

HAPPY MOTHER'S DAY

See Page 10 for a huge assortment of fresh Mixed Bouquets & Potted Plants



Vancouver Island Owned & Operated Since 1984

Driscoll's
Only the Finest Berries™



Fresh
Strawberries

California/Mexico
1 lb Clamshell

2⁹⁷
ea



Mixed
Hanging
Baskets

10 inch

26⁹⁷
ea



Häagen Dazs
Premium
Ice Cream

414-450 ml

4⁹⁷
ea



Hardbite
Potato
Chips

150 g

1⁹⁷
ea



Mott's
Clamato
Juice

or Garden Cocktail
1.89 L

3⁹⁷
ea



Zevia
Zero
Calorie
Soda

6x355 ml

4⁹⁷
ea



Farm Girl
Sugar
Free
Cereal

280 g

5⁹⁷
ea



Creekmore's
Organic
Coffee

400 g

9⁹⁷
ea



Fresh Canadian
Pork
Tenderloin

All Sizes

3⁹⁷
lb
8.75 Kg



In Our Bakery
Fresh
Strawberry
Tarts

6 Pack

6⁴⁷
ea



In Our Deli
FROMAGERIE
PERRON
DEPUIS 1899
Fantastic Savings!
Canadian
7 Year
Aged
Cheddar

Random Cuts

2⁹⁷
100 g



www.countrygrocer.com



Butcher's BEST



Cut from Canada AAA Beef T-Bone Grilling Steaks

All Sizes

13⁹⁷
lb
30.80 Kg



Craft Butcher Medium Ground Beef

400 g

- The Butcher Blend
- The Brisket Blend
- The Carnivore Blend

BUY ONE GET ONE FREE
Regular Retail \$9.99 ea

While Stocks Last



Fresh Lilydale Chicken Thighs

Boneless, Skinless
All Sizes

6⁹⁷
lb
15.37 Kg

Canadian Farm Raised
Grain-Fed



Fresh Lilydale Whole Frying Chicken

Twin Packs



Canadian Farm Raised
Grain-Fed

26⁷
lb
5.89 Kg

Mix and Match!



Johnsonville Sausages

Breakfast or Dinner
Assorted Flavours
375-500 g



2/\$12

Buy BC and Support LOCAL FARMERS



Gunter Bros. Beef Pepperoni or Smokies



Made from 100% Grass Fed,
Grass Finished Beef

10⁹⁷
lb
24.18 Kg



Marinated Chicken Skewers

Assorted Flavours
400 g



10⁹⁷
ea

Butcher's CHOICE

Easy Meals!



Marinated Spatchcock Frying Chicken

Assorted Flavours

3⁹⁷
lb
8.75 Kg

Easy Meals!



Marinated Beef Chuck Short Ribs

Boneless
Maui or Teriyaki Style

13⁹⁷
lb
30.80 Kg



It's Fresher from Here!

Farmhouse Poultry Whole Frying Chickens

All Sizes

3⁴⁷
lb
7.65 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 Sockeye Salmon Fillets

Skin on
Pin Bone
Removed

2.97
100 g

Frozen or
Previously Frozen



Fresh Halibut Fillets

5.47
100 g



Ahi Tuna Steaks

152-170 g

2/\$10



Wild Chilean Handpeeled Shrimp

Previously Frozen

3.97
100 g



East Coast Lobster Tails

85-113 g

7.97
ea

Frozen or Previously Frozen



Bacon Wrapped Scallop Skewers

130 g

5.97
ea

Frozen or Previously Frozen



West Coast Crab Cakes

70 g per Cake
Frozen or Previously Frozen

Made with Real Crab
\$10
Package of 4



East Coast Scallops

10-20 Scallops Per lb
Previously Frozen

5.97
100 g



Hardy Buoy's Smoked Sockeye

Regular, Peppercorn or Maple

5.47
100 g

Previously Frozen

Extra MEAT SAVINGS



Mix and Match!

Grimm's Fine Foods Classic Sausage Rings

Assorted Flavours
300 g

2/\$12



Mix and Match!

Duso's Pasta

Filled or Flat
Assorted Flavours
250-300 g

2/\$11



Greenfield Smoked Sausage

Wieners or Sausage Rounds
300-375 g

6.97
ea



Lilydale Turkey Breast Strips

300 g

9.97
ea



Grimm's Fine Foods Pepperoni

Assorted Varieties
450 g

7.97
ea



Burns Bacon

375 g

3.97
ea

While Stocks Last



Maple Lodge Farms Chicken Wings

BBQ, Honey Garlic and Spicy Buffalo
Frozen
908 g

16.97
ea

Already seasoned, BEST Wings I've had in awhile...



