

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!



Level Ground
Organic Coffee
or Natural
300 g
7⁷⁷
ea

LIMIT 4 Total



Black Diamond
Natural Cheese
400 g

4⁹⁷
ea

LIMIT 4 Total

NEW to Country Grocer!



Red Baron
Frozen Pizza
or Deep Dish (318-326 g)
584-665 g

4⁴⁷
ea



Wescana
Regular Oats
1 kg

5⁹⁷
ea



Temptations
Cat Treats
85 g

1⁴⁷
ea



Cascades
Bathroom Tissue
12 Double Roll

8⁹⁷
ea

LIMIT 2



Cut From Canada AA Beef
Inside Round Oven Roasts

5⁹⁷
lb
13.16 kg



Peru
Blueberries
Big 18 oz Clamshells

New Crop
5⁹⁷
ea



In Our Bakery
Fresh Made
Scones
6 pack

Made in Store!
4⁹⁷
ea



In Our Deli
Prepackaged & Sliced
Old Fashioned or Black Forest Ham

1⁴⁷
100 g

While Stocks Last

www.countrygrocer.com



Butcher's BEST



Fresh Lilydale

Whole Frying Chickens

Twin Packs

247
lb
5.45 kg

Canadian Farm Raised
Grain-Fed



Fresh Canadian Pork Sirloin End Roasts

Boneless

347
lb
7.65 kg



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 Steak

All Sizes



697
lb
15.37 kg



Cut From Canada AA Beef

Hip Minute Steak

All Sizes



797
lb
17.57 kg

Buy BC and Support LOCAL FARMERS



Island Pastures

Lean Ground Beef

Made From 100% Grass Fed
Grass Finished Beef

797
lb
17.57 kg



Meatman's Sausage

Assorted Flavours
Frozen, Gluten Free,
No MSG

20%
OFF
AT CHECKOUTS



Butcher's CHOICE



Cut From Canada AAA Beef Ribeye Grilling Steaks

All Sizes



1997
lb
44.03 kg

Easy Meals

Marinated Boneless Pork Sirloin Chops

Assorted Flavours



497
lb
10.96 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



Wild **Sockeye
 Salmon Fillets**

3⁹⁷
 100 g

Previously Frozen



Fresh **Halibut
 Fillets**

5⁹⁷
 100 g

Weather Permitting



Fresh **Arctic Char
 Fillets**

4⁹⁷
 100 g

Clear Ocean
Scallops
 80-100
 Scallops Per lb
 340 g
 Frozen



6⁹⁷
 ea

Annasea
**Ahi Tuna
 Poke Meal
 Kits**
 Shoyu or Wasabi
 230 g, Frozen



10⁹⁷
 ea



Wild Chilean
**Handpeeled
 Shrimp**

3⁹⁷
 100 g

Previously Frozen



Wild Sockeye
**Salmon Lox
 Trim**

3⁴⁷
 100 g

Previously Frozen

Aqua Star
**Shrimp
 Meal Kits**
 Assorted Varieties
 600 g, Frozen



10⁹⁷
 ea

Janes Ultimates
**Breaded
 Fish**
 Assorted Varieties
 530-615 g
 Frozen



16⁹⁷
 ea

Extra MEAT SAVINGS



Maple Leaf
**Natural
 Bacon**
 Lazy Maple or Regular
 375 g

5⁹⁷
 ea



Schneiders
Schnitzel
 Pork or Chicken
 450 g
 Frozen

9⁹⁷
 ea



Mitchell's
Meat Pies
 Beef, Turkey
 or Chicken
 190 g
 Frozen

1⁹⁷
 ea



Craft Butcher
**Lean Ground
 Elk**
 Frozen
 454 g

15⁹⁷
 ea



Schneiders
Ham Nuggets
 Old Fashioned, Brown Sugar
 or Less Salt
 700 g

12⁹⁷
 ea



Schneiders
Chicken
 Wings, Bites or Tenders
 Assorted Varieties
 Frozen, 600-615 g

9⁹⁷
 ea



Maple Leaf
Sizzle & Serve
 BBQ Pulled Pork,
 Apple Maple Pork Tenderloin
 or Rotisserie Chicken Legs
 400-600 g

9⁹⁷
 ea



Mix and Match!
 Olivieri
**Fresh Filled
 Pasta**
 Gnocchi and Sauces
 160-350 g

2/\$11



DELI

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

Look for them today at your favourite location.



Premium
**Prosciutto
Cotto Ham**



2.97
100 g



Duo Pack
Salametti
350 g

New!

