

**Happy
Cinco de Mayo!**
See page 10 for more specials



**Vancouver Island Owned
& Operated Since 1984**



Fresh
Avocados

From Mexico
4 Count Bags

3⁹⁷
ea



Manny's
**Flour
Tortillas**

or Corn
355-283 g

2/\$4



Harvest Acres
Black Beans

Also Red Kidney or Navy
398 ml

.97
ea



Jarritos
**Mexican
Sodas**
370 ml

4/\$5



La Cocina
**Tortilla
Chips**
300-400 g

2⁹⁷
ea



Old El Paso
**Dinner
Kits**
250-510 g

3⁹⁷
ea



Faith Farms
**Natural
Cheese**
360-380 g

5⁹⁷
ea



Tribal Java
**Organic
Coffee**
340-400 g

9⁹⁷
ea



Fresh Canadian
**Half Pork
Loin**
Rib End Only

2⁹⁷
lb
6.55 Kg



In Our Bakery

Fresh Baked
**Raisin
Bread**
454 g

2/\$6

Sliced



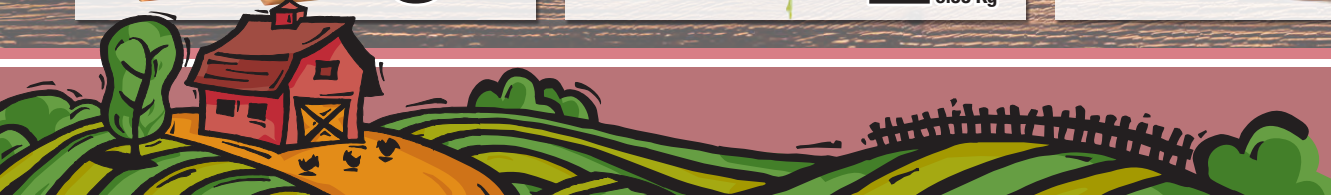
In Our Deli

Imported Italian
**Asiago
Mezzano**
Random Cuts

3⁷⁷
100 g

Terrific Savings!

While Stocks Last



www.countrygrocer.com

SALE ON AT ALL STORES: FRIDAY May 3 - THURSDAY May 9, 2024 except Salt Spring: WEDNESDAY May 1 - MONDAY May 6, 2024



Butcher's BEST



Also Great on the BBQ!

Cut from Canada AA Beef
Inside Round Oven Roasts



5⁹⁷
lb
13.16 Kg



Fresh Lilydale
Chicken Breasts
Split, Family Packs

3⁹⁷
lb
8.75 Kg

Canadian Farm Raised
Grain-Fed



Fresh Lilydale
Chicken Wings
Split, Tips Removed
All Sizes

4⁹⁷
lb
10.96 Kg

Canadian Farm Raised
Grain Fed



Cut from Canada AA Beef
Inside Round Marinating Steaks
All Sizes



6⁹⁷
lb
15.37 Kg



Fresh Canadian
Pork Loin Centre Chops
Family Packs



3⁹⁷
lb
8.75 Kg

Buy BC and Support LOCAL FARMERS



Meatman's
Sausage
Assorted Flavours
Frozen, Local BC Product
Gluten Free, No MSG

20% OFF
AT CHECKOUTS



Hertel's
Smoked Sliced Bacon
500 g
No MSG Added
Gluten & Dairy Free



12⁹⁷
ea



Butcher's CHOICE

Easy Meals

Marinated
Pork Sirloin Chops
Boneless
Assorted Flavours



4⁹⁷
lb
10.96 Kg

Easy Meals

Marinated
Cross-Rib Steaks
Teriyaki or Maui



7⁹⁷
lb
17.57 Kg



Farmhouse Poultry
Chicken Drumsticks
All Sizes

2⁷⁷
lb
6.11 kg

It's Fresher from Here!



