

Celebrating
40 YEARS!



Over **\$40,000**
in Giveaways

WIN PRIZES
IN-STORE &
ON SOCIAL MEDIA

40 YEARS

TEN \$1000
CASH PRIZES

\$400
GIFT CARD
GIVEAWAYS
PER WEEK / PER STORE

\$10,000 CASH GRAND PRIZE!



Creekmore's
Organic Coffee
350-400 g

9⁹⁷
ea



Direct Source
produce



B.C. Grown
**Royal Gala &
Ambrosia Apples**
8 lb Bag

6⁹⁷
ea

Works out to 88¢/lb



SunRype
100% Juice
or Arizona
900 ml-1 L

3/\$5

LIMIT 3 Total



Chapman's
Premium Ice Cream
or Yukon (5-8 count)
500 ml

3⁹⁷
ea



Wescana
Organic Oats
or Oat Flour
1 kg

7⁹⁷
ea



Bee Maid
Liquid Honey
or Creamed
1 kg

9⁹⁷
ea



Lay's
Potato Chips
220-235 g

2/\$7



Fresh Lilydale
Chicken Breasts
Boneless, Skinless
All Sizes

5⁹⁷
lb
13.16 kg

Canadian Farm Raised
Grain-Fed



In Our Bakery
Dutch Crunch Bread
454 g

1⁹⁷
ea

Sliced



In Our Deli
Imported Dutch
Mild Gouda
Random Cuts

2⁹⁷
100 g

Great Savings!

www.countrygrocer.com



Butcher's BEST

Cut from Canada AA Beef

Outside Round Oven Roasts



5⁹⁷
lb
13.16 kg



Fresh Lilydale
Chicken Thighs
Boneless, Skinless
All Sizes

Canadian Farm Raised
Grain-Fed

6⁹⁷
lb
15.37 kg



Fresh Canadian
Boneless Porkloin

Centre Cut, Rib End
or Sirloin Chops
Family Packs

4⁹⁷
lb
10.96 kg

Cut From Canada AA Beef

Outside Round Marinating Steak

All Sizes



6⁹⁷
lb
15.37 kg

Cut From Canada AA Beef

Hip Minute Steaks

All Sizes



7⁹⁷
lb
17.57 kg

Buy BC and Support LOCAL FARMERS



751 Smokehouse
Smoked Bacon
Assorted Flavours
375 g



7⁹⁷
ea



751 Smokehouse
Smoked Turkey Drumsticks



2⁹⁷
lb
6.55 kg

Butcher's CHOICE

Cut From Canada AAA Beef

Top Sirloin Grilling Medallions

All Sizes



11⁹⁷
lb
26.39 kg

Easy Meals!

Marinated
Beef Stir-Fry Strips



8⁹⁷
lb
19.78 kg



Farmhouse Poultry
Chicken Thighs
All Sizes

4⁹⁷
lb
10.96 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 **Halibut Steaks**

347
100 g

Weather Permitting



Aqua Star
Easy Peel and Eat Cooked Shrimp

907 g

Frozen

12⁹⁷
ea

While Stocks Last

Clear Ocean
Bay Scallops
80-100
Scallops per lb
340 g
Frozen



6⁹⁷
ea



Hardy Buys Smoked
Sockeye Salmon Nuggets

Regular, Pepered
or Maple



Previously Frozen

5⁹⁷
100 g



Made with Real Crab

West Coast
Crab Cakes

70 g

Frozen or
Previously Frozen

PKG OF
4/\$10



Mussel King
Whole Cooked Mussels in Shell

Garlic Butter or
White Wine & Herb
Frozen, 454 g

5⁹⁷
ea

Aqua Star
Tempura Shrimp
Frozen
500 g



11⁹⁷
ea

Almond
Crustrd
Sole
or Potato
Crustrd Cod



2⁴⁷
100 g

Extra MEAT SAVINGS



Olymel
Regular Wieners

1 kg

9⁹⁷
ea



Lilydale
Turkey Bacon

375 g

6⁹⁷
ea



Lilydale
Breakfast Sausage

Regular, Maple
Turkey or Chicken

375 g

4⁹⁷
ea

Made in B.C.



