

You'll feel like family.



Vancouver Island Owned  
& Operated Since 1984



Black Diamond  
**Natural  
Cheese**

400 g

**4<sup>97</sup>**  
ea



Salt Spring  
**Organic  
Coffee**

400 g

**9<sup>97</sup>**  
ea

LIMIT 3 Total



Kettle  
**Potato  
Chips**

198 g

**2<sup>97</sup>**  
ea



Aylmer  
**Diced  
Tomatoes**  
540 ml

**.97**  
ea



Blue Diamond  
**Almond  
Breeze**  
946 ml

**2/\$5**



Island Farms  
**Premium  
Ice Cream**  
or Frozen Yogurt  
1.65 L

**5<sup>97</sup>**  
ea



Adams  
**Peanut  
Butter**  
100% Natural  
1 Kg

**6<sup>97</sup>**  
ea



Fresh Lilydale  
**Chicken  
Legs**  
Back Attached  
Family Packs

Canadian Farm Raised  
Grain-Fed

**2<sup>27</sup>**  
lb  
5.00 Kg

*New Crop!*



Fresh  
**Haden  
Mangoes**  
New Crop from Mexico

**3/\$5**

*In Our Bakery*



Fresh Baked  
**Seeded  
Breads**  
Sliced, 600 g

**3/\$10**

*In Our Deli*



Imported New Zealand  
**Grass Fed  
Cheddar**  
Random Cuts

*Excellent  
Savings!*

**1<sup>97</sup>**  
100 g



[www.countrygrocer.com](http://www.countrygrocer.com)





# Butcher's BEST



Cut from Canada **AAA** Beef  
**Top Sirloin  
 Grilling Steaks**

All Sizes

**887**  
 lb  
 19.55 Kg



Fresh Canadian  
**Pork Shoulder  
 Blade Steaks**

All Sizes

**397**  
 lb  
 8.75 Kg



Canadian Farm Raised  
 Grain-Fed

Fresh Lilydale  
**Chicken  
 Thighs**

All Sizes

**397**  
 lb  
 8.75 Kg



Cut From Canada **AAA** Beef  
**Top Sirloin  
 Premium Oven  
 Roasts**

**797**  
 lb  
 17.57 Kg



Cut From Canada **AAA** Beef  
**Top Sirloin  
 Medallion  
 Grilling  
 Steaks**

**997**  
 lb  
 21.98 Kg

Buy BC and Support **LOCAL FARMERS**



**697**  
 ea



**1097**  
 ea

Great for Tacos,  
 Burritos and Fajitas

## Butcher's CHOICE

Easy Meals



Marinated  
**Beef or  
 Chicken  
 Kabobs**  
 Min. 140 g  
 Assorted Flavours

**497**  
 ea

Easy Meals



Breaded  
**Pork Shoulder  
 Blade  
 Cutlets**  
 All Sizes

**597**  
 lb  
 13.16 Kg



It's Fresher from Here!



Farmhouse Poultry  
**Whole Frying  
 Chickens**

All Sizes

**287**  
 lb  
 6.33 Kg





Country Grocer is proud to be an **Ocean Wise partner**, supporting sustainable seafood. The Ocean Wise symbol identifies those seafood items as a good choice to help protect life in our oceans.