9.97
ea



**Kentucky
Style
Chicken**



2.47
100 g



German Style
**Charcuterie
Sliced
Salami**



Assorted Varieties
100 g

Great Price!

4.97
ea



Mastro
**Charcuterie
Packs**



Assorted Varieties
150-250 g

9.97
ea



CHEESES from Around the WORLD



Canadian
Brie

Single, Double
or Triple Cream
Random Cuts



3.97
100 g



Canadian
**Chevrai Goat
Cheese**

Assorted Varieties
113 g



4.97
ea



Celebrate Diwali!

Puck
Lactose Free

Halloumi

180 g



5.97
ea



New! Imported
Switzerland
**Vieux Raw
Milk Cheese**

Aged 10 Months
Random Cuts



4.97
100 g



Great Savings! Canadian
**Creamy
Havarti**

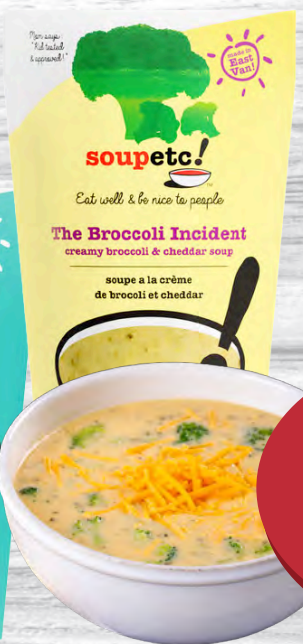
Random Cuts



1.77
100 g

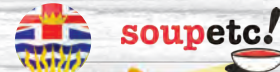


Fresh TO GO



Soup Etc
Fresh Soups
Assorted Varieties
700 ml

7⁹⁷
ea



Soup Etc
Bone Broth
Chicken or Beef
700 ml

9⁹⁷
ea



Premium
Sausage Rolls
Pork or Beef
135-150 g

2⁶⁷
ea



Main St. Side Dishes
Assorted Varieties
482-680 g

6⁹⁷
ea



Sabra
Hummus
Assorted Varieties
283 g

4⁹⁷
ea

Fresh SUSHI

Freshly Made
In-House Daily

Regular or Spicy
California Sushi Rolls
12 piece



6⁹⁷
ea

Freshly Made
In-House Daily

Spicy
Shrimp Sushi Rolls
9 Piece



9⁹⁷
ea

Prepared Fresh
In-House Daily

Country Grocer
All Large Fresh Cut Fruit
Approx 400-450 g



Mix and Match!
3/\$15

Prepared Fresh
In-House Daily

Country Grocer
Sauté Roaster Potatoes
Red and Yellow Mix
Approx 550 g



5⁹⁷
ea

MADE IN-HOUSE Fresh

SNACKING Favourites



Planters
Roasted Peanuts
or Honey Roasted
290-300 g

2/\$7



Haribo
Gummy Candy
175 g

2⁹⁷
ea



Mars
Bag Chocolate
155-193 g

4⁷⁷
ea



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

2/\$8



Natural & ORGANIC



Natura
Oat Beverage

Organic
946 ml

2⁷⁷ ea



Beyond Meat
Beyond Burger

Also Tenders
or Sausage
226-340 g

5⁹⁷ ea



Nora's
Non-Dairy Dessert

500 ml

6⁹⁷ ea



Nooch Pop
Popcorn Snacks

120 g

2/\$9



Holy Napoli
Frozen Pizza

425 g

8⁹⁷ ea



Omega
Apple Cider Vinegar

Organic
946 ml

7⁹⁷ ea



Glutino
Gluten Free Crackers

125 g

4⁹⁷ ea



Rizopia
Organic Pasta

or Brown Rice Lasagna
340-454 g

2/\$5



Naked & Saucy
Soy Substitute

296 ml

7⁷⁷ ea



Righteous
Frozen Gelato

or Sorbetto
473 ml

7⁹⁷ ea



Tofino
Organic Kombucha

355 ml

2/\$5



Vegan Rob's
Cheddar Puffs

99 g

4⁹⁷ ea



Nuts To You
Almond Butter

or Hazelnut
365 g

7⁹⁷ ea



Uncle Lee's
Organic Tea

100s

5⁹⁷ ea



Amy's
Organic Soup

398 ml

2/\$7



Vitamins & SUPPLEMENTS

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

54⁹⁷ ea



A premium herbal supplement manufacturer and distributor, Flora uses plant-based, organic, and non-GMO ingredients to ensure maximum purity & quality.