Old Country Pasta
Heat & Serve Entrées

8 Great Flavours
450 g

6⁹⁷
ea



Maple Lodge Farms
Chicken Wings

BBQ, Honey Garlic
or Spicy Buffalo
Frozen, 908 g

16⁹⁷
ea



Compliments
Turkey or Chicken Meatballs

Frozen
560-680 g

8⁹⁷
ea



Compliments
Sausage Rolls

Frozen
576 g

9⁹⁷
ea



Homestyle
Beef Burgers

Assorted Varieties
Frozen, 852 g

14⁹⁷
ea



DELI

Thousands more
Features & Volume Buy
deals in store!

Look for them today at your favourite location.

FANTINO & MONDELLO



Fantino & Mondello
**Salametti,
Sliced Salami,
Dry Pepperoni
& more...**

100-200 g

*Volume
Buy!*

6⁴⁷
ea



*Terrific
Savings!*



Premium
**Fat Free
Turkey
Breast**

2⁹⁷
100 g



Grimm's
Pastrami



3⁷⁷
100 g



**Classic
Sliced
Mortadella**

175 g



5⁷⁷
ea



**Sliced
Prosciutto
Ham**

100 g



6⁹⁷
ea

CHEESES *from Around the* WORLD



**Mini
Babybel**
Assorted Varieties
120 g

5⁹⁷
ea



Canadian
Havarti
Assorted Varieties
170-200 g

2/\$10



*Vancouver Island
Made!*



Little Qualicum
Fromage Frais
Herbie or
Cranberry Pepper
250 g

7⁹⁷
ea



Little Qualicum
Brie
Random Sizes

4⁹⁷
100 g



Canadian
**2 Year Aged
White
Cheddar**
280 g

12⁹⁷
ea



Canadian
**Cheese
Slices**
Assorted Varieties
160-180 g

2/\$10



Fresh TO GO



Warming Your Hearts
VANCOUVER
Soup Company

Vancouver Soup Co.
Fresh Soups
Assorted Varieties
700 ml



B.C. Made!

7⁹⁷
ea



Premium 8"
Meat Pies
Assorted Varieties
760 g

B.C. Made!

13⁹⁷
ea



Hand Made Authentic
Mexican Flavored Burritos
Assorted Varieties, 290 g

B.C. Made!