# SEAFOOD



*Wild* Coho  
**Salmon Fillets**

Skin on  
Pin Bones  
Removed

**3<sup>47</sup>**  
100 g

Previously Frozen



*Fresh* Arctic  
**Char  
Fillets**

**4<sup>47</sup>**  
100 g



*Wild* Pacific  
**Cod  
Fillets**

**1<sup>87</sup>**  
100 g

Previously Frozen



Breaded  
**Halibut  
Burgers**  
120 g  
Previously  
Frozen

**3<sup>97</sup>**  
ea



Ocean Mama  
**Clam Meat**  
or 3 Fish Seafood  
Medley  
340 g

**5<sup>97</sup>**  
ea

Frozen



**NEW!**  
Aqua Star  
**Shrimp Meal  
Kits**

Assorted Varieties  
600 g

**10<sup>97</sup>**  
ea

Frozen



Janes  
**Breaded  
Fish Fillets**  
Assorted Varieties  
450 g  
Frozen

**6<sup>97</sup>**  
ea



Wild Smoked  
**Salmon  
BBQ Tips**  
Regular or Peppered  
Previously Frozen

**2<sup>47</sup>**  
100 g

## Extra MEAT SAVINGS



Schneiders  
**Smoked Bacon**

Regular, Maple or Hickory  
375 g

**5<sup>97</sup>**  
ea



Schneiders  
**Juicy Jumbos  
or Wieners**

Assorted Varieties  
375-450 g

**5<sup>97</sup>**  
ea



Lilydale  
**Breakfast  
Sausage**

Regular, Maple Turkey  
or Chicken, 375 g

**4<sup>47</sup>**  
ea



Lilydale  
**Turkey  
Bacon**

375 g

**6<sup>97</sup>**  
ea



Mitchell's  
**Pepperoni or  
Sausage Sticks**

Assorted Varieties  
450-500 g

**6<sup>47</sup>**  
ea



Schneiders  
**Meat Pies  
or Quiche**

Assorted Varieties  
330-400 g

**2/\$8**



Schneiders  
**Outlaw  
Burgers**

Frozen, 1.81 kg

**24<sup>97</sup>**  
ea



Butterball  
**Turkey  
Burgers**

Frozen  
852 g

**12<sup>97</sup>**  
ea





# DELI

Thousands more  
**Features & Volume Buy  
 deals in store!**  
 Look for them today at your favourite location.



## Maple Lodge Chicken Breast Roast



- Plain
- Smoked
- Cajun

**2<sup>67</sup>**  
 100 g



## Premium Old Fashioned or Pepper Ham



**2<sup>57</sup>**  
 100 g



## Fresh Pepperoni



Assorted Varieties  
 500 g

**12<sup>97</sup>**  
 ea



## Freybe Salami



**4<sup>47</sup>**  
 100 g



## Trio Charcuterie



Assorted Varieties  
 150-250 g

**9<sup>97</sup>**  
 ea

# CHEESES from Around the WORLD



## Canadian Chevrai Goat Cheese



Assorted Varieties  
 113 g

**2/ \$11**



## Canadian Cheese Slices



Assorted Varieties  
 125-165 g

**2/ \$10**



## Imported English Aged Havarti, Vintage Gouda



or Assorted Flavored  
 Cheddars  
 200 g

**6<sup>97</sup>**  
 ea



## Canadian Brie



Single, Double  
 or Triple Cream  
 Random Cuts

**3<sup>97</sup>**  
 100 g



## Canadian Provolone



Random Cuts

*Big Savings!*

**2<sup>27</sup>**  
 100 g





# Fresh TO GO

Prepared In-House



Homestyle  
**Pot Pies**  
Chicken or Beef  
330 g

**5<sup>97</sup>**  
ea

Arbutus *V.I. Made!* Fresh  
FARMS KITCHEN **Greek Pasta Salad**

Island GOOD

**2<sup>37</sup>**  
100 g

Arbutus *V.I. Made!* Fresh  
FARMS KITCHEN **Mexican Bean Salad**

Island GOOD

**2<sup>27</sup>**  
100 g

Summer Fresh **Hummus**  
Assorted Varieties  
255 g

GF

**5<sup>47</sup>**  
ea

Simon's *Bringing the Best Quality to You* Simon's  
Specialty Foods **5" Meat Pies**  
Assorted Varieties  
350-355 g