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



Fresh **Rockfish Fillets**

1.47
100 g

Weather Permitting



Fresh **Steelhead Fillets**

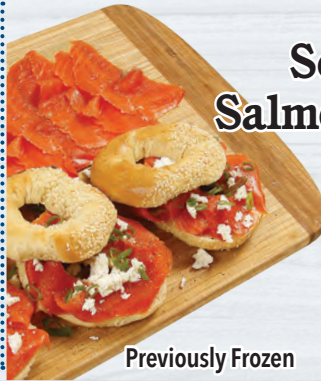
Farmed

3.47
100 g



Aqua Star
Breaded Fish Fillets
 Assorted Varieties
 Frozen
 400 g

9.97
ea



WILD
Sockeye Salmon Lox Trim

2.97
100 g

Previously Frozen



Mussel King
Whole Cooked Mussels in Shell

Garlic Butter or
 White Wine Herb
 Frozen, 454 g

6.97
ea

Dutch Boy
Pickled Herring
 Assorted Varieties
 250 g



5.97
EACH

C2C
Bacon Wrapped Scallops
 Frozen
 340 g



14.97
ea



Aqua Star
Tempura Shrimp
 Frozen
 500 g

10.97
ea

Extra MEAT SAVINGS

Olymel
Smoked Bacon

Regular or Maple
 375 g



6.97
ea

Mina
Chicken Wieners

450 g



1.97
ea

Lilydale
Turkey Sausage

Mild, Hot or Bratwurst
 500 g



7.47
ea

Mix and Match!

Fresh Olivieri
Filled, Sauces or Gnocchi

Assorted Varieties
 280-350 g



2/\$11

Olymel
Regular Wieners

1 Kg



9.97
ea

Mitchell's
Wieners or Smoked Sausage

Assorted Flavours



7.47
ea

500-675 g

Great Savings!
Beef Jalapeno Burgers

800 g



8.97
ea

Janes Pub Style
Breaded Chicken

Strips or Nuggets
 Frozen
 1.1 Kg



11.97
ea



DELI

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



Black Forest Ham or Honey Ham



2⁵⁷
 100 g



Fat Free Turkey Breast



3⁹⁷
 100 g



Sliced Salami & Capicola Assorted Varieties 100-125 g



5⁹⁷
 ea



Garlic Sausage Links



1⁹⁷
 100 g

Cooked to Perfection in our Deli Kitchens

Our Own Oven Roast Beef Plain or Garlic



4⁴⁷
 100 g

CHEESES *from Around the* WORLD



Imported German Havarti Random Cuts



New!

2⁹⁷
 100 g



Imported Dutch Smoked Gouda Random Cuts



3⁴⁷
 100 g



Great Price!

Canadian Cow Feta Random Sizes



1⁷⁷
 100 g



Canadian Cheese Slices Assorted Varieties 160-180 g



2/\$10



Imported Switzerland Gruyere Random Cuts



5⁴⁷
 100 g



Fresh TO GO

Island GOOD



EUGENE'S Helpful Homous
SINCE 1979

V.I. Made!

Homous & Tzatziki

200 g

2/\$9

Every container of Eugene's Homous & Tzatziki sold for the month of May, Eugene's will donate \$0.25 to the B.C Cancer Foundation Vancouver Island.

Prepared In-House



Fresh Greek Salad

2³⁷
100 g

Prepared In-House



BBQ Chicken Leg Combo

with Potato Salad

5⁹⁷
ea

Homestyle

Turkey Meatballs

with Sweet & Sour Sauce
300 g



8⁹⁷
ea

Prepared In-House

Indian Meals

Made with Sutra Sauces from Port Alberni, BC!

Assorted Varieties

450 g



8⁹⁷
ea

Fresh SUSHI

Freshly Made In-House Daily

California Sushi Rolls

Regular or Spicy

12 piece



6⁹⁷
ea

Freshly Made In-House Daily

Coconut Shrimp Sushi Rolls

10 Piece



7⁹⁷
ea

MADE IN-HOUSE Fresh

Prepared Fresh In-House Daily

Fruit Platter

Approx 1.2 Kg

or Veggie Platter
Approx 1.7 Kg
(\$17.97)