8⁹⁷
ea



Reser's
Prepackaged Salads
Assorted Varieties
425-454 g



3⁹⁷
ea

Prepared In-House



Homestyle
Stuffed Peppers
or Cabbage Rolls
4 Pack

14⁹⁷
ea

Fresh SUSHI

Freshly Made In-House Daily

Regular or Spicy
California Sushi Rolls
12 piece



6⁹⁷
ea

Freshly Made In-House Daily

Garden Delight Sushi Combo
9 piece



6⁴⁷
ea

Prepared Fresh In-House Daily

Country Grocer
Fruit/Veggie Platter



Fruit Approx 1.2 kg

Veggie Approx 1.7 kg

15⁹⁷
ea

17⁹⁷
ea

Made Fresh In-House Daily

Fresh
Guacamole or Salsa
Approx 300 g



3⁹⁷
ea

MADE IN-HOUSE Fresh

While Stocks Last



HALLOWEEN Favourites

While Stocks Last



Cadbury
Fun Treats
or Maynards
45 Count

8⁹⁷
ea



Hershey
Reese's Shapes
or Assorted Candy
35-50 Count

10⁹⁷
ea



Mars
Assorted Candy
or Skittles
50-70 Count

11⁹⁷
ea



Cadbury
Fun Treats
90 count

15⁹⁷
ea



Natural & ORGANIC



Yogi
Organic Tea
16s

4⁹⁷
ea



Crofter's
Fruit Spread
Organic, 383 ml

6⁴⁷
ea



Manitoba Harvest
Hemp Yeah Granola
283 g

4⁹⁷
ea



Knudsen
Just Juice
Selected, 946 ml

8⁹⁷
ea



Nakd
Fruit Bars
140 g

4⁹⁷
ea



Santa Cruz
Organic Lemonade
946 ml

3⁷⁷
ea



Love Child
Baby Food
128 ml

3/\$7



Sensible Portions
Veggie Straws
120-142 g

2⁹⁷
ea

What the Flour



What the Flour
Flour Blend
900 g

10⁹⁷
ea



What the Flour
Pancake Blend
750 g

10⁹⁷
ea



What the Flour
Muffin Mix
413 g

8⁹⁷
ea



What the Flour
Cookie Mix
498 g

10⁹⁷
ea



Nestle Good food, Good life



Nestle Carnation
Hot Chocolate
400-450 g

5⁹⁷
ea



Boost
Meal Replacement
6x237 ml

11⁹⁷
ea



Starbucks
Coffee Creamer
828 ml

6⁹⁷
ea



Starbucks
Ground Coffee
340 g

9⁹⁷
ea



Vitamins & SUPPLEMENTS

Featuring 5 organic, plant-based proteins that have been sprouted at room temperature for greater nutrition & impact on your performance. Gone is the gritty, grainy mouth feel of a typical vegan protein. In its place is a smooth, delicious flavour and a creamy texture that will almost certainly surprise you.



Iron Vegan Protein & Bars

Protein 1 kg	Bars 64 g	Case of Bars 12x64 g
64⁹⁷ ea	2/\$7	41⁹⁷ ea

Women 50+. This improved formula features a complex of supporting nutrients designed to address Women's health needs as you age and help relieve symptoms associated with menopause, such as hot flashes. These supporting herbal nutrients include Black Cohosh, Chastetree, Maca, Turmeric, Bacopa Extract, and CoQ10.

Progressive Multivitamins



Adult Chewable 60 Tabs	Active 120 Caps	50+ 120 Caps	Kids Chewable 120 Tabs
19⁹⁷ ea	32⁹⁷ ea	29⁹⁷ ea	25⁹⁷ ea



Its dominant ingredient is beta-caryophyllene, an incredible natural flavour compound known to activate your body's CB2 receptors, one of the largest components within a critical body system often referred to as the "master regulator of balance." Use for pain, sleep issues, anxiety, and much more.



Cannanda CB2 Hemp Seed Oil

240 ml
31⁹⁷ ea

Kelp is a sea super green, packed with minerals and vitamins to boost your energy, your mood and your day. OCEANS PURE® contains 170mcg of iodine per ½ oz serving.



Oceans Pure Sea Kelp

500 ml
28⁹⁷ ea



Echinacea & Propolis throat spray has been crafted using a potent and synergistic blend.



Prairie Doctor Throat Spray

50 ml
17⁹⁷ ea



Vital Humic

60 Caps
38⁹⁷ ea



Wings Heart Formula

50 ml
28⁹⁷ ea



This formula is non-constipating and will not irritate the digestive tract.



Flora Iron+

240 ml
19⁹⁷ ea
445 ml
29⁹⁷ ea



Structured Silver for maximum bioavailability and whole body healing.