**6<sup>97</sup>**  
ea

## Fresh SUSHI

Freshly Made  
In-House Daily

**Thai Sushi  
Salad Roll**  
with Peanut Sauce



**5<sup>97</sup>**  
ea

Freshly Made  
In-House Daily

Regular or Spicy  
**Tempura  
Yam Sushi  
Rolls**  
10 piece



**5<sup>97</sup>**  
ea

Prepared Fresh  
In-House Daily

Country Grocer  
**Mini  
Fruit/Veggie  
Platters**  
Approx 300 g



**3<sup>97</sup>**  
ea

Prepared Fresh  
In-House Daily

Country Grocer  
**Beet or  
Zucchini  
Spirals**  
Approx 240 g



**3<sup>97</sup>**  
ea

## MADE IN-HOUSE Fresh

## BULK Foods

**Sierra  
Mountain  
Mix**



**.97**  
100 g

**Roasted  
Sunflower  
Seeds**  
Salted or Unsalted



**.87**  
100 g

**Reeses  
Pieces**



**1<sup>97</sup>**  
100 g

Foley's  
**Chocolate  
Chips**  
Milk, Dark, Mini, White



**1<sup>27</sup>**  
100 g





# Natural & ORGANIC



Kind  
**Healthy Grains**  
or Breakfast Bars  
4-5s

**2/\$8**



Angie's  
**Boomchickapop**  
Popcorn  
136-198 g

**2/\$9**



Pacific  
**Organic Soup**  
1L

**4<sup>97</sup>**  
ea



Everland  
**Coconut Milk**  
Organic  
400 ml

**2/\$4**



Salt Spring  
**Organic Coffee**  
400 g

**9<sup>97</sup>**  
ea

LIMIT 3 Total



Uncle Luke's  
**Maple Syrup**  
Organic  
500 ml

**10<sup>97</sup>**  
ea



Farming Karma  
**Fruit Soda**  
6x285 ml

**8<sup>97</sup>**  
ea

Single Cans (285 ml) \$1.77



Tofino  
**Organic Kombucha**  
355 ml

**2/\$5**



Ilios  
**Rice Cakes**  
or Corn Cakes  
Organic  
130 g

**2/\$6**



Better Bears  
**Gummy Candies**  
Low in Sugar  
50 g

**2/\$6**



Rizopia  
**Brown Rice Pasta**  
Organic  
340-454 g

**2/\$5**



Blue Diamond  
**Almond Breeze**  
946 ml

**2/\$5**





# Vitamins & SUPPLEMENTS

Designed for active people, including workout warriors, athletes, and those with an active lifestyle.



Vega  
**Sport Protein**  
801-837 g

**49<sup>97</sup>** ea



Webber Naturals  
**Vitamin E**  
90+30 Caps

**12<sup>97</sup>** ea



Aura Cacia  
**Products**

**20% OFF**  
AT CHECKOUTS



Island Essentials  
**Products**  
Excluding Bulk Soap

**20% OFF**  
AT CHECKOUTS

Salon quality and natural hair care products.



Phillip Adam  
**Hair Care**  
237-355 ml

**14<sup>97</sup>** ea



Nuun  
10-12 Tabs

**11<sup>97</sup>** ea



Honey  
**Candles**

**20% OFF**  
AT CHECKOUTS



A rare species of ethically wildcrafted Mediterranean oregano, containing up to 85% Carvacrol. A powerful natural health aid, and industry award winner.