DELI

Thousands more
**Features & Volume Buy
deals in store!**

Look for them today at your favourite location.



Premium Ham

Black Forest,
Honey or
Maple

2.57
100 g

Grimm's
Spinach
or Cheese
Wraps

360 g



3.97
ea



Great
Price!

Grimm's Pepperoni Sticks

Original,
Honey/Garlic
or Hot
45 g

.97
ea



Grimm's Roast Beef

Regular or Garlic
or Montreal
Smoked Beef

3.87
100 g



Grimm's Bavarian Meatloaf

or Lyoner or
Beer Sausage

2.37
100 g



Lilydale Turkey Breast

Oven Roasted Plain, Smoked
or Sun Dried Tomato

2.97
100 g



CHEESES from Around the WORLD



Imported Dutch
**Mild
Gouda**
Random Cuts

3.47
100 g



Canadian
**Shredded
Cheese**
3 Cheese Nacho
400 g

4.97
ea

Big Savings!

Imported Italian Parmigiano Reggiano

Random Cuts



3.97
100 g



Imported French Camembert d'Portneuf

or Brie d'Alexis
300 g

10.97
ea



Imported Switzerland Emmental

Random Cuts

4.77
100 g





Fresh TO GO

Prepared In-House



Chinese Meals

Assorted Varieties
480 g

9⁹⁷
ea



B.C. Made!
Bringing the best quality to you

Premium Meat Pies

Assorted Varieties
8 Inch, 760 g

13⁹⁷
ea



Sabra Hummus

Assorted Varieties
283 g



4⁹⁷
ea



Prepared In-House

Lunch Pack on the Go

Includes Portion Cheese,
Veggies, Fruit,
Dip & more!

6⁹⁷
ea



Homestyle Pork Egg Rolls

4 Pack
340 g

6⁹⁷
ea



Fresh SUSHI

Freshly Made
In-House Daily

Dynamite Sushi Rolls

Regular or Spicy
6 Piece



7⁴⁷
ea

Freshly Made
In-House Daily

Salmon Candy Sushi Rolls

6 Piece



8⁴⁷
ea

Prepared Fresh
In-House Daily

Cantaloupe or Honeydew

Approx. 250 g



2⁹⁷
ea

Prepared Fresh
In-House Daily

Country Grocer Assorted Mixes

Approx.
300-440 g



- Asian
- Pizza
- Peppers
- Stir Fry

4⁹⁷
ea

MADE IN-HOUSE Fresh

BULK Foods

Peanut Butter Pretzels

1⁹⁷
100 g



Foley's Chocolate Almonds

Milk or Dark

1⁹⁷
100 g



Roasted Cashews

Salted, Unsalted,
Salt & Pepper, Cajun,
Sesame Glazed

2⁷⁷
100 g



Fancy Nut Mix

Salted or Unsalted

2⁸⁷
100 g





Natural & ORGANIC



Terra Breads
Artisan Granola
340 g

6⁹⁷
ea



Fresh Is Best
Tortilla Chips
250-300 g

2/^{\$}9



Two Bears
Oat Beverage
946 ml

2/^{\$}6



Tofino
Organic Kombucha
355 ml

2/^{\$}5



New World
Organic Tahini
500 g

7⁹⁷
ea



Blue Monkey
Coconut Water
Low in Sugar
Organic, 1 L

4⁴⁷
ea



Better Bears
Gummy Candies
Low in Sugar
50 g

2/^{\$}6



San Remo
Organic Tomatoes
796 ml

3⁹⁷
ea



Everland
Organic Quinoa
681 g

7⁴⁷
ea



Annie's
Bunny Crackers
213 g

3⁷⁷
ea



Omega
Apple Cider Vinegar
Organic
946 ml

5⁹⁷
ea



Alter Eco
Organic Chocolate
75-80 g

2/^{\$}6



Vitamins & SUPPLEMENTS



Ener-C & Ener-D
Box of 30

15⁹⁷ ea

Ener-D; Vitamin D PLUS 7 other essential vitamins and minerals for maximum effectiveness.



Biotta Beet Juice
500 ml

5⁹⁷ ea



Kirk's Kefir
330 ml

2/\$8



Organika Digest Relief
90 Caps

16⁹⁷ ea

Combining Ginger and Activated Charcoal this formula provides quick relief from indigestion carefully and effectively.