Beyond Silver

473 ml
53⁹⁷ ea



Sukin Rosehip Oil

25 ml
Hot Price!
16⁹⁷ ea

Sorry No Rainchecks



Kind Bars

40 g
2/\$4

**ONE DAY SALE
OCTOBER 26TH**

**20% OFF
AT CHECKOUTS**

**ALL NUTRITIONAL
DEPARTMENT ITEMS**



Jim Thompson
Assistant Store Manager
Esquimalt

GROCERY



Alter Eco
Chocolate Bars
75-84 g

2/\$6



Dare
Realfruit Gummies
180 g

3/\$5



Old Dutch
Potato Chips
220 g Box

2/\$8



Red Bull
Energy Drinks
4x250 ml

6⁹⁷
ea



We Love BC
Snack Mixes
150 g

2/\$6



Planters
Cashew Halves
200 g

3⁴⁷
ea



Lotus
Biscoff Cookies
150-250 g

2/\$7



Brisk
Iced Tea
710 ml

.87
ea



Pepsi & Assorted
Pepsi Products
12x355 ml

6⁷⁷
ea



Hershey
Baking Chipits
200-270 g

3⁹⁷
ea



Hershey
Pouch Chocolate
165-290 g

4⁹⁷
ea



Celsius
Energy Drinks
355 ml

2/\$5



Pepsi & Assorted
Pepsi Products
6x222 ml Mini Cans

3⁹⁷
ea



Hershey
Kingsize Bars
62-85 g

3/\$5



Twizzlers
Licorice Candy
311-454 g

2/\$7



Chef Heidi's Recipe
Better Than Takeout
General Tso Chicken

Find the recipe at countrygrocer.com



Garofalo
Italian Pasta
 500 g

2/\$5



Nong Shim
Noodle Bowls
 86 g

4/\$5



McCafé
Premium Coffee
 340 g

10⁹⁷ ea



Dole
Fruit Bowls
 4x107ml

2/\$7



Sweet Baby Ray's
BBQ Sauce
 425 ml

2⁷⁷ ea



Plantation
Long Grain Rice
 8 kg

12⁹⁷ ea



Primo
Pasta
 454 g

4/\$5



Bick's
Premium Beets
 Sliced or Whole
 500-750 ml

3⁹⁷ ea



Bick's
Premium Pickles
 1 L

4⁹⁷ ea



Nature Valley
Sweet & Salty Bars
 192-210 g

2/\$7



General Mills
Oatmeal Crisp
 399-437 g

3⁹⁷ ea



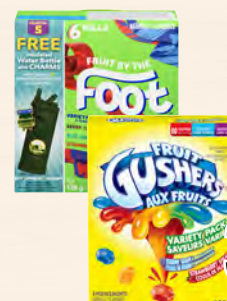
Bick's
Banana Peppers
 or Pepper Rings
 750 ml

2/\$7



Bick's
Sandwich Savers
 or Crunchem's
 500 ml

3⁹⁷ ea



Betty Crocker
Fruit Snacks
 128-226 g

3/\$10



Betty Crocker
Cake Mix
 or Frosting
 340-450 g

2/\$4



Kraft Heinz



Philadelphia
Cream Cheese
340 g
4⁹⁷
ea



Kraft
Mac & Cheese
200 g
4/\$5



Kraft
Real Mayo
650-890 ml
4⁹⁷
ea



Nabob
Ground Coffee
340 g
7⁹⁷
ea



Kraft
Salad Dressing
425 ml
2/\$6



While Stocks Last

Catelli
Pasta Sauce
640 ml
1⁹⁷
ea



Maxwell House
Ground Coffee
864 g
10⁹⁷
ea



Heinz
Tomato Ketchup
750 ml-1 L
4⁹⁷
ea



Kraft
Peanut Butter
1 kg
7⁷⁷
ea



Shake n Bake
Coating Mix
142-184 g
3⁴⁷
ea



Kraft
Pure Dressing
355 ml
4⁷⁷
ea



Heinz
Baked Beans
or Pasta, 398 ml
1⁷⁷
ea



"Thank you to all the people at Country Grocer who create the best shopping experience in their communities over the past 40 years! We appreciate you!"