Joy of the  
**Mountains**



15 ml  
**17<sup>97</sup>** ea

30 ml  
**25<sup>97</sup>** ea

90 Caps  
**31<sup>97</sup>** ea



100% NATURAL • NOTHING ARTIFICIAL  
PROUDLY MADE IN BC

**20% OFF**

ALL PVL & NCN  
PRODUCTS AT  
CHECKOUT



PVL.COM • NORTHCOASTNATURALS.COM





**Kris**  
Floral Manager  
Royal Oak

# GROCERY



Cadbury  
**Family Bars**  
100 g

**2<sup>97</sup>**  
ea



Lipton  
**Iced Tea**  
12x340 ml

**6<sup>97</sup>**  
ea



Tostitos  
**Tortilla Chips**  
or Salsa (418 ml)  
205-295 g

**2/\$8<sup>50</sup>**



Glacéau  
**Vitamin Water**  
or Smart Water  
591 ml-1 L

**2/\$5**



Planters  
**Roasted Peanuts**  
Dry Roasted  
600 g

**5<sup>97</sup>**  
ea



AHA  
**Sparkling Water**  
12x355 ml

**5<sup>47</sup>**  
ea



Starbucks  
**Coffee Beverage**  
405-444 ml

**2/\$5**



Monster  
**Energy Drinks**  
444-473 ml

**2/\$5**



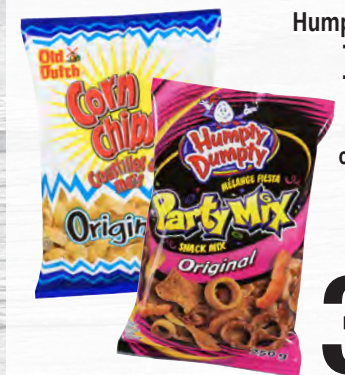
Lay's  
**Potato Chips**  
220-235 g

**2/\$8**



Walker's  
**Toffee Candy**  
135-150 g

**2<sup>77</sup>**  
ea



Humpty Dumpty  
**Party Mix**  
or Corn Chips  
250-285 g

**3<sup>97</sup>**  
ea



Ritter Sport  
**Chocolate Bar**  
100 g

**2<sup>77</sup>**  
ea



Pepsi & Assorted  
**Pepsi Products**  
2 L

**2/\$4**



Panda  
**Natural Licorice**  
170 g

**2/\$6**



Coke & Assorted  
**Coca Cola Products**  
12x355 ml

**6<sup>97</sup>**  
ea





# Vitamins & SUPPLEMENTS



## New Roots HERBAL

FOUNDED IN 1985, CANADIAN-OWNED AND OPERATED, NEW ROOTS HERBAL RANKS AMONG NORTH AMERICA'S LEADING RESEARCH-DRIVEN NATURAL HEALTH PRODUCT MANUFACTURERS. LED BY AN ISO 17025-ACCREDITED ANALYTICAL LABORATORY, WE PRODUCE OVER 350 PRODUCTS AVAILABLE IN OVER 8,600 RETAIL LOCATIONS WORLDWIDE.

**20% OFF**  
ALL NEW ROOTS  
PRODUCTS AT  
CHECKOUT



# PURICA LINE DRIVE

Proudly made on Vancouver Island since 1999

**20% OFF**  
ALL PURICA PRODUCTS  
AT CHECKOUT





# Vitamins & SUPPLEMENTS



Canada

## Plant Medicine DEFENCE

For colds, flu and  
other viral infections



**20% OFF**  
ALL ST FRANCIS  
PRODUCTS AT  
CHECKOUT

### Deep Immune®

Fortifies and balances your immune defenses against cold and flu with astragalus, codonopsis, licorice and Siberian ginseng.

### Respirafect®

Combats lung conditions like bronchitis, especially when accompanied by excess mucus coughed up from lower airways.

### EchinaSeal®

A powerful antimicrobial made from a combination anchored on echinacea and goldenseal, along with other infection-fighting herbs.



stfrancisherbfarm.com



Canada



Omega Alpha's mission is to improve the health of consumers by providing safe, effective and all natural remedies of the highest purity and quality, backed by research. Our advanced product formulations are also available for pets.



**20% OFF**  
on all human  
and pet  
products

OmegaAlpha.com | 1-800-651-3172 | Proudly Canadian







# Vitamins & SUPPLEMENTS



Kombucha is a sparkling beverage made by fermenting tea and sugar with a symbiotic culture of bacteria and yeast (SCOBY). Kombucha contains living cultures, organic acids and antioxidants that help with digestion and support the immune system.

414 ml  
**2/\$9**

risekombucha.com



**Protein: Lots.**  
**Sugar: Little.**  
**Guilt: What guilt?**

**SimplyProtein**

Dark Chocolate Almond  
Chocolat noir et amande

SNACK BAR | BARRE COLLATION 40 g



2 g Sugar\*  
12 g Protein\*  
7 g Fibre\*

\*Per 40 g serving  
\*Par portion de 40 g

## Simply Protein Bars

Proudly made with  
only the good stuff!

Plant-based protein bars.  
Gluten Free.  
Non-Gmo.  
Kosher certified.