15⁹⁷
ea

Made Fresh In-House Daily

Guacalmole or Salsa

Fresh

Approx 300 g



3⁹⁷
ea

BULK Foods

Red Skin Peanuts

Salted or Unsalted



.67
100 g

Expo Rainbow Mix



1¹⁷
100 g

Roasted Pumpkin Seeds

Salted or Unsalted



1⁷⁷
100 g

Dickson's Curry Powder



2⁹⁷
100 g



Natural & ORGANIC



Earth's Own
Barista Blend
Made with
Oat Milk
946 ml

4⁹⁷
ea



Phillips IOTA
Non Alcoholic Beer
4x355 ml

5⁹⁷
ea



GT's
Organic Kombucha
480 ml

2/\$7



Everland
Coconut Water
520 ml

2/\$4



Wescana
Rolled Oats
Gluten Free
1 Kg

5⁹⁷
ea



Yogi
Natural Tea
16s

5⁴⁷
ea



Hippie Snacks
Avocado Crisps
or Cauliflower Crisps
70 g

3⁹⁷
ea



Purpleful
Popcorn
136 g

2/\$7



Everland
Coconut Oil
Organic
500 ml

6⁷⁷
ea



Bragg
Soy Seasoning
946 ml

9⁹⁷
ea



Tribal Java
Organic Coffee
340-400 g

9⁹⁷
ea



Santa Cruz
Lemon Juice
or Lime Juice
473 ml

6⁴⁷
ea





Vitamins & SUPPLEMENTS



Canada

Each scoop is packed with more benefits than you can shake a shaker cup at: 20g of plant protein, with antioxidant vitamin C to support the immune systems, minerals, probiotics, fibre, omega-3 polyunsaturates, and good-for-you greens!



Vega
All-in-One Shake
829-876 g

52⁹⁷ ea

A shampoo, body wash, and bubble bath in one bottle. Natural ingredients and cruelty-free certification. In unscented, Lavender, Citrus Mint & Lemon Coconut.