Robertson's
Marmalade Spread
250 ml
3⁴⁷
ea



Coyote
Pancake Mix
900 g
2/\$7



Kikkoman
Cooking Sauce
591 ml
6⁹⁷
ea



Kikkoman
Panko Bread Crumbs
227 g
2/\$7



McVities
Digestive Cookies
300-400 g
2/\$7



Mrs. Renfro's
Gourmet Salsa
473 ml
2/\$9



Carr's
Water Crackers
125 g
2/\$5



Sharwood's
Ethnic Sauces
395 ml
4⁹⁷
ea

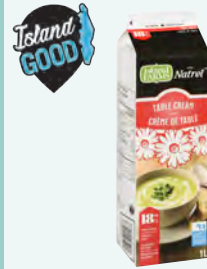
Dairy FRESH & FROZEN Foods



Happy Planet
Organic Juice
1.75 L
4⁷⁷
ea



Island Good
Island Farms
Sour Cream
750 ml
4⁹⁷
ea



Island Good
Island Farms
18% Table Cream
1 L
4⁴⁷
ea



Danone
Activia Yogurt
12x100 g
5⁹⁷
ea
or Oikos (750 g)



Pillsbury
Pizza Pops
380 g
2⁹⁷
ea



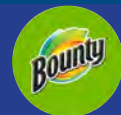
Green Giant
Valley Selections
400-500 g
2/\$6



Kellogg's
Eggo Waffles
280-330 g
2/\$7



Marie Callender's
Gourmet Bowls
335-349 g
4⁹⁷
ea



Head & Shoulders
Hair Products
370 ml
5⁹⁷
ea



Crest
Scope Mouthwash
1 L
5⁴⁷
ea



Tide Pods
Laundry Detergent
57s
16⁹⁷
ea



Cascade Platinum
Dishwasher Tablets
39s
15⁹⁷
ea



Dawn
Dish Soap
431-473 ml
2/\$5



Mr. Clean
Multi Surface Cleaner
1.2 L
3⁹⁷
ea



Charmin
Bathroom Tissue
8 Triple Rolls
8⁹⁷
ea



Bounty
Paper Towel
4 Roll
7⁹⁷
ea



Aveeno
Moisturizing Lotion
354 ml
11⁹⁷
ea



Method
Hand Soap
300-354 ml
3⁹⁷
ea



Iams Proactive
Cat Food
1.59 kg
12⁹⁷
ea



Iams
Dog Food
6.7 kg
28⁹⁷
ea



Congratulations on an amazing **40 YEARS!**



Canada



Saputo
Shredded Cheese
320 g

5⁹⁷ ea

Canada



Saputo
Bari Ricotta
500 g

5⁹⁷ ea

Canada



Saputo
Feta Cheese
200 g

4⁴⁷ ea

Canada



Saputo
Mozzarellissima
340 g

5⁹⁷ ea

Canada



Armstrong
Cheese Slices
220-240 g

2/\$10

Canada



Dairyland
Milk 2 Go
473 ml

2/\$4


Canada



Helvua Good
Chip Dip
250 g

2/\$6

Canada



Armstrong
Nibblers Cheese
200 g

2/\$10

Kraft Heinz



Crave
Entrée Dinners
200-312 g

2/\$9



Heinz
Bagel Bites
198 g

1⁹⁷ ea



Kraft
Frozen KD
340 g

4⁴⁷ ea



Smart Ones
Entrée Dinners
255-283 g

2/\$6



Canada



McCain
Frozen Fries
800 g

2/\$6

Canada



McCain
Frozen Hashbrowns
800 g

2/\$5

Canada



McCain
Deep & Delicious
510 g

5⁹⁷ ea

Canada



McCain
Superfries
1.45-1.8 kg

7⁹⁷ ea

Bakery FRESH



**THIS
WEEK'S
HOT BUY**

*Muffin
Mania*

Fresh Baked Muffins

All Varieties
6 Pack



2/\$10

Mix and Match!

Dutch Crunch Bread

454 g



Sliced

1⁹⁷
ea

*Cook out
ready!*

Hot Dog & Hamburger Buns

8 Pack



2/\$5

Grab & Go

Triple Chocolate Brownies

2 Pack



4⁹⁷
ea

Buttermilk Cake Donuts

8 Pack



5⁴⁷
ea



Dempster's Bagels

6s

3⁷⁷
ea



Portofino Artisan Peasant Bread

585 g

4⁴⁷
ea

**TREATS
of the
WEEK**



Fall or Halloween Theme Cupcakes

6 Pack

5⁹⁷
ea

Chocolate or Vanilla



Dempster's Whole Grain Bread

600 g

Mix & Match!

