

# DOLLAR DAYS!



Vancouver Island Owned  
& Operated Since 1984



Seedless

Fresh  
**Extra Large  
Grapes**

Green & Red  
Grown in Peru or Chile

**\$2**  
lb  
4.41 kg



Danone  
**Activia  
Yogurt**

650 g Tub

**\$3**  
ea



Classico  
**Pasta  
Sauce**

218-600 ml

**\$3**  
ea



Campbell's  
**Broth**  
Or Concentrate (250ml)  
900 ml

**\$2**  
ea



McCain  
**Frozen  
Fries**  
454-750 g

**\$3**  
ea



Hardbite  
**Potato  
Chips**  
Big 340 g Bag

**\$4**  
ea



Cracker Barrel  
**Natural  
Cheese**  
600 g

**\$9**  
ea



Lilydale  
**Chicken  
Drumsticks**  
Family Packs

Canadian Farm Raised  
Grain-Fed

**\$2**  
lb  
4.41 kg



Fresh  
**Blueberries**  
Grown in Chile  
1 Pint Clamshell

**\$3**  
ea

In Our Bakery



Fresh Baked  
**Crusty  
Buns**  
8 Pack

**\$2**  
ea



In Our Deli



Canadian  
**Marble  
Cheese**  
Random Cuts

Terrific Savings!

**\$2**  
100 g



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

SALE ON AT ALL STORES: FRIDAY Mar. 7 to THURSDAY Mar. 13, 2025 except Salt Spring: WEDNESDAY Mar. 5 to MONDAY Mar. 10, 2025



# Butcher's BEST



## Fresh Canadian Pork Shoulder Blade Steaks

All sizes



**\$4** lb  
8.82 kg



## Cut from Canada AA Beef Inside Round Oven Roasts



**\$7** lb  
15.43 kg



## Fresh Lilydale Chicken Wings

Split, Tips Removed  
All Sizes



Canadian Farm Raised  
Grain-Fed

**\$5** lb  
11.02 kg

Craft Butcher

## Lean Ground Bison

454 g



**\$12** ea

Easy Meals



Farmhouse Poultry

## Chicken Breast Skewers

Tandoori or Greek



**\$10** lb  