Auramere Products

20% OFF
AT CHECKOUTS



NCN Daily Cleanse
1 Kg

26⁹⁷ ea



Martin & Pleasance Products
40 g

20% OFF
AT CHECKOUTS



Probar
70 g

3⁹⁷ ea

Made with 20g of plant-based protein, easy-to-digest carbs, and an indulgent chocolate coating for a bar that's not only nutritious but tastes good too.

GF



All CanPrev formulations are designed by licensed Canadian health practitioners to help you on your journey to optimum health and well-being.



Selected
CanPrev™
Magnesium Products

20% OFF
AT CHECKOUTS



Susan
Bakery
Chemainus

GROCERY



Pepsi & Assorted
**Pepsi
Products**
6x710 ml

4⁴⁷
ea



Bear 'N Beaver
**Craft
Soda**
473 ml

2/\$5



Restaurante
**Tortilla
Chips**
230-295 g

2/\$7



Peace Tea
Iced Tea
or Nestea
12x341 ml

8⁴⁷
ea



Orville
Popcorn
150-220 g

3⁷⁷
ea



Pure Leaf
**Iced
Tea**
547 ml

2/\$4



Coke & Assorted
**Coca Cola
Products**
6x222 ml

4⁴⁷
ea



Gatorade
**Sport
Beverages**
710 ml

3/\$5



Doritos
**Tortilla
Chips**
or Cheetos Snacks
170-285 g

2/\$9

NEW to Country Grocer!



Campside
**Giant
Marshmallows**
or Giant Twists
700 g

4⁴⁷
ea



Leclerc
**Celebration
Cookies**
240 g

2/\$7



Realemon
**Lemon
Juice**
945 ml

2⁹⁷
ea



Mott's
**Clamato
Juice**
or Garden Cocktail
1.89 L

3⁹⁷
ea



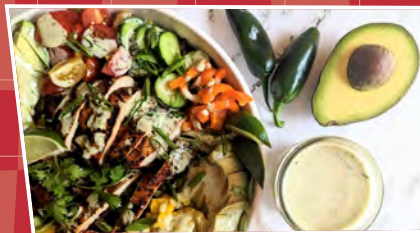
Stanley Park
**Non-Alcoholic
Beer**
4x355 ml

6⁹⁷
ea



Budweiser
**Non-Alcoholic
Beer**
12x355 ml

12⁹⁷
ea



Chef Heidi's Recipe
**Roasted Jalapeno
 Ranch Dressing**
 Find the recipe at countrygrocer.com



New Flavour! Post
**Honey Ohs!
 Cereal**
 Also Sugar Crisp
 or Honeycomb
 326-400 g