3⁷⁷
ea

*Made,
RIGHT
Here*



Rainbow Marshmallow Slice

2⁹⁷
ea

* Available at select locations



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!



Have a Safe & Fun Halloween

B.C. Grown
Royal Gala & Ambrosia Apples



8 lb Bags

6⁹⁷
ea

Perfect for the Halloween Trick or Treaters

Works out to 88¢/lb

Pear, O'Rama



Washington

Bartlett, Anjou, Bosc, Red Anjou Pears

1⁹⁷
lb
4.34 kg



B.C. Grown/Mexico
On the Vine Tomatoes



1⁹⁷
lb
4.34 kg



Mexico

Grape Tomatoes

2 lb Clamshell



5⁹⁷
ea



B.C. Grown

Coloured Sweet Peppers

2 lb Bags



5⁹⁷
ea



B.C. Grown

Small Red and White Potatoes

5 lb Bags



2⁹⁷
ea

Mexico
Zucchini Squash



1⁹⁷
lb
4.34 kg



New Crop

California

Clementine Mandarins

2 lb Bag



5⁹⁷
ea



California

Large Pomegranates



2⁹⁷
ea

New Crop

California
Green Beans



3⁹⁷
lb
8.75 kg



B.C. Produced
Sunrise Red Label & Soyganic Medium Firm Tofu

454 g



2⁹⁷
ea

Litehouse

Fresh Salad Dressing

384 ml



4⁹⁷
ea

Mexico

Asparagus Tips



Just the Tips

4⁹⁷
lb
10.96 kg



Fresh
Certified

ORGANIC PRODUCE



ORGANIC Mexico
Limes
1 lb Bag

5⁹⁷
ea



ORGANIC B.C. Grown
Spartan
Apples
3 lb Bag

4⁹⁷
ea



ORGANIC U.S.

Bartlett or
D'Anjou Pears

2 lb Bag

3⁹⁷
ea



ORGANIC B.C. Grown
Black
Kale

3⁹⁷
ea



ORGANIC B.C. Grown
Green or
Red Leaf
Lettuce

3⁹⁷
ea



ORGANIC U.S.
Celery

2⁹⁷
ea



ORGANIC Alberta
Yellow
Onions
3 lb Bag

3⁹⁷
ea

\$125 GIVEAWAY

Gift Card

JAZZ APPLE

IT'S BOO TIME!

LIKE THE POST ON FACEBOOK AND INSTAGRAM

Washington
Jazz
Apples
2 lb Bag

3⁹⁷
ea

FLORAL & GARDEN



Frankenstein
w/Plant
4 inch

9⁹⁷
ea



Day of the Dead
Skulls
w/Plant
2 inch

6⁹⁷
ea



Ghost & Bat
w/Plant
4 inch

12⁹⁷
ea



Fright Night
Bouquet

14⁹⁷
ea



Colours of
Eurosa
Bouquet

32⁹⁷
ea



Crazy
Daisies
5 Stems

9⁹⁷
ea



You'll feel like family.



Vancouver Island Owned & Operated Since 1984



Tropicana
Orange Juice

1.36L

4⁹⁷ ea



Island Farms
Classic Ice Cream
or Sherbet, 1.65 L

4⁷⁷ ea



Dr. Oetker
Giuseppe Pizza

Frozen, 580-740 g

5⁹⁷ ea



Catelli
Pasta Sauce

640 ml

1⁹⁷ ea

While Stocks Last



Kellogg's
Snap'd Crackers

213 g

2⁹⁷ ea



Island Nut
Peanut Butter

750 g

6⁹⁷ ea



Armstrong
Shredded Cheese

Tex Mex Only
320 g

4⁹⁷ ea

While Stocks Last



Mina
Chicken Wieners

450 g

1⁸⁷ 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



Lotto Centre at all locations (Except Salt Spring)



Look for our
Gluten Free
Savings!

Proud Member Of

