\$5.50</b> KETTLE BRAND Chips 170 - 220 g</p>
 <p><b>2/\$7</b> BLUE DIAMOND Almond Breeze 1.89 L</p>	 <p><b>2/\$5</b> SO DELICIOUS Coconut Nog 946 mL</p>	 <p><b>5.99</b> each ZEVIA Carbonated Water 8 pk</p>	 <p><b>2/\$7</b> PAQUI Tortilla Chips 155 g</p>

# pantry



**5<sup>99</sup>**  
ea

PERRIER Slim Cans Carbonated Water 10 x 250 mL



**2/4<sup>44</sup>**

RED BULL Energy Drink 250 mL



**2/\$3**

JONES SODA 355 mL



**2/\$4**

GLACÉAU Smartwater 1 L



**3<sup>99</sup>**  
ea

DASANI Frigidmate or Sparkling 12 x 355 mL



**3<sup>99</sup>**  
ea

COCA-COLA Mini Cans 10 x 222 mL



**2/\$6**

HICKORY STICKS 300 g



**2<sup>99</sup>**  
ea

PLANTERS Cocktail Peanuts 300 g



**2<sup>79</sup>**  
ea

ITTER SPORT Chocolate Bars 100 g



**3<sup>49</sup>**  
ea

GANONG Candy 800 g



**3<sup>99</sup>**  
ea

CADBURY Multi-Packs 168 - 240 g



BUY 1 at \$3.99  
BUY 2 OR MORE  
**\$3**  
ea

NESTLÉ Candy 135 - 246 g



**1<sup>99</sup>**  
ea

DARE Breton Popped or Bites 100 - 200 g or Veggie Crisps 100 g



**1<sup>67</sup>**  
ea

DARE Econo Cookies 300 - 315 g



**2<sup>49</sup>**  
ea

CHRISTIE Cookies 198 - 303 g



**2<sup>22</sup>**  
ea

CHRISTIE Crisps 175 g or Ritz Crisp & Thins 115 g



**99¢**  
ea

HEINZ Gravy 284 mL



**2<sup>79</sup>**  
ea

TENDERFLAKE Pure Lard 454 g



**1<sup>99</sup>**  
ea

DEL MONTE Fruit 398 mL



**4<sup>49</sup>**  
ea

PAM Cooking Spray 113 - 170 g



**99¢**  
ea

GRAVES Vegetables 284 mL



**1<sup>49</sup>**  
ea

CAMPBELL'S Light, Creams or Low Sodium Soup 284 mL



**2/\$4**

BARILLA Pasta Plus or Gluten Free 340 g



**4<sup>49</sup>**  
ea

UNCLE BEN'S Natural Select Specialty Rice 365 - 460 g or Converted Rice 600 - 900 g



**3<sup>49</sup>**  
ea

KNORR Homestyle Stock 132 g



**3<sup>49</sup>**  
ea

KNORR Homestyle Stock 132 g



**3<sup>29</sup>**  
ea

UNCLE BEN'S Bistro Express Rice or Risotto 240 - 250 g



**\$2**  
ea

CAMPBELL'S Ready to Eat or Light Soup 540 mL



Get **1** AIR MILES® Reward Mile

for every \$20 you spend in combined purchases at Sobeyes, Foodland, Lawtons, Needs, participating Atlantic Co-ops & Sobeyes Express.

better REWARDS

# home & pet care

**weekly SAVINGS**  
**7<sup>99</sup>**  
WHISKAS Dry Cat Food 1.4 - 2 kg

**8** Bonus Miles when you buy 2  
**3<sup>79</sup>**  
VIM Oxy-Gel 1 L or Sprays 700 - 950 mL

**2/\$5**  
SUNLIGHT Liquid Dish Detergent 740 mL

**weekly SAVINGS**  
**9<sup>99</sup>**  
AIR WICK Holiday Freshmatic Refill 3 pk or Scented Oil Kits + Refills 7 pk (while supplies last)

