

You'll feel like family.



Vancouver Island  
Owned & Operated  
Since 1984

**Oppy**  
Expect the world from us



Stock up for  
Christmas

# California Clementine Mandarins

2 lb Bags

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



## Bubly Sparkling Water

or Montellier, 10s  
12x355 ml

**2/\$12**



## Armstrong Natural Cheese

600 g

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

LIMIT 3 Total

**Kettle**  
**Potato  
Chips**  
198 g



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

**GF**

**Dairyland**  
**Salted  
Butter**  
454 g



LIMIT 3

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

**Green Giant**  
**Frozen  
Vegetables**  
750 g



**2/\$6**

**Philly**  
**Cream  
Cheese**  
227-250 g



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

**LILYDALE**

With the  
purchase of a  
Family Order

**Fresh Lilydale**  
**A Grade  
Turkeys**  
Under 9 kg



**1<sup>67</sup>**  
lb  
3.68 kg

**Sugardale**  
**Smoked  
Ham**  
Butt or Shank End



**2<sup>47</sup>**  
lb  
5.45 kg

*In Our Bakery*

**Fresh Baked  
Butter  
Tarts**  
or Pumpkin Tarts  
6 Pack



*Made In Store!*

**2/\$10**

**LA FROMAGERIE**  
**Portneuf**

*In Our Deli*

**Imported  
Brie d'Alexis  
or Camembert  
d'Portneuf**  
300 g



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



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





# Butcher's BEST



## Cut from Canada AAA Beef Inside Round Oven Roasts



**5<sup>97</sup>**  
lb  
13.16 kg



## Fresh Canadian Pork Tenderloin

Family Packs  
**3<sup>97</sup>**  
lb  
8.75 kg

## Mitchell's Toupee Style Ham

Boneless  
1.5 kg



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

## Butterball Boneless Turkey Roasts

Frozen  
1.5 kg



**GF** 3 Great Flavours

**22<sup>97</sup>**  
ea



## Fresh Lilydale Chicken Thighs

Boneless, Skinless  
All Sizes



Canadian Farm Raised  
Grain Fed

**6<sup>97</sup>**  
lb  
15.37 kg



## Cut From Canada AAA Beef Inside Round Marinating Steak

All Sizes



**6<sup>97</sup>**  
lb  
15.37 kg

## Buy BC and Support LOCAL FARMERS



## Meatman's Sausage

Assorted Flavours



Frozen, Local BC Product  
Gluten Free, No MSG

**20% OFF**  
AT CHECKOUTS



## Pork Sausage Meat

Frozen, 500 g

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

## Butcher's CHOICE



## Cut From Canada AAA Beef Striploin Grilling Steaks

All Sizes



**15<sup>97</sup>**  
lb  
35.21 kg



## Easy Meals Farmhouse Poultry Chicken Breast Skewers

Tandoori or Greek



**9<sup>97</sup>**  
lb  
21.98 kg



## Farmhouse Poultry Chicken Drumsticks

All Sizes

*It's Fresher from Here!*

**2<sup>97</sup>**  
lb  
6.55 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 bone removed

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



*Wild* **Pacific Cod  
 Fillets**

Previously Frozen

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



*Fresh* **Shucked  
 Oysters**  
 227 g Tub

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



*Wild* **Smoked  
 Salmon  
 BBQ Tips**

Regular or  
 Peppered

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

Previously Frozen



West Coast  
**Crab Cakes**  
 Made with Real Crab  
 70 g each

Pack of 4

**\$10**

Frozen or  
 Previously Frozen



Aruna  
**Fresh  
 Crab Claw  
 Meat**  
 227 g Tub

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

## Extra MEAT SAVINGS



Schneiders  
**Smoked  
 Bacon**  
 Regular, Thick Cut  
 or Hickory

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



Maple Leaf Prime  
**Chicken**  
 Strips, Nuggets or Burgers  
 700 g  
 Frozen

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



Mitchell's  
**Garlic  
 Ring**  
 750 g

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



Laurie's  
**Cabbage  
 Rolls**  
 907 g  
 Frozen

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



Mitchell's  
**Heritage  
 Bacon**  
 1 kg

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



Maple Leaf Prime  
**Chicken  
 Wings**  
 Assorted Flavours  
 695 g  
 Frozen

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



Meatman's  
**Meat Pies**  
 Assorted Flavours  
 280 g  
 Frozen

**2/\$8**



Rocky Mountain  
**Breaded Pork  
 Bites**  
 Assorted Flavours  
 600-650 g

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





# DELI

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

Look for them today at your favourite location.