Everyone
3-in-1 Soap
946 ml

13⁹⁷ ea



Canada

SISU
Multivitamins



20% OFF
AT CHECKOUTS

Traumacare



30 ml
10⁹⁷ ea



50 g
19⁹⁷ ea

Kind Bars

40 g



2/\$4



Canada

Pure Potent
Wow Products



20% OFF
AT CHECKOUTS



Canada

All Prairie Naturals



20% OFF
AT CHECKOUTS



David
Grocery Department
Esquimalt

GROCERY



Miss Vickie's
Potato Chips
190-200 g

2/\$8.50

Haribo
Gummy Candy
150 g

While Stocks Last **.77** ea

Old Dutch
Potato Chips
235 g

2/\$8

Coke
Craft Sodas
4 Pack

6.97 ea

Prime
Hydration Drink
500 ml

2.97 ea

Pepperidge Farm
Goldfish Crackers
167-227 g

2/\$6

Rockstar
Energy Drinks
473 ml

2/\$4

Brisk
Iced Tea
710 ml

.87 ea

Arriba
Tortilla Chips
235-245 g

2/\$7

San Pellegrino
Mineral Water
750 ml

2.47 ea

Smartfood
Popcorn
180-220 g

2/\$8

Coke & Assorted
Coca Cola Products
6x710 ml

4.97 ea

Pepsi & Assorted
Pepsi Products
6x222 ml
Mini Cans

3.97 ea

Peace Tea
Iced Teas
695 ml

4/\$5

Corona Sunbrew
Non-Alcoholic Beer
6x330 ml

9.97 ea



TM



Chef Heidi's Recipe

**Wild Green
Spanakopita**

Find the recipe at countrygrocer.com



Rogers
**All Purpose
Flour**

Also Wholewheat
or Unbleached
10 Kg

11.97
ea



Hershey
Chipits
200-270 g

3.97
ea



Los Beans
**Ground
Coffee**
300 g

5.97
ea



Hellmann's
Mayonaisse
340-445 ml

4.47
ea



Sapporo Ichiban
**Instant
Noodles**
100 g

.97
ea



Snack Pack
**Pudding
Cups**
4x99 g

2/\$4



San Remo
**Bouillon
Cubes**
110 g

2/\$3



Del Monte
**Prune
Nectar**
1.36 L

6.47
ea



Glico
**Curry
Sauce**
220 g

4.47
ea



Sun-Maid
**Pitted
Prunes**
250 g

3.97
ea



SunRype
**100%
Juice**
900 ml

1.77
ea



Huy Fong
**Sriracha
Sauce**
714 ml

6.97
ea



Harvest Acres
**Black
Beans**
Also Red Kidney or Navy
398 ml

.97
ea



Primo
Tomatoes
796 ml

1.97
ea



Valentina
**Hot
Sauce**
370 ml

2/\$5



TONIGHT, WE TACO



Old El Paso
Dinner
Kits
250-510 g

3⁹⁷
ea



Old El Paso
Taco
Shells
or Tortillas
125-334 g

2/\$6



Old El Paso
Seasonings
24 g

2/\$3



Old El Paso
Refried
Beans
or Sliced Jalapenos
250-398 ml

2⁹⁷
ea



Old El Paso
Taco
Sauce
243 ml

2/\$7



Old El Paso
Chunky
Salsa
650 ml

3⁹⁷
ea

More Cinco De Mayo Specials



La Cocina
Tortilla
Chips
300-400 g

2⁹⁷
ea



Herdez
Authentic
Salsa
431 ml

3⁴⁷
ea



Mezzetta
Sliced
Peppers
Selected
296-375 ml

2/\$7



Tajin
Chili
Powder
142 g

4⁹⁷
ea



Las Palmas
Enchilada
Sauce
793 g

4⁹⁷
ea



Fresh Is Best
Medium
Salsa
Also Mild or Hot
375 ml

5⁹⁷
ea



Yucatan
Guacamole
Mild, Authentic or Zesty
227 g

5⁹⁷
ea



Los Pericos
Tostadas
24s

4⁴⁷
ea

GIFT CARD GIVEAWAY



WIN 1 OF 12 (ONE PER STORE & ONE OF FACEBOOK)

\$100 COUNTRY GROCER GIFT CARDS

BROUGHT TO YOU BY ARLA FOODS

Canada



Tre Stelle
Feta Cheese
375 g

8⁹⁷ ea

Canada



Castello
Brie Cheese
or Camembert
125 g

4⁹⁷ ea

Canada



Tre Stelle
Shredded Cheese
170-200 g

5⁴⁷ ea

Canada



Tre Stelle
Crumbled Feta
150 g

4⁹⁷ ea

Canada *In Our Deli*



Canadian Castello
Cheese Slices
Assorted Varieties
125-165 g

2/\$10

Canada *In Our Deli*



Castello
Blue Cheese Wedges
Assorted Varieties
125 g

5⁹⁷ ea

Canada *In Our Deli*



Castello
Havarti
Assorted Varieties
170-200 g

2/\$10

Canada *In Our Deli*



Castello
Vintage Gouda
Also Havarti or Cheddar
200 g

6⁹⁷ ea

HOUSE, HOME & Pet



Tilex
Shower Cleaner
945-946 ml

4⁴⁷ ea



Purex
Bathroom Tissue
8 Double Roll

4⁹⁷ ea



Sponge Towel
Paper Towel
1-2 Roll

2/\$7



Pine-Sol
Household Cleaner
1.41 L

4⁹⁷ ea



Friskies
Cat Food
1.4-1.5 Kg

7⁴⁷ ea



Friskies
Cat Treats
Lil Soups
34 g

2/\$3



Purina
Beggin' Strips
155-170 g

3⁹⁷ ea



Purina One
Dog Food
7 Kg

27⁹⁷ ea



Dairy FRESH

Canada  Natrel **Lactose Free Milk** 2 L

5⁹⁷ ea

Canada  Liberte **Multipack Yogurt** 4x100 g

 Greek or Mediterranean **3⁹⁷** ea

Canada  Danone Activia **Yogurt** 8x100 g Multipack

4⁹⁷ ea

Canada  Natrel **Coffee Creamer** 1 L

4⁹⁷ ea

Canada  Dairyland **Half & Half Cream** Organic, 946 ml

4⁹⁷ ea

Canada  Dairyland **Chocolate Milk** 946 ml

2 / \$5

Canada  Natrel **10% Coffee Cream** Lactose Free, 1 L

3⁹⁷ ea

Canada  Faith Farms **Natural Cheese** 360-380 g

5⁹⁷ ea

Bece! **Margarine** 637-850 g

6⁹⁷ ea

Pillsbury **Crescent Rolls** 226-227 g

1⁹⁷ ea

Nalley **Chip Dip** 225 g

2 / \$7

Kraft **Cool Whip** Aerosol Can 225 g

3⁹⁷ ea

FROZEN Foods

Canada  Natrel **Ice Cream** Lactose Free 473 ml

3⁹⁷ ea

Dr. Oetker **Casa Di Mama** 395-410 g

 Frozen Pizza **4⁹⁷** ea

Grandma's **Perogies** 600 g

3⁹⁷ ea

Green Giant **Valley Selections** 400-500 g

2⁹⁷ ea

El Tomas **Burritos** 142 g

2 / \$5

Canada  Bassili's Best **Lasagna** or Shepherd's Pie 907 g

7⁴⁷ ea

Hungryman **XL Bowls** 397 g

4⁹⁷ ea

Snowcrest **Organic Fruit** 500-600 g

5⁹⁷ ea

Bakery FRESH



**THIS
WEEK'S
HOT BUY**



Raisin Bread

454 g

Sliced

Made, RIGHT Here!