**weekly SAVINGS**  
**10/\$7**  
WHISKAS Perfect Portions Cat Food 75 g

**10** Bonus Miles when you buy 2  
**8<sup>99</sup>**  
OXI CLEAN Auto Dishwashing Tabs 42 pk

**5** Bonus Miles when you buy 3  
**1<sup>99</sup>**  
ROYALE Facial Tissue grande 50 pk

**weekly SAVINGS**  
**4<sup>69</sup>**  
WEIMAN Cleaning Wipes 30 pk, Stainless Steel Cleaner & Polish 355 mL or Cook Top Cleaner 567 g

**\$1.99** VALUE  
**FREE** MILK-BONE SOFT & CHEWY TREAT 113 g when you buy this  
**12<sup>99</sup>** KIBBLES 'N BITS Dog Food 5.7 - 6 kg

**10% off** Google Play Gift Cards\*

**15 Bonus Miles** When you spend \$15 or more on participating Hallmark Products\*\*

**Hallmark**

\*Offer valid December 14 - 20, 2017. Sorry no rain checks or price matching. See gift cards for details, terms, conditions and (if applicable) fees. Subject to availability. All trademarks are the property of their respective owner.

\*\*Offer valid December 14 - 24, 2017, in a single transaction (excluding taxes). See in-store for details. Available at most stores. \*\*\*Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and Sobey's Capital Inc.

## EATS & TREATS

### MAKE THEIR SPIRITS BRIGHT

**BUY ONE and WE'LL DONATE\***

**MARS** Canada Inc.

When you buy any Mars Canada Inc. pet food product we make a donation\* to help shelter animals.

\*Mars Canada Inc. will donate a portion of the proceeds from every Mars Canada Inc. pet food product sold, to a maximum of \$10,000 CAD in 2017, to the Canadian Federation of Humane Societies.

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**BUY 1 at \$10.99**  
**BUY 2 OR MORE**  
**\$9<sup>ea</sup>**  
PEDIGREE DentaStix 18 - 58 pk

**2/\$3**  
TEMPTATIONS Cat Treats selected varieties 60 - 85 g

**2/\$5**  
CESAR Softies Dog Treats selected varieties 150 g

**4<sup>49</sup>**  
PEDIGREE Marrobone Dog Treats 680 - 737 g, Tartartwist 125 g or Dentabone 200 g selected varieties

PURCHASE \$25+ OR MORE IN PARTICIPATING PRODUCTS

GET **\$10 OFF**

## A TURKEY

Offer valid November 30 - December 27, 2017  
\* Must be in a single transaction and excludes taxes and any other non-discountables.

**1<sup>67</sup>**  
BETTY CROCKER SuperMoist Cake Mix 432 - 461 g or Deluxe Frosting 340 - 450 g

**2/\$4**  
BETTY CROCKER Potatoes 141 - 215 g

**3<sup>49</sup>**  
ARCTIC GARDENS Frozen Vegetables 300 - 750 g

**1<sup>69</sup>**  
PILLSBURY Wiener Wrap 200 g or Crescents 227 - 235 g selected varieties

**2<sup>49</sup>**  
PILLSBURY Chocolate Chip Cookies, Turnovers, Pie Crust or Selected Dough 235 - 468 g (excludes seasonal)

**Bake it Possible!**

© General Mills

# health & beauty

**10** Bonus Miles when you buy 2

**3<sup>99</sup>** ea

**AXE** Antiperspirant or Deodorant Solids 76 - 85 g, Spray 113 g, Body Wash 473 mL or Shampoo or Conditioner 355 mL (excludes White Label)