40 g  
**2/\$5**







# Vitamins & SUPPLEMENTS



## Love Good Fats Bars



39 g  
**2/\$5**

Case of 12  
**28<sup>97</sup>**

## Guayaki Yerba Mate

At Guayaki, we're about much more than just mate: we believe yerba mate culture is an invitation to life. Embodied in our mantra, COME TO LIFE, is an invitation to personal, social, ecological and cultural regeneration



Peach

## New Flavours!

2-3 gm sugar  
20 calories  
150 mg caffeine

458 ml  
**2<sup>97</sup>**



Berry Lemonade





*Chef Heidi's Recipe*  
**Black Bean  
 Brownies**

Find the recipe at [countrygrocer.com](http://countrygrocer.com)



Quaker  
**Life Cereal**

also Corn Bran or  
 Oatmeal Squares  
 375-500 g

**2/\$7**



Bush's Best  
**Baked  
 Beans**  
 398 ml

**2/\$4**



Kraft  
**Miracle  
 Whip**  
 890 ml

**3<sup>97</sup>**  
 ea

**NEW to Country Grocer!**



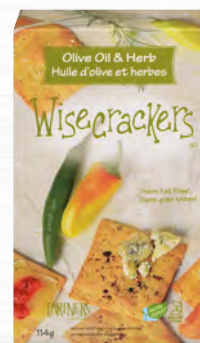
St. Dalfour  
**Deluxe  
 Spread**  
 225 g