**Flora
Products**



20% OFF
AT CHECKOUTS

Offering potent antioxidants for maintaining good health and provides rapid relief from joint inflammation. It stands out with 30% bisdemethoxycurcumin (BDMC), far surpassing the 1% in regular curcumin.



Purica
Curcumin
**30%
BDMC**
60 Caps

54⁹⁷ ea

**Lily of the
Desert**



20% OFF
AT CHECKOUTS



Webber Naturals
**Calcium
Citrate**
300 mg
120 Tabs



11⁹⁷ ea

A unique and patented form of calcium ascorbate created when ascorbic acid (vitamin C) is buffered with calcium.

For skin, joint and vision health, cardiovascular support, antioxidant protection and immune system wellness.



SISU
**Ester-C
Products**
*excluding
Energy Boost

20% OFF
AT CHECKOUTS



Dedicated to improving your health and helping you reach your optimal potential. We combine the best of nature and science, using the highest quality ingredients produced to exacting standards based on the latest nutritional research and information.



**Nutrastart
Products**

20% OFF
AT CHECKOUTS



You'll enjoy the clean, light taste of premium quality liquid omega-3, in a delicious lemon flavour, with no fishy burp-back. With its balanced ratio of 750 mg EPA and 500 mg DHA per dose, this is an easy way to get your omega-3 and is a great choice for anyone looking for a pure and balanced omega-3. Omega-3 supports the maintenance of good health, cardiovascular health and cognitive & brain function. It also helps support the development of the brain, eyes and nerves in children.



**Nutrasea &
Nutravege
Products**

20% OFF
AT CHECKOUTS

An industry leader in organic witch hazel skincare products!



Thayers
**Toner &
Cleanser**
237-355 ml

14⁹⁷ ea



Webber Naturals
**Maca for
Women**
60 Caps

24⁹⁷ ea



**Marseille
Remedy**
30 ml

21⁹⁷ ea



3/\$5
40 g bars





Byron
Meat Department
Ladysmith

GROCERY



Lay's
Potato Chips
220-235 g

2/\$7



Herdez
Mexican Salsa
431 ml

3⁴⁷ ea



La Cocina
Tortilla Chips
300-400 g

2/\$6



Spinnakers
Craft Soda
or Sparkling Water
4x473 ml

5⁴⁷ ea



Dutch Crunch
Kettle Chips
200 g

3⁷⁷ ea



Molson
Exel Beer
Non-Alcoholic
12x355 ml

7⁹⁷ ea



Kettle Brand
Potato Chips
198 g

2/\$6



Buby
Sparkling Water
or Montellier (10 Pack)
12x355 ml

2/\$12



Pepsi & Assorted
Pepsi Products
2 L

2/\$4



Rogers
Flour
2.5 kg

4⁴⁷ ea



Rogers
5 Grain Granola
650-750 g

4⁹⁷ ea



Rogers
Large Oats
1-1.1 kg

3⁹⁷ ea

Also Steel Cut or Porridge



Rogers
Wheat Bran
450 g

1⁹⁷ ea



Starbucks
Coffee Beverages
405-444 ml

2/\$5



Rockstar
Energy Drinks
473 ml

2/\$4



Chef Heidi's Recipe
Tandoori-Spiced Tofu Sheet Pan Dinner
 Find the recipe at countrygrocer.com



Back by Popular Demand!