**weekly SAVINGS**

**2<sup>99</sup>** ea

**GARNIER Fructis** Shampoo or Conditioner 384 mL

**15** Bonus Miles when you buy 2

**4<sup>99</sup>** ea

**GÖT2B Hair Care** 10 - 227 g or 103 - 450 mL

**weekly SAVINGS**

**2/\$5**

**OLD SPICE** High Endurance Deodorant 85 g

**2** Bonus Miles when you buy 1

**2<sup>99</sup>** ea

**EDGE or SKINTIMATE** Shave Gel 198 g

**8** Bonus Miles when you buy 2 OR **15** Bonus Miles when you buy 3 or more

**3<sup>99</sup>** ea

**SENSODYNE or Pronamel** Toothpaste 75 - 100 mL (excludes Repair & Protect and Rapid Relief)

**5** Bonus Miles when you buy 2 OR **20** Bonus Miles when you buy 3 or more

**4<sup>99</sup>** ea

**PANTENE Hair Care** 187 - 327 g or 50 - 375 mL (excludes Restorative, Expressions, Professional and Serum)

**weekly SAVINGS**

**3<sup>99</sup>** ea

**ST. IVES** Body Wash 709 mL

**weekly SAVINGS**

**5<sup>99</sup>** ea

**COLGATE Power** Toothbrushes

**weekly SAVINGS**

**24<sup>99</sup>** ea

**ORAL-B Vitality Power** Toothbrush 1 pk

**10** Bonus Miles when you buy 2

**7<sup>99</sup>** ea

**MAUI MOISTURE** Shampoo or Conditioner 385 mL

**3** Bonus Miles when you buy 2

**3<sup>99</sup>** ea

**LIVE CLEAN** Liquid Hand Soap 500 mL

**15** Bonus Miles when you buy 1

**39<sup>99</sup>** ea

**CREST 3D White Whitestrips** 14 pk

**weekly SAVINGS**

**4<sup>99</sup>** ea

**CREST Pro-Health, 3D White or Scope Rinse** 1 L

**weekly SAVINGS**

**10<sup>99</sup>** ea

**L'ORÉAL Preference** Hair Colour

**5** Bonus Miles when you buy 1

**9<sup>99</sup>** ea

**GILLETTE Fusion ProGlide Manual Razor, Mach3 Turbo, Venus Embrace or Comfort Razor** 1 pk

**weekly SAVINGS**

**12<sup>99</sup>** ea

**OLAY Age Defying Renewal Cream 60 mL or Lotion 120 mL**

**5** Bonus Miles when you buy 1

**7<sup>49</sup>** ea

**STAYFREE Ultra Thin Pads 40 - 48 pk, PLAYTEX Gentle Glide or Sport Tampons 32 - 48 pk or O.B. Tampons 40 pk**

**SAVE UP TO 15.00** ea

**29<sup>99</sup>** ea

**HUGGIES Giant Pack, Little Snugglers, Little Movers or Snug & Dry** 76 - 148 pk

**weekly SAVINGS**

**8<sup>99</sup>** ea

**JUST FOR MEN Our Best Face and Beard** 30 - 100 mL

**5** Bonus Miles when you buy 2

**5<sup>99</sup>** ea

**OLAY Facial Cloths** 30 - 33 pk

**30% off**

**NATURE'S BOUNTY Supplements** all varieties reg 7.49 - 27.99

**STARTING AT**

**4<sup>99</sup>** ea

**NUK or PLAYTEX Cups**

**5<sup>99</sup>** ea

**COMPLIMENTS Epsom Salt** lavender or eucalyptus 2 kg

**9<sup>99</sup>** ea

**COMPLIMENTS Heartburn Relief Chewable Tablets 100 pk or Acid Reducer Tablets 75 mg 30 pk**

**10** Bonus Miles when you buy 1 OR **25** Bonus Miles when you buy 2 or more

**25% off**

**ADVIL Premium Products** selected types 45 - 72 pk (only available when pharmacist is on duty)

**8<sup>99</sup>** ea

**ENSURE or GLUCERNA Meal Replacement** assorted varieties 6 x 235 - 237 mL

If you've had chicken pox, you are at risk. Talk to our pharmacist about a shingles vaccination.