**2/\$8**



Tilda  
**2-Minute  
 Rice**  
 250 g

**2<sup>97</sup>**  
 ea



Wisecrackers  
**Snacking  
 Crackers**  
 or Hors D'oeuvre  
 114-142 g

**2/\$7**



Yorkshire  
**Natural  
 Tea**  
 80s

**5<sup>97</sup>**  
 ea



Whisps  
**Cheese  
 Crisps**  
 60 g

**2/\$7**



Carbone  
**Pasta  
 Sauce**  
 660 ml

**7<sup>97</sup>**  
 ea



Gallo  
**Olive Oil**  
 Extra Virgin  
 1 L

**15<sup>97</sup>**  
 ea



Clover Leaf  
**Light  
 Tuna**  
 170 g

**2/\$4**



Nabob  
**Ground  
 Coffee**  
 930 g

**12<sup>97</sup>**  
 ea



Tazo  
**Chai  
 Latte**  
 946 ml

**4<sup>97</sup>**  
 ea



French's  
**Squeeze  
 Ketchup**  
 1 L

**3<sup>97</sup>**  
 ea



French's  
**Yellow  
 Mustard**  
 400 ml

**2<sup>47</sup>**  
 ea





# GROCERY



Del Monte  
**Canned Fruit**  
398 ml

**2/\$5**



Leclerc  
**Go Pure Bars**  
140 g

**2/\$7**



Betty Crocker  
**Hamburger Helper**  
158-240 g

**2<sup>77</sup>**  
ea



Summerland  
**Fruit Syrups**  
341 ml

**2<sup>97</sup>**  
ea



Tetley  
**Natural Tea**  
20-24s

**3<sup>47</sup>**  
ea



Primo  
**Pasta**  
454 g

**2/\$3**



Primo  
**Pasta Sauce**  
680 ml

**1<sup>97</sup>**  
ea



Nugabar  
**Granola Bar**  
175 g

**2/\$6**



THE J.M. SMUCKER Co

## Brands you Know and Love



Bick's  
**Original Pickles**  
Selected  
1 L

**4<sup>47</sup>**  
ea



Quality  
USA  
Adams  
**Peanut Butter**  
100% Natural  
1 Kg

**6<sup>97</sup>**  
ea



Folgers  
**Ground Coffee**  
816 g

**9<sup>97</sup>**  
ea



Robin Hood  
**All Purpose Flour**  
10 Kg

**14<sup>97</sup>**  
ea



Smucker's  
**Fruit Jams**  
Selected  
500 ml

**5<sup>47</sup>**  
ea



Smucker's  
**Ice Cream Topping**  
428 ml

**3<sup>97</sup>**  
ea



Folgers  
**K-Cup Coffee**  
12s

**6<sup>97</sup>**  
ea



Robin Hood  
**Large Flake Oats**  
1 Kg

**2/\$7**





**OUTRAGEOUS**  
EDIBLES & BEDIBLES

**MS** Multiple Sclerosis Society of Canada

**APRIL 26 - MAY 2, 2024**

Island GOOD



FUNDRAISER FOR  
MS OF CANADA



**ISLAND GROWN**  
4.5" HEIRLOOM  
**TOMATOES**

**\$3.49 EA**

50 CENTS FROM EACH PLANT IS DONATED TO MS OF CANADA

# HOUSE, HOME & Pet



Listerine  
**Mouth Wash**  
1 L

**8<sup>97</sup>**  
ea



Vim  
**Cleaning Gel**  
500 ml

**2/\$7**



Tresemme  
**Shampoo or Conditioner**  
828 ml

**5<sup>97</sup>**  
ea



Royale  
**Tiger Towel**  
3=6 Roll

**6<sup>47</sup>**  
ea



Seventh Generation  
**Laundry Detergent**  
2.6 L

**12<sup>97</sup>**  
ea



Finish  
**Dishwasher Tabs**  
40-55s

**13<sup>97</sup>**  
ea



Full Circle  
**Garbage Bags**  
40's

**5<sup>47</sup>**  
ea



Royale  
**Bathroom Tissue**  
9 Roll

**8<sup>97</sup>**  
ea



Friskies  
**Cat Treats**  
Party Mix  
170 g

**2<sup>97</sup>**  
ea



Friskies  
**Cat Food**  
156 g

**4/\$4<sup>44</sup>**



Dentalife  
**Dog Treats**  
172-248 g

**3<sup>97</sup>**  
ea



Iams  
**Dog Food**  
369 g

**1<sup>97</sup>**  
ea





# Dairy FRESH



Tre Stelle  
**Ricotta  
Cheese**  
475 g

**5<sup>47</sup>**  
ea



Burnbrae Farms  
**Naturegg  
Eggs**  
1 Dozen

**4<sup>97</sup>**  
ea



Kozy Shack  
**Rice  
Pudding**  
624 g

**2/\$7**



Parkay  
**Soft  
Margarine**  
1.28-1.36 L

**6<sup>97</sup>**  
ea



Olympic  
**Organic  
Yogurt**  
650 g

**4<sup>97</sup>**  
ea



McClintock's Farm  
**Water  
Buffalo  
Yogurt**  
500 g

**5<sup>77</sup>**  
ea



Island Farms  
**Sour  
Cream**  
500 ml

**3<sup>47</sup>**  
ea



Olympic  
**Krema  
Yogurt**  
Balkan Style  
650 g

**4<sup>97</sup>**  
ea

## FROZEN Foods



Snowcrest  
**Perfectly  
Imperfect**  
Frozen Fruit  
1.75 Kg

**10<sup>97</sup>**  
ea



Crave  
**Entrée  
Dinners**  
200-300 g

**4<sup>97</sup>**  
ea



Pillsbury  
**Pizza  
Pops**  
380 g

**2/\$7**



Dr. Oetker  
**Giuseppe  
Pizza**  