2/\$6

Country Fresh Cookies

Assorted Varieties
12 Pack



5⁹⁷
ea

Hoagie Buns

6 Pack



2⁹⁷
ea

*Topped with
Rich Fudge Icing!*

Brownies

700 g

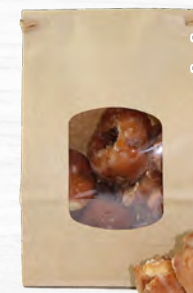


5⁹⁷
ea

Old Fashion Buttermilk Donuts

8 Pack

Picnic Ready!



2/\$10



Dempster's Bagels

6 Pack

2/\$8



Golden West English Muffins

6 Pack

2/\$6



*Made, RIGHT Here
and loaded with Fresh
Island Farms Whipping Cream!*

Deluxe Cream Pies

800 g



- Coconut Cream
- Banana Cream
- Chocolate Cream

9⁹⁷
ea



Dempster's Whole Grain Breads

600 g

3⁹⁷
ea



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!



Celebrate
Cinco de Mayo!

Mexico

Avocadoes

4 Count Bags

3⁹⁷
ea



New Crop

California

Small White Potatoes



1⁹⁷
lb
4.34 Kg



B.C. Grown

Mini Cucumbers

1 lb Bags



2⁹⁷
ea

California
Large Navel Oranges



1⁹⁷
lb
4.34 Kg



B.C. Grown

Hot House Coloured Peppers

Red, Yellow, Orange
2 lb Bags



4⁹⁷
ea

Mexico
Large Limes



4/\$3

California
Cilantro



.97
ea
Bunch

Mexico
Roma Tomatoes



1⁹⁷
lb
4.34 Kg

Mexico
Yellow Ataulfo Mangoes



2/\$4



B.C. Grown
Grape Tomatoes

1 Pint Clamshell



2⁹⁷
ea

Mexico
Eggplant



1⁹⁷
ea

Mexico
Hot Peppers



- Anaheim
- Jalapeno
- Poblano

3⁹⁷
lb
8.75 Kg

Mexico
Green Beans and Tomatillos



2⁹⁷
lb
6.55 Kg



Fresh
Certified

ORGANIC PRODUCE



ORGANIC Mexico
Green
Beans



3⁹⁷
lb
8.75 Kg

ORGANIC Mexico
Tommy Atkins
Mangoes



2⁹⁷
ea

ORGANIC Mexico
Green
Zucchini



1⁹⁷
lb
4.34 Kg

ORGANIC Mexico
Persian
Cucumbers



1 lb Clamshell
5⁹⁷
ea

ORGANIC U.S.
Sugar Snap
Peas



12 oz Bag
9⁹⁷
ea



ORGANIC B.C. Grown
New Crop Bunched
Spinach



3⁹⁷
ea
Bunch



Melon Mania

ORGANIC Mexico
Cantaloupes,
Honeydews,
Mini
Watermelons

4⁹⁷
ea

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.cpm.ca & www.bcpma.com Find weekly tips and recipes on their blog at: halfyourplate.ca Follow them on Facebook, Pinterest & Twitter for all the latest news! Use #halfyourplate to share recipes and tips.



FLORAL & GARDEN



Sun or Shade
Hanging
Baskets

12 inch

42⁹⁷
ea



Simply
Savannah
Bouquet

32⁹⁷
ea



Mixed
Decostone
Planters

10 inch

24⁹⁷
ea



The Flower
Patch
Bouquet

19⁹⁷
ea



Fresh Cut
Tulips

5 Stems

4⁹⁷
ea



Superior Farms
Annuals

4 & 4.5 inch

4⁴⁷
ea



Assorted
Herbs

4 inch

2⁹⁷
ea



Strawberry
Plants

4 inch

2⁶⁷
ea

You'll feel like family.



Vancouver Island Owned
& Operated Since 1984



SunRype
100% Juice

900 ml

1.77
ea



Nature Valley
Sweet & Salty Bars

192-210 g

2.97
ea



General Mills

**Family Size
Cheerios**

570-725 g

5.97
ea



Milk 2 Go
2% Milk

12x310 ml

7.97
ea

While Stocks Last



Oasis
Juice Boxes

Strawberry Kiwi Flavour
8x200 ml

1.97
ea

While Stocks Last



SunRype
Gluten Free Bites

Chocolate Chip Flavour
150 g

2/\$5

While Stocks Last



In Our Deli

Greenfield
Turkey Breast

Oven Roasted

2.77
100 g

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.



Our flyer is made with recycled content and vegetable oil based ink.

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



Lotto Centre at all locations
(Except Salt Spring)



Look for our
Gluten Free
Savings!

Proud Member Of