*Terrific Price!*

## Garlic Sausage Links

400 g

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

*Volume Buy!*



## Black Forest Ham or Honey Ham



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



## Fantino & Mondello Salametti

Assorted Varieties  
175 g



*Volume Buy!*

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



## Freybe Pepper, Cognac or Herb Pate

200 g



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



## Freybe Salami

Assorted Varieties



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

## CHEESES *from Around the* WORLD



## Kaukauna Cheese Balls

Sharp or Smokey  
170 g

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

While Stocks Last



*Big Savings!*

## Imported Dutch Spiced or Smoked Gouda

Random cuts

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



While Stocks Last



## Imported French 8 Month Aged Comté

Random Cuts



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

## Imported Switzerland Creamy Kaltbach Gruyere

Random Cuts

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



## Canadian Trio Flight of Cheeses

540 g

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



## Canadian Chevrai Goat Trio

339 g

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







# Fresh TO GO

Order instore or online at [www.countrygrocer.com](http://www.countrygrocer.com)

## Freshly Made Charcuterie Boxes



The Classic  
**26<sup>97</sup>** ea

Gourmet Graze  
**36<sup>97</sup>** ea

Please allow 48 hours when placing your orders.



## Yam Potato Salad

*A seasonal favourite!*

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



## Premium Deluxe Tourtiere Meat Pies

240 g

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



*B.C. Made!*



## Royal Gourmet Tapenade

Assorted Varieties 200 g

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



## Summer Fresh Dips

Assorted Varieties 227 g

**2/\$9**



## Fresh SUSHI

*Freshly Made In-House Daily*

## Dynamite Sushi Rolls

Regular or Spicy 6 Piece

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



Order instore or online at [www.countrygrocer.com](http://www.countrygrocer.com)

## Osaka Sushi Platter

40 Pieces

**44<sup>97</sup>** ea

Please allow 48 hours when placing your order...



## MADE IN-HOUSE Fresh

*Prepared Fresh In-House Daily*

## Country Grocer Mini Fruit/Veggie Platters

Approx 300 g

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

*Great Healthy Choices*



*Prepared Fresh In-House Daily*

## Country Grocer Beet, Zucchini or Combo Spirals

Approx 240 g

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



## BULK Foods

Dan D Pak

## Blanched Peanuts

Salted or Unsalted

**.87** 100 g



Dan D Pak

## Mountain Man Trail Mix

Salted or Unsalted

**.97** 100 g



Country Grocer

## Chocolate Macaroons

275 g

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



Country Grocer

## Baking Almonds

Sliced, Slivered, or Ground 150 g

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







# Natural & ORGANIC



Yogi  
**Organic  
Tea**  
16s

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



Que Pasa  
**Tortilla  
Chips**  
Or Salsa (420 ml)  
Organic  
300-350 g

**3<sup>77</sup>**  
ea



Uncle Luke's  
**Maple  
Syrup**  
Organic  
1 L

**22<sup>97</sup>**  
ea



Savor  
**Grassfed  
Butter**  
250 g

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



Coyote  
**Pancake  
Mix**  
900 g

**2/\$7**



Country Grocer  
**Peanut  
Butter**  
Organic  
1 kg

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



Simply Organic  
**Gravy  
Mix**  
24-31 g

**2/\$4**



Green  
**Organic  
Edamame**  
Frozen  
500 g

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



One Coffee  
**Organic  
Coffee  
Pods**  
12s

**7<sup>77</sup>**  
ea



Alter Eco  
**Chocolate  
Bars**  
Organic  
75-80 g

**2/\$7**



Melt  
**Buttery  
Sticks**  
Vegan, Organic  
454 g

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



Olympic  
**Sour  
Cream**  
Organic  
500 g

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





# Vitamins & SUPPLEMENTS



Vega  
Sport  
Products

**20% OFF**  
AT CHECKOUTS

Vitamins and supplements designed to release your inner strength.