480-740 g

**5<sup>97</sup>**  
ea



Minute Maid  
**Lemonades**  
or Nestea  
295 ml

**2/\$3**



Hungryman  
**Entrée  
Dinners**  
360-455 g

**5<sup>47</sup>**  
ea



Green Giant  
**Vegetables**  
750 g

**2/\$7**



McCain  
**Tasti  
Taters**  
800 g

**4<sup>47</sup>**  
ea



# Bakery FRESH



**THIS  
WEEK'S  
HOT BUY**

*Sliced*

Deluxe  
**Seeded  
Breads**

600 g



**3/\$10**

- Alpine
- Multigrain
- Country Chipmunk

English Bay  
**Cookies**  
Assorted Varieties  
12 Pack



**2/\$10**

*Made with  
Real Shredded  
Cheddar Cheese*

**Cheese  
Scones**  
6 Pack



**5<sup>97</sup>**  
ea

**Sourdough  
Buns**  
6 Pack



**2<sup>97</sup>**  
ea

**Mini  
Profiteroles**  
12 Pack



**4<sup>97</sup>**  
ea



Silver Hills  
**Breads**  
430-615 g

**4<sup>77</sup>**  
ea



Olivier's  
**Peasant  
Bread**  
800 g

**6<sup>77</sup>**  
ea

**TREATS  
of the  
WEEK**



**Cookies  
& Cream  
Cakes**

Whole 1350 g

**19<sup>97</sup>**  
ea

*Mix &  
Match!*



Dempster's  
**White or Whole Wheat  
Bread &  
7" Tortillas**

570-675 g, 10s

**2/\$7**



Half 675 g

**11<sup>97</sup>**

*Made with our  
Signature  
Real Butter Cream  
icing!*





# Fresh PRODUCE



**We Support Local BC Growers**

Country Grocer provides the highest quality product direct from BC Farms. Enjoy the best tastes of BC all year long!



*New Crop*

Mexico  
**Haden Mangoes**

**3/\$5**



Mexico  
**Extra Large Roma Tomatoes**



**1.97**  
lb  
4.34 Kg

Mexico  
**Green Zucchini Squash**



**1.97**  
lb  
4.34 Kg



B.C. Grown  
**Mini Cucumbers**



1 lb Bags  
**2.97**  
ea

Washington  
**Asparagus**

*New Crop*



**3.97**  
lb  
8.75 Kg

Washington  
**Cosmic Crisp Apples**



3 lb Bags  
**5.97**  
ea

Georgia  
**Sweet Vidalia Onions**



**2.47**  
lb  
5.45 Kg

California  
**Cello Carrots**



3 lb Bags  
**4.97**  
ea

California  
**Chopped Salads**



11.2-13 oz Bags

- Dill Pickle Ranch
- Buffalo Ranch
- Maple Bourbon
- Guacamole Crunch
- Everything
- Caesar
- Asian

**5.97**  
ea

B.C. Produced  
Little Potato Company  
**Little Potatoes**



1.5 lb Bags  
**3.97**  
ea

- Red
- Yellow
- Tri Colour
- Fingerlings



B.C. Grown  
**Grape Tomatoes**



1 Pint Clamshell  
**3.97**  
ea

California  
**Bunched Carrots**



**1.97**  
ea  
BUNCH

B.C. Produced  
**Sunrise Smoked Tofu**



180 g

- Original
- Sriracha

**3.97**  
ea





Fresh Certified

# ORGANIC PRODUCE



**ORGANIC** Imported  
**Mazafati Dates**  
400 g Box

**9<sup>97</sup>**  
ea



**ORGANIC** U.S.  
**Granny Smith Apples**  
3 lb Bags

**6<sup>97</sup>**  
ea



**ORGANIC** Mexico  
**Ataulfo Mangoes**

**1<sup>97</sup>**  
ea



**ORGANIC** Mexico  
**Long English Cucumbers**

**2<sup>97</sup>**  
ea



**ORGANIC** Mexico  
**Bell Peppers**  
Red, Orange, Yellow

**3<sup>97</sup>**  
lb  
8.75 Kg



**ORGANIC** Mexico  
**Grape Tomatoes**

1 Pint Clamshell  
**3<sup>97</sup>**  
ea



**ORGANIC** Mexico  
**Bunched Carrots**

**2<sup>97</sup>**  
ea  
BUNCH

**Make a healthy choice! Fill half your plate with fruits and veggies.**

The Half Your Plate Program is a healthy living initiative that empowers Canadians to eat more fruits and vegetables to improve their health. It's fun, practical, and informative, with tips on how to prepare fruits and vegetables for meals, snacks at home, school, work, eating out or on the go. **Country Grocer** is proud to be a part of this, and to bring you all the information on how you can join in on this great new program. Go to: [www.cpma.ca](http://www.cpma.ca) & [www.bcpma.com](http://www.bcpma.com) Find weekly tips and recipes on their blog at: [halfyourplate.ca](http://halfyourplate.ca) Follow them on Facebook, Pinterest & Twitter for all the latest news! Use #halfyourplate to share recipes and tips.