3⁷⁷
 ea

Frank's
**Red Hot
 Sauce**
 354 ml



3⁹⁷
 ea

Dare
**Breaktime
 Cookies**
 250 g



1⁷⁷
 ea

Voortman
Cookies
 210-255 g



3⁴⁷
 ea

Hidden Valley
**Ranch
 Dressing**
 473 ml



3⁴⁷
 ea

Tastie
**Chow Mein
 Noodles**
 or Steam Fried
 397 g



2/\$⁷

Grissol
**Gourmet
 Croutons**
 135 g



3/\$⁵

Dare
Viva Puffs
 or Ruffles Classic
 250-300 g



2⁹⁷
 ea

Rogers
Flour
 2.5 kg



4⁴⁷
 ea

Nonna Pia
**Balsamic
 Reduction**
 250 ml



5⁹⁷
 ea

Carr's
**Table
 Crackers**
 125-150 g



2/\$⁵

Fill her cup this Mother's Day with Love... and Coffee



Barista Prima
**K-Cup
 Coffee**
 12s



8⁹⁷
 ea

Also McCafe or Donut Shop

Van Houtte
**K-Cup
 Coffee**
 12s



9⁴⁷
 ea

McCafe
**Premium
 Coffee**
 340 g



9⁹⁷
 ea

McCafe
**Coffee
 Pods**
 30s



19⁹⁷
 ea



HAPPY
Mother's Day



Celebrate Mom Bouquet



31⁹⁷
 ea



Garden Blossoms Bouquet



37⁹⁷
 ea



Quik's Bouquet
 Extra Large



42⁹⁷
 ea



Magnificent Mom's Day Bouquet



44⁹⁷
 ea



Assorted Clematis & Vines
 1 Gallon



19⁹⁷
 ea



Table Top Bag Arrangement



36⁹⁷
 ea



Sand Art Glass
 5.5 inch



32⁹⁷
 ea



Phalaenopsis Orchids
 4 inch



19⁹⁷
 ea



Heart Shaped Succulent Planter
 7 inch



24⁹⁷
 ea



Tin Frame with Violet
 4 inch



16⁹⁷
 ea



Home Wooden Planter
 6x11 inch



29⁹⁷
 ea



Standard Lavenders
 1 Gallon



18⁹⁷
 ea



Fuchsia or Trixi Hanging Baskets
 13 inch



48⁹⁷
 ea



Mixed Outdoor Planters
 8 inch



15⁹⁷
 ea



Mini Roses
 6 inch



12⁹⁷
 ea



Premium Mixed Hanging Baskets
 13 inch



52⁹⁷
 ea



BUY

\$10 of participating products



UPLOAD

receipt to
HEINZ.CA/SUMMER

WIN

a grill or 1 of 400
BBQ accessories

Grill model: Professional C-Series
Ceramic Kamado Grill, \$1,347
value. Accessories: \$30 value.