SISU  
Products



**20% OFF**  
AT CHECKOUTS



Complex synergistic formula that assists in promoting relaxation. Nondrowsy, allowing you to calm down and concentrate. Non-habit-forming, it helps to take the edge off without the risk of dependency or habit formation. Formulated with potency-validated natural ingredients such as L-Theanine, passionflower, ashwagandha, holy basil, and B-complex vitamins.



New Roots  
Chill  
Pills  
30 caps

**22<sup>97</sup>** ea



Green Beaver  
Toothpaste  
75 ml



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

Sukin  
Rosehip  
Oil  
25 ml

Hot  
Price



**16<sup>97</sup>** ea

Prairie Naturals  
Shampoo &  
Conditioner



**20% OFF**  
AT CHECKOUTS



Give your body's natural enzymes a boost. For diets high in protein and fibre, this vegetarian formula can help provide relief from:

- Heartburn
- Gas
- Bloating
- Indigestion
- Gluten-Free + Non-GMO + Vegetarian



Flora  
Immediate  
Relief Enzymes

21 caps | 60 caps | 120 caps  
**9<sup>97</sup>** ea | **18<sup>97</sup>** ea | **34<sup>97</sup>** ea



Fight inflammation naturally! Supports joint mobility with relief from joint aches and pains. Based on Traditional Chinese Medicine (TCM) theory. Does not contain artificial colour, flavours, wheat, or yeast.



Omega  
Alpha  
AntiFlamX  
500 ml

**32<sup>97</sup>** ea



An organic blend of cacao and mushrooms, providing health benefits in a tasty hot drink! 5 varieties available.



Purica  
Zensations  
150 g

**29<sup>97</sup>** ea

A source of antioxidants and immunomodulating polysaccharides that help protect cells against oxidative damage caused by free radicals.



CanPrev  
Myco 10  
360 g

**63<sup>97</sup>** ea



Party  
Smart

The most effective hangover prevention pill available, and it starts working right after consumption!

Each  
**2/\$5**

Box of 10  
**24<sup>97</sup>** ea





**Brent**  
Baker  
Royal Oak

# GROCERY



Coke & Assorted  
**Coca Cola**  
Products



12x355 ml  
**6<sup>97</sup>**  
ea



Tostitos  
**Tortilla**  
Chips

or Salsa (418 ml)  
205-295 g

**2/\$8**



Pepsi & Assorted  
**Pepsi**  
Products

24x355 ml

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



Kellogg's  
**Town House**  
Crackers

247-391 g

**3/\$10**



AHA  
**Sparkling**  
Water

12x355 ml

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



Old Dutch  
**Cheese**  
Pleezers

Also Crunchys or Puffcorn  
265-290 g

**2/\$8**



Coke & Assorted  
**Coca Cola**  
Products

2L

**2/\$5**



Lindt  
**Swiss**  
Classic

100 g

**2/\$7**



Ridgies  
**Potato**  
Chips

200 g

**2/\$7**



Lipton  
**Iced**  
Tea

12x340 ml

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



Lay's  
**Potato**  
Chips

220-235 g

**2/\$8**



Ocean Spray  
**Cranberry**  
Cocktails

1.89 L

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



Whittaker's  
**Chocolate**  
Bars

200 g

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



McVitie's  
**Digestive**  
Cookies

or Hob Nobs  
300-400 g

**2/\$7**



RJ's  
**Licorice**

165-280 g

**2/\$7**





*Chef Heidi's Recipe*  
**Better with Family,  
 Prime Rib Dinner**  
 Find the recipe at [countrygrocer.com](http://countrygrocer.com)