Italpasta
Egg Noodles
 340 g

2.47
 ea



Primo
Hearty Soup
 525-540 ml

2.77
 ea



Minute Rice
Rice Cups
 2x125 g

2/\$5



Van Houtte
K-Cup Coffee
 or Barista Prima
 12s

9.97
 ea



Tim Hortons
Hot Chocolate
 500 g

4.47
 ea



Euro Goods
Vegetable Soups
 or Sauerkraut
 720-900 ml

2/\$7



Catelli
Whole Grains Pasta
 also Smart or
 Gluten Free
 340-375 g

2.77
 ea



Pearl Milling Company
Pancake Mix
 or Syrup
 710-905 g

3.77
 ea



Quaker
Crispy Minis
 or Rice Cakes
 100-199 g

2/\$6



Quaker
Granola Bars
 Chewy or Dipps
 120-156 g

2.97
 ea



Quaker
Instant Oatmeal
 240-344 g

3.97
 ea



Best Gourmet
Ground Coffee
 225 g

2/\$9



Best Gourmet
Ground Coffee
 800-860 g

10.97
 ea



Best Gourmet
Organic Coffee
 Ground
 907 g

15.97
 ea



Los Beans
Ground Coffee
 300 g

5.97
 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!” – *Tree of Life*



A KeHE COMPANY



Fever Tree
Club Soda
or Tonic Water
8x150 ml

7⁷⁷
ea



Jarritos
Mexican Soda
370 ml

2/\$3



Tropic Isle
Coconut Milk
or Pinata Refried Beans
398-400 ml

1⁹⁷
ea



Cholula
Hot Sauce
150 ml

4⁹⁷
ea



Schar
Gluten Free Cookies
150-210 g

5⁴⁷
ea



Golden Dragon
Cooking Sauces
455 ml

2⁷⁷
ea



Snyders
Pretzel Pieces
240 g

2⁹⁷
ea



Walkers
Shortbread Cookies
150 g

3⁷⁷
ea



McVitie's
Digestive Cookies
or Hob Nobs
300-400 g

2/\$7



La Tortilla Factory
Corn Tortillas
328 g

3⁷⁷
ea

krinos




Krinos
Kalamata Olives
or Meze, 500 ml

4⁹⁷
ea



Krinos
Balsamic Glaze
250 ml

3⁴⁷
ea



Krinos
Mini Rolls
454 g

3⁹⁷
ea



Krinos
Spanakopita
340 g

5⁹⁷
ea



Krinos
Olive Oil
Extra Virgin
750 ml

16⁹⁷
ea



Kyknos
Tomato Paste
4x62 ml

3⁷⁷
ea



Melissa
Kids Pasta
500 g

2/\$4



Palirria
Greek Dolmades
400 g

2/\$7

GROUPE
LACTALIS

siggi's

**CRACKER
BARREL**



Cracker Barrel
**Cheese
Slices**
200-240 g

5⁴⁷
ea



Parkay
Margarine
Soft or Squares
1.28-1.36 kg

6⁹⁷
ea



Lactantia
**Cream
Cheese**
227-250 g

2/\$7



Cracker Barrel
**Shredded
Cheese**
250-320 g

6⁴⁷
ea



Black Diamond
**Cheese
Strings**
336 g

8⁹⁷
ea



iögo
**Nano
Yogurt**
6x93 ml

4⁴⁷
ea



Siggi's
**Skyr
Yogurt**
650-750 g

5⁹⁷
ea



Black Diamond
**Cheddar Style
Slices**
410 g

4⁴⁷
ea

HOUSE, HOME & Pet



Cascades
**Paper
Towel**
6 Roll

8⁷⁷
ea



Smart Strip
**Laundry
Detergent**
38s

5⁹⁷
ea

THE SMART NEW WAY TO
DO YOUR LAUNDRY



Plastic Free

Eco-friendly



Granny's
**Laundry
Detergent**
3.78 L

6⁹⁷
ea



Pampers
**Jumbo
Diapers**
21-32s

14⁹⁷
ea



Good Cook
Kitchenware
Assorted Sizes

**25%
OFF**
AT CHECKOUTS



Titan
**Foil
Products**
Assorted Sizes

**25%
OFF**
AT CHECKOUTS



Cottonelle
**Flushable
Wipes**
42s

2⁹⁷
ea



Dairy FRESH & FROZEN Foods

Island GOOD

Paradise Island
Natural Cheese
350 g Approx

20% OFF
AT CHECKOUTS

Blue Diamond
Almond Breeze
1.89 L

4⁹⁷ ea

GF

Earth Balance
Buttery Spread
340-425 g

6⁹⁷ ea

GF

Califia
Cold Brew
1.4 L

5⁹⁷ ea

GF

Stella's
Gluten Free Perogies
520 g

9⁹⁷ ea

GF

El Tomas
Frozen Burritos
142 g

2⁷⁷ ea

Minute Maid
Orange Juice
295 ml

1⁷⁷ ea

My Mochi
Ice Cream
6x35 g

5⁴⁷ ea

island FARMS

Island GOOD

Island Farms
Sour Cream
250 ml

2/\$4

Natrel
Lactose Free Milk
2 L

5⁹⁷ ea

Natrel
Chocolate Milk
6x200 ml

5⁴⁷ ea