## FLORAL & GARDEN

**LOWEST PRICE OF THE SEASON!**

**Annual Flat Sale**  
**Veggies and Annuals**

6x6 Packs

**19<sup>97</sup>**  
ea



Country Grocer  
**Soils**

- Garden.....\$7.47
- Potting.....\$9.47
- Container.....\$11.47



**Mixed Planters**  
8 inch

**14<sup>97</sup>**  
ea



Proven Winners  
**Annuals**  
Selection will vary  
1 Gallon

**12<sup>97</sup>**  
ea

APRIL 26 - MAY 2, 2024  
FUNDRAISER IN SUPPORT OF MS OF CANADA

**COUNTRY GROCER** **OUTRAGEOUS EDIBLES & BEVIES** **MS** Multiple Sclerosis Society of Canada

**ISLAND GROWN 4.5" HEIRLOOM TOMATOES**

FUNDRAISER FOR MS OF CANADA

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

50 CENTS FROM EACH PLANT IS DONATED TO MS OF CANADA



You'll feel like family.



Vancouver Island Owned  
& Operated Since 1984



Unico  
**Vegetable Oil**  
3L

**9<sup>97</sup>**  
ea

Bob's  
**Smoked Bacon**

375 g



**1<sup>77</sup>**  
ea



Cheemo  
**Frozen Perogies**  
907 g

**2<sup>97</sup>**  
ea

While Stocks Last



Kraft  
**Pasta Salad**  
200 g

**2/\$3**



Grimm's  
**Sliced Roast Beef**  
or Montreal Smoked Beef  
125 g

**2<sup>97</sup>**  
ea

While Stocks Last



Campfire  
**Garlic Sausage**  
500 g

**3<sup>97</sup>**  
ea

While Stocks Last



Mère Michel  
**Smoked Ham**  
800 g

**5<sup>97</sup>**  
ea

While Stocks Last

**11 Great Locations to SERVE YOU!**

**VICTORIA (ROYAL OAK)**  
250-708-3919  
OPEN 7am-10pm  
Royal Oak Shopping Centre  
4420 West Saanich Rd.

**VICTORIA (ESQUIMALT)**  
250-382-5515  
OPEN 7am-10pm  
1153 Esquimalt Rd.

**OPEN 7 Days a Week!**

**NANAIMO (CHASE RIVER)**  
250-753-7545  
OPEN 7am-10pm  
82 Twelfth St.

**NANAIMO (BOWEN RD.)**  
250-591-5525  
OPEN 7am-10pm  
1800 Dufferin Crescent

**SALT SPRING ISLAND (GANGES)**  
250-537-4144  
OPEN 7am-9pm  
374 Lower Ganges Rd.

**LAKE COWICHAN**  
250-749-6335  
OPEN 7am-10pm  
83 Cowichan Lake Rd.

**COBBLE HILL**  
250-743-5639  
OPEN 7am-10pm  
33-1400 Cowichan Bay Rd.

**DUNCAN**  
250-856-0989  
OPEN 7am-10pm  
3288 Cowichan Lake Rd.

**CHEMAINUS**  
250-246-3551  
OPEN 7am-10pm  
3055 Oak Street

**LADYSMITH**  
250-245-3221  
OPEN 7am-10pm  
1020 1st Avenue

**CEDAR**  
250-722-7010  
OPEN 7am-10pm  
1824 Cedar Rd.



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**We have an App!**



Check out our weekly deals, browse recipes and check out our social media.

Selection may vary by store.

Deposits and/or environmental fees extra where applicable.

Photos are for illustrative purposes only.

We reserve the right to limit quantities.

[www.countrygrocer.com](http://www.countrygrocer.com)

**649 Extra 649**

Lotto Centre at all locations  
(Except Salt Spring)



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Gluten Free  
Savings!

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