**COOKIN'  
 ON THE  
 COAST**  
 Saturdays at 6:00 PM  
 on CHEK



General Mills  
**Lucky Charms**  
 Or Cinnamon Toast Crunch  
 300-354 g

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



Bee Maid  
**Creamed  
 Honey**  
 or Liquid  
 1 kg

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



Green Giant  
**Canned  
 Vegetables**  
 341-398 ml

**3/\$5**



Ocean's  
**Smoked  
 Oysters**  
 85 g

**3/\$5**



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

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



SunRype  
**Apple  
 Sauce**  
 625 ml

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



Dare  
**Breton  
 Crackers**  
 or Vinta  
 135-200 g

**2/\$5**



Idahoan  
**Mashed  
 Potatoes**  
 113-116 g

**3/\$5**



Money's  
**Mushrooms**  
 284 ml

**2/\$4**



Club House  
**Gravy  
 Mixes**  
 21-47 g

**.97**  
 ea



Hellmann's  
**Mayonnaise**  
 340-445 ml

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



Ocean Spray  
**Cranberry  
 Sauce**  
 384 ml

**2/\$4**



Dole  
**Pineapple**  
 398 ml

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



Tropic Isle  
**Mandarin  
 Oranges**  
 284 ml

**4/\$5**



Robertson's  
**Mincemeat**  
 635 ml

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

While Stocks Last





PRESENTS

# Pinterest to Plate

IMPRESS WITHOUT THE STRESS

Scan Here to View Our Recipes @KraftHeinz




Cool Whip  
**Whip Cream**  
Aerosol  
225 g

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



Kraft  
**Salad Dressing**  
425 ml

**3/\$10**



Jet Puffed  
**White Marshmallows**  
400 g

**2/\$5**



Magic  
**Baking Powder**  
450 g

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



Kraft  
**Miracle Whip**  
650-890 ml

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



Kraft  
**Hazelnut Spread**  
725 g

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



Nabob  
**Ground Coffee**  
340 g

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



Kraft  
**Mac & Cheese**  
200 g

**4/\$5**



Philly  
**Cream Cheese**  
227-250 g

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



Shake 'n Bake  
**Coating Mix**  
142-184 g

**2/\$7**



Baker's  
**Baking Chocolate**  
170-225 g

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



Jell-O  
**Jelly Powder**  
10-85 g

**4/\$5**





# HOLIDAY

## Store Hours

MERRY CHRISTMAS

### SALT SPRING

Christmas Eve  
7am-6pm  
Christmas Day  
CLOSED

Boxing Day  
10am-6pm

New Years Eve  
7am-6pm  
New Years Day  
10am-6pm

### LAKE COWICHAN

Christmas Eve  
7am-5pm  
Christmas Day  
CLOSED

Boxing Day  
10am-6pm

New Years Eve  
7am-6pm  
New Years Day  
10am-6pm

CHASE RIVER  
BOWEN ROAD  
ROYAL OAK  
ESQUIMALT  
COBBLE HILL  
DUNCAN  
LADYSMITH  
CEDAR  
CHEMAINUS

Christmas Eve  
7am-6pm  
Christmas Day  
CLOSED  
Boxing Day  
10am-6pm  
New Years Eve  
7am-6pm  
New Years Day  
10am-6pm