Natrel
Whip Cream
Lactose Free
473 ml

4⁴⁷ ea

McCain

McCain
Superfries
454-750 g

2/\$7

McCain
Hashbrowns
800 g

2/\$5

McCain
Deep & Delicious
510 g

5⁹⁷ ea

McCain
Tasti Taters
800 g

3⁹⁷ ea

Bakery FRESH



**THIS
WEEK'S
HOT BUY**



Fresh Baked
Scones
All Varieties
6 Pack

*Made,
RIGHT
Here*

4⁹⁷
ea

Fresh Baked
Cheese Breads
Jalapeno, Chive
or Original
454 g



4⁹⁷
ea

Fresh Baked
**Cinnamon
Buns**
6 Pack



5⁹⁷
ea

Fresh Baked
**Hermit
Cookies**
or Fruit Mac
12 Pack



5⁷⁷
ea

Golden West
**English
Muffins**
6 Pack



2/\$6



Silver Hills
**Organic
Breads**
510-680 g

4⁴⁷
ea



Portofino
**Artisan
Sourdough**
585 g

4²⁷
ea

**TREATS
of the
WEEK**

*All Varieties!
Something for Everyone!*

**Half Layer
Cakes**
600-750 g



*Made, RIGHT Here
with our SIGNATURE REAL
Butter Cream Icing*

10⁹⁷
ea



Villaggio
Bread & Buns
510-540 g
6s & 8s

3/\$10



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!



Peru
Blueberries

Big 18 oz Clamshell

New Crop

5⁹⁷
ea



New Crop

China
Mandarin Oranges



1⁷⁷
lb
3.90 kg

California
Celery



1⁹⁷
ea



B.C. Grown
Coloured Peppers

Red, Yellow,
Orange, Green
2 lb Bags



3⁹⁷
ea

Mexico
Asparagus Tips



3⁹⁷
lb
8.75 kg



California
Garden Salad & Coleslaw

12-14 oz Bags

2⁹⁷
ea



California/BC Grown
Bunch Carrots, Green Kale or Spinach

1⁹⁷
ea
BUNCH



Mexico
Grape Tomatoes & Medley Tomatoes

1 pint Clamshell



3⁹⁷
ea

California
Extra Large Pomegranates



2⁹⁷
ea



B.C. Grown
Honeycrisp Apples

3 lb Bags

4⁹⁷
ea



BC Produced
Sunrise Soyganic Tofu

Firm & Pressed
400 - 500 g
Package

3⁹⁷
ea



New Crop!

California
Navel Oranges

3 lb Bags

5⁹⁷
ea



California
Baby Carrots

2 lb Bags

4⁹⁷
ea





Fresh
Certified

ORGANIC PRODUCE



ORGANIC Mexico
Lemons
2 lb Bag

5⁹⁷
ea



ORGANIC U.S.
Green Kiwi
1 lb Bag

5⁹⁷
ea



ORGANIC B.C. Grown

Gala Apples

3 lb Bag

3⁹⁷
ea



ORGANIC Mexico
Long English Cucumbers

3⁹⁷
ea



ORGANIC B.C. Grown
Baby Carrots

1 lb Bag
3⁹⁷
ea



ORGANIC Alberta
Yellow Onions
3 lb Bags

3⁹⁷
ea



ORGANIC B.C. Grown
Acorn Squash

1 lb
1⁹⁷
4.34 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.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.

MAKE A HEALTHY CHOICE!

FILL HALF YOUR PLATE WITH FRUITS AND VEGGIES



FLORAL & GARDEN



Island GOOD
Colours of Eurosa Bouquet

32⁹⁷
ea



Island GOOD
Lest We Forget Bouquet

19⁹⁷
ea



Island GOOD
Carnations
12 stems

9⁹⁷
ea



Island GOOD
Country Bunches

4⁹⁷
ea

You'll feel like family.



Vancouver Island Owned
& Operated Since 1984



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

2/\$12



Back by Popular Demand!

Italpasta
Pasta
900 g

1.97
ea



Cheemo
**Frozen
Perogies**
907 g

2.77
ea



Kellogg's
**Jumbo
Cereal**
825-1200 g

8.77
ea



Compliments
**Orange
Juice**
2.5L

6.97
ea



In Our Meat Dept.
Bob's
**Smoked
Bacon**
375 g

1.97
ea

While Stocks Last



In Our Meat Dept.
Carver's Choice
**Ham
Nuggets**

3.97
lb
8.75 kg

While Stocks Last



In Our Deli
Maple Leaf
**Chicken
Breast**
Oven Roasted

2.47
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

649 Extra 649

Lotto Centre at all locations
(Except Salt Spring)



Look for our
Gluten Free
Savings!

Proud Member Of