# Savour the Savings ON MERRY MEAL IDEAS



**4<sup>99</sup>**  
/lb

New Zealand  
Lamb Leg frozen  
11.00/kg



**1<sup>99</sup>**  
/lb

COMPLIMENTS Hickory  
Smoked Ham butt or  
shank portion 4.39/kg



**1<sup>99</sup>**  
/lb

Fresh Pork Shoulder  
Picnic whole 4.39/kg



**13<sup>99</sup>**  
ea

CLEARWATER Bacon  
Wrapped Scallops  
340 g or COMPLIMENTS  
Cooked Shrimp with  
Sauce 680 g



**3<sup>99</sup>**  
ea

COMPLIMENTS Extra  
Lean Thinly Sliced  
Chicken or Turkey  
assorted varieties  
200 g or SENSATIONS  
BY COMPLIMENTS  
Cheese Slices assorted  
varieties 150 - 170 g



**3<sup>99</sup>**  
ea

Apple or Pumpkin Pies  
600 - 620 g



**2<sup>99</sup>**  
ea

SENSATIONS BY  
COMPLIMENTS  
Premium Orange Juice  
1.75 L or DANONE  
Activia Yogourt 650 g,  
Oikos or Creations 4 pk  
or Danino Drink 8 pk



**2<sup>99</sup>**  
ea

AUNT JEMIMA Pancake  
Mix 905 g or Syrup  
750 mL, QUAKER Harvest  
Crunch 470 - 600 g,  
Cap'n Crunch 350 g or  
Corn Bran Squares 375 g



**4<sup>99</sup>**  
ea

KRAFT Peanut Butter  
750 g - 1 kg or Cheez  
Whiz 450 g



**1<sup>49</sup>**  
ea

QUAKER Chewy  
Granola Bars 156 g,  
Dippys 150 - 187 g or  
FRUITÉ Fruit Drink 2 L



**4<sup>49</sup>**  
ea

DELISSIO Rising Crust  
or Pizzeria Pizza  
519 - 888 g



**1<sup>99</sup>**  
ea

CHRISTIE Crackers  
100 - 283 g, Toppables  
454 g or Good Thins  
100 - 163 g



**2/5<sup>50</sup>**

LAY'S Chips 255 g



**2/\$5**

PEPSI Products  
6 x 710 mL



**8<sup>44</sup>**  
ea

CASHMERE Bathroom  
Tissue double 18 pk or plus  
12 pk or SPONGETOWELS  
Ultra Mega 6 pk



**BUY 1, GET 1  
FREE**  
reg 8.99 ea

ENERGIZER Max  
Alkaline Batteries  
econo pack AA 8 pk,  
AAA 4 pk, C 4 pk, D 4 pk  
or 9V 2 pk



**9<sup>99</sup>**  
ea

TIDE Pods or GAIN  
Flings! 32 - 42 pk, GAIN  
Laundry Detergent  
48 - 64 uses 2.95 L or  
IVORY SNOW Liquid  
Laundry Detergent 1.48 L



**2<sup>99</sup>**  
ea

DOVE Body Wash  
354 - 400 mL, SECRET  
Outlast or Scent  
Expressions 45 g  
selected types



## Get 95 AIR MILES® Bonus Miles\*

when you redeem 95 Cash Miles  
or more

**December 17 - 20, 2017**

Offer valid in-store only Sunday, December 17 to Wednesday, December 20, 2017. Limit of one 95 Mile offer per Collector Number. Miles will not appear on receipt, and will be deposited to your Collector Account within 4 weeks of the promotion.

It is our intention to have every advertised item in stock for all customers, so we reserve the right to limit quantities to reasonable family requirements while supplies last. We regret we are unable to provide large quantities to retail outlets. Occasionally an item may not be available due to unforeseen difficulties. In such cases, we'll issue you a rain check so you may buy the item at the advertised price when it becomes available, or if you prefer, we'll offer you a similar item at a comparable price. Text prevails for product size and type identification. We reserve the right to correct any typographical errors. At 24 Hour locations prices effective from 8 am Thursday morning until midnight Wednesday evening. \* Trademarks of AIR MILES International Trading BV. Used under license by LoyaltyOne, Co.; Bank of Montreal and Sobeys Capital Inc. \* Visit bmosobeys.com for details. Registered trade-marks of Bank of Montreal. ®/™ Registered trademarks/trade-marks of MasterCard International Incorporated. Please recycle where facilities exist. Printed with vegetable based inks. St. John's, Long Pond, Mount Pearl, Paradise, Clarenville, Grand Falls-Windsor, Marystown, Corner Brook & Placentia. Supplement to The Western Star.



**Sobeys** Better food for all.

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