## HOUSE, HOME & Pet



Friskies  
Cat  
Food  
156 g

9/\$10



Whiskas  
Cat  
Food  
2 kg

8<sup>97</sup>  
ea



Beggin' Strips  
Dog  
Treats  
155-170 g

3<sup>97</sup>  
ea



Purina One  
Dog  
Food  
1.72-1.81 kg

10<sup>97</sup>  
ea



Granny's  
Laundry  
Detergent  
10 kg

21<sup>97</sup>  
ea



Eco Living  
Dishwasher  
Strips  
or Toilet Bowl Strips  
32-39s

8<sup>97</sup>  
ea



Mr. Clean  
All Purpose  
Cleaner  
1.21 L

4<sup>47</sup>  
ea



Alcan  
Aluminum  
Foil  
50 ft

3<sup>97</sup>  
ea



Sponge Towels  
Paper  
Towel  
Ultra  
6 Roll

7<sup>97</sup>  
ea



Purex  
Bathroom  
Tissue  
12 Double Roll

7<sup>97</sup>  
ea



Scotties  
Facial  
Tissues  
4-6s

8<sup>97</sup>  
ea



C&S  
Suet  
Cake  
333 g

2/\$5





# Dairy FRESH



Island Farms  
**Traditional Egg Nog**  
1 L  
**2/\$5**



Natrel  
**Lactose Free Milk**  
2 L  
**5<sup>77</sup>** ea



Island Farms  
**Buttermilk**  
1.5%, 1 L  
**2<sup>77</sup>** ea



Naturegg  
**Eggs**  
Omega 3  
1 Dozen  
**4<sup>97</sup>** ea



Island Farms  
**Whipping Cream**  
1 L  
**5<sup>97</sup>** ea



Island Farms  
**Cottage Cheese**  
500 g  
**3<sup>97</sup>** ea



Olympic  
**Krema Yogurt**  
or Organic, 650 g  
**4<sup>97</sup>** ea



Danone  
**Oikos Yogurt**  
4x 100 g Multipack  
**3<sup>77</sup>** ea



Island Farms  
**Cream Cheese**  
1 kg  
**9<sup>97</sup>** ea



Becel  
**Soft Margarine**  
637-850 g  
**6<sup>97</sup>** ea



MaLaren's  
**Imperial Cheese**  
230 g  
**5<sup>97</sup>** ea



Natrel  
**Coffee Creamer**  
1 L  
**4<sup>97</sup>** ea

## FROZEN Foods



Chapman's  
**Super Cones**  
or Super Novelties  
6-20s  
**5<sup>97</sup>** ea



Kraft  
**Cool Whip**  
Whipped Topping  
1 L  
**3<sup>97</sup>** ea



Delnor  
**Chopped Spinach**  
300 g  
**1<sup>97</sup>** ea



Cavendish  
**French Fries**  
also Tots or Onion Rings  
400-750 g  
**3<sup>97</sup>** ea



Minute Maid  
**Orange Juice**  
295 ml  
**3/\$5**



Krinos  
**Fillo Pastry**  
454 g  
**2/\$5**



Snowcrest  
**Cranberries**  
340 g  
**2<sup>97</sup>** ea



Tenderflake  
**Pie Shells**  
also Tart or Puff Pastry  
255-397 g  
**2/\$7**



# Bakery FRESH



**THIS  
WEEK'S  
HOT BUY**

## Signature Sourdough Bread

600 g

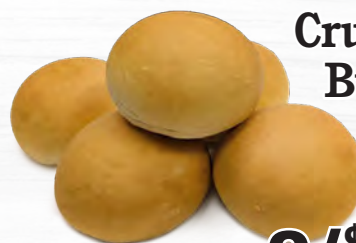
*Perfect  
for dips!*

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

*Made,  
RIGHT  
Here*

## Fresh Baked Crusty Buns

8 Pack



*Comfort Food!*

**2/\$5**

## *New!* Fresh Baked Gourmet Scones

Country Berry &  
White Chocolate  
4 Pack



*Made for Cozy Mornings!*

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

## Fresh Baked Cheddar Cheese Croissants

4 Pack



*Made with real Butter!*

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

## Fresh Baked Cinnamon Buns

6 Pack



*What we are known for!*

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



## Dempster's Wholegrain Breads

600 g

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



## Dempster's Bagels

6s

**2/\$8**

**TREATS  
of the  
WEEK**

*The Classics!*

## Fresh Baked Butter or Pumpkin Tarts

6 Pack



**2/\$10**



## Olivier's Peasant Bread

800 g

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



## Little Northern Bakehouse Gluten Free Wide Slice Bread

539-567 g

**7<sup>27</sup>**  
ea

## Black Forest Cakes

8"