Heinz
**Squeeze
Ketchup**
750 ml-1 L

4⁹⁷
ea



Bull's Eye
**BBQ
Sauce**
425 ml

2/\$7



Kraft
**Miracle
Whip**
or Mayonnaise
650-850 ml

4⁹⁷
ea



Heinz
**Canned
Beans**
398 ml

2/\$4



Heinz
**Yellow
Mustard**
380 ml

1⁹⁷
ea



Heinz
**Picnic
Pack**
3x375 ml

6⁴⁷
ea



Kraft
**Salad
Dressing**
425 ml

2/\$6



Lea & Perrins
**Worcestershire
Sauce**
or HP Steak Sauce
284-400 ml

4⁴⁷
ea

HOUSE, HOME & Pet



Clorox
**Ultra
Bleach**
1.18-1.27 L

3⁹⁷
ea



Clorox
**Bathroom
Cleaner**
887-946 ml

3⁹⁷
ea



Glad
Cling Wrap
30 m

1⁹⁷
ea



Glad
**Kitchen
Catchers**
24s

3⁹⁷
ea



Purex
**Bathroom
Tissue**
Ultra or Ultraluxe
8 Triple Roll=24

6⁹⁷
ea



Whiskas
**Cat
Food**
2 Kg

8⁹⁷
ea



IAMS
**Dog
Food**
3.18 Kg

12⁹⁷
ea



Sponge Towel
**Paper
Towel**
Ultra Pro
3 Roll=6

6⁹⁷
ea



Dairy FRESH



Island Farms
18% Table Cream
1 L
4⁷⁷ ea



Island Farms
Whipping Cream
473 ml
3⁴⁷ ea



International Delight
Coffee Creamer
or Baileys, 400-473 ml
2/\$7



Natrel Plus
Milk
2%, 3.25%
or Chocolate
2 L
5⁹⁷ ea



Armstrong
Cheese Slices
or Cheese Sticks
180-240 g
2/\$10



Armstrong
Melts Slices
450 g
4⁴⁷ ea



Danone
Yogurt Smoothies
190 ml
4/\$5



Liberte
Kefir
1 L
4⁹⁷ ea



Dairyland
Milk 2 Go
473 ml
2/\$4



Saputo
Shredded Cheese
170-320 g
5⁹⁷ ea



Island Gold
Large Eggs
Veggie Fed
1 Dozen
4⁹⁷ ea



I Can't Believe It's Not Butter
Soft Margarine
427 g
1⁹⁷ ea

FROZEN Foods



Island Farms
Classic Ice Cream
or Sherbet, 1.65 L
4⁹⁷ ea



Swanson
Meat Pies
200 g
2/\$4



McCain
French Fries
800 g
2/\$7



Sutra
Ethnic Sauces
400 ml
5⁴⁷ ea



Natrel
Mochi
6x35 ml
5⁴⁷ ea



Snowcrest
Frozen Fruit
400-600 g
4⁴⁷ ea



Marie Callendar's
Gourmet Bowls
335-349 g
5⁴⁷ ea



Green Giant
Simply Steam
198-250 g
1⁹⁷ ea

Bakery FRESH



**THIS
WEEK'S
HOT BUY**

Made, RIGHT Here

Cheese Kaiser Buns

6 Pack



3⁹⁷
ea

Focaccia Bread

454 g



2/\$5

*Made with
Real Butter*

Croissants

6 Pack



4⁹⁷
ea

Family Pack Cookies

18 Pack



Chocolate or Rainbow Chip

7⁹⁷
ea

California Cheese Bread

300 g



4⁴⁷
ea



Dempster's Signature Breads

600-680 g

3⁹⁷
ea



Portofino Brioche Burger Buns

6 Pack

2/\$8



Mother's Day or Spring Decorated

Cupcakes

Chocolate or Vanilla

6 Pack

*Topped with
our Signature REAL
Butter Cream Icing*

5⁹⁷
ea



Olivier's Wholewheat French Bread

400 g

4⁴⁷
ea



Dempster's English Muffins

6 Pack

2/\$7

Fresh Strawberry Tarts

6 Pack

Made RIGHT Here

6⁴⁷
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!



Treat your Mom with some tasty Strawberries on her special day!

HAPPY **Mother's Day**

Driscoll's
Only the Finest Berries™

California/Mexico
Strawberries
1 lb Clamshell



2⁹⁷
ea



Australia
Large Bartlett Pears

1⁹⁷
lb
4.34 Kg

chelan fresh



Washington
Premium Honey Crisp Apples

1⁹⁷
lb
4.34 Kg



B.C. Grown
Inspired Greens
Living Trio Lettuce



2⁹⁷
ea



B.C. Grown
Hot House
Extra Large Peppers
Red, Yellow, Orange



2⁹⁷
lb
6.55 Kg



B.C. Grown
Fingerling Potatoes
3 lb Bags



2⁹⁷
ea



B.C. Grown
Rhubarb



1⁹⁷
lb
4.34 Kg



B.C. Grown
Bunch Radishes



2/\$3
Bunches



B.C. Grown
Sun Drop
Red Grape Tomatoes
1 Pint Clamshell



2⁹⁷
ea



Morocco
Mandarin Oranges
2 lb Bags



4⁹⁷
ea



B.C. Grown
Yellow Turnips



1⁴⁷
lb
3.24 Kg



B.C. Produced
Sunrise
Extra Firm Tofu
350 g Pkg



2⁹⁷
ea



B.C. Grown
Hot House
Mini Sweet Mixed Peppers
1 lb Bags



4⁹⁷
ea



Fresh
Certified

ORGANIC PRODUCE



ORGANIC U.S.
Bunched
Broccoli

4⁹⁷
lb
10.96 Kg



ORGANIC Mexico
Rio Red
Grapefruit
4 lb Bags

8⁹⁷
ea



ORGANIC Mexico
Grape
Tomatoes
1 lb Clamshell

4⁴⁷
ea



ORGANIC U.S.
Iceberg
Lettuce

4⁹⁷
ea



ORGANIC B.C. Grown
Green
Cabbage

1⁹⁷
lb
4.34 Kg



ORGANIC U.S.
Black or
Green Kale

3⁴⁷
ea

Seedless **ORGANIC Mexico**
Fresh Cut Watermelons

1⁴⁷
lb
3.24 Kg

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 & 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.



Framing the Future

with Habitat for Humanity Vancouver Island

TOKENS FOR A CAUSE

Habitat for Humanity tokens will be sold at our tills for the month of May.

All proceeds will benefit our local communities by the way of affordable housing.

DONATE TODAY!

\$2
TOKENS



HABITAT FOR HUMANITY FOUNDATION BLEND COFFEE

Available

exclusively at

- Royal Oak
- Esquimalt
- Cobble Hill

locations for the month of May.

Retails for

\$17.99

\$6 donated to **HABITAT FOR HUMANITY**



You'll feel like family.



Vancouver Island Owned
& Operated Since 1984



Island Good
Classic Ice Cream
or Sherbet, 1.65 L

4.97
ea



Cadbury
Dairy Milk Mini Bars

361 g

*Great for
Camping!*

4.47
ea

Limit 6



Admiral
Pink Salmon

Wild Pacific
213 g

2/\$5

NEW to Country Grocer! Campside
Giant Marshmallows



or Giant Twists
700 g

4.47
ea

Kool-Aid
Jammers



10x180 ml

2.97
ea

While Stocks Last

Sparkling Ice
Lemonade



12x503 ml

8.97
ea

*In the
Meat Department* Burns
Smoked Bacon



375 g

3.97
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.

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

649 Extra 649

Lotto Centre at all locations
(Except Salt Spring)



Look for our
Gluten Free
Savings!

Proud Member Of