**20<sup>97</sup>**  
ea



*Made, RIGHT Here  
using only Fresh  
Island Farms  
Whipping Cream!*





# 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!



## California Clementine Mandarins

2 lb Bags

*Stock up for Christmas*



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



Fresh Imported Chestnuts

**1<sup>97</sup>**  
lb  
4.34 kg



## U.S. Grown Cranberries

12 oz Bags



*Stock up for Christmas*

**2/\$5**



## U.S. Grown Broccoli Crowns



**2<sup>97</sup>**  
lb  
6.55 kg

## California Crisp Celery



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

## Washington Russet Potatoes

Big 10 lb Bags



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



## B.C. Grown Green Cabbage & Yellow Turnips

**.97**  
lb  
2.14 kg



## B.C. Grown Extra Fancy Ambrosia Apples

**1<sup>97</sup>**  
lb  
4.34 kg



## Vancouver Island Grown Hard Squash

- Butternut
- Acorn
- Spaghetti

**.97**  
lb  
2.14 kg



## Mexico Green Onions, Radishes & Cilantro

**.97**  
ea  
Bunch



## Alberta Living Lettuce

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

- Multileaf
- Red & Green Leaf
- Romaine



## B.C. Grown Roots Fresh Herbs Assorted

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

1 oz Packages



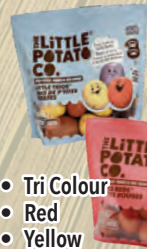
## California Baby Carrots

2 lb Bags  
**3<sup>97</sup>**  
ea



## Vancouver Island Grown Fresh Parsnips

**2<sup>97</sup>**  
lb  
6.55 kg



## Canadian Little Potato Company Nugget Potatoes

1.5 lb Bags  
**3<sup>97</sup>**  
ea

- Tri Colour
- Red
- Yellow



## Greece San Remo Greek String Figs

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



## U.S. Grown In Shell Nuts

1 lb Bag  
**5<sup>97</sup>**  
ea

- Mixed Nuts
- Walnuts
- Filberts
- Almonds



## B.C. Grown Sweet Nante Carrots

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



Fresh  
Certified

# ORGANIC PRODUCE



ORGANIC Mexico  
**Limes**  
1 lb Bag

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



ORGANIC B.C. Grown  
**Fuji Apples**  
3 lb Bags

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



ORGANIC Peru

**Blueberries**

18 oz Clamshell

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



ORGANIC Mexico  
**Long English Cucumbers**

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



ORGANIC U.S.  
**Bunched Broccolini**

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



ORGANIC Mexico  
**Kale**  
Green & Black

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



ORGANIC Island Grown  
**Spaghetti Squash**

**1<sup>97</sup>**  
lb  
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](http://www.cpm.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



**Colours of Eurosa Bouquet**

**32<sup>97</sup>**  
ea



**Dad's Christmas Tree Bouquet**

**28<sup>97</sup>**  
ea



Island Grown  
**Roses**  
12 Stems

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



**Rose & Lily Bouquet**

**29<sup>97</sup>**  
ea



**Holiday Spirit Bouquet**

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



**Holiday Crazy Daisies**

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



You'll feel like family.



Vancouver Island Owned  
& Operated Since 1984



Pacific  
**Organic Soup**  
or Broth  
946 ml-1 L

**3.97**  
ea



Canada



Chapman's  
**Premium  
Ice Cream**

Also Super Novelties, 6-20s  
2 L

**5.97**  
ea



McCain  
**Diced  
Hashbrowns**  
800 g

**2/\$5**



Island Farms  
**Traditional  
Egg Nog**  
1 L

**2/\$5**



Fernwood  
**Organic  
Coffee**  
454 g

**11.97**  
ea



Lilydale  
**Breaded Crispy  
Drumsticks**  
Fully Cooked / Seasoned  
1 kg

**9.97**  
ea



Canadian  
**9 Year Old  
Aged  
Cheddar**  
Random Cuts

**2.97**  
100 g

**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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our social media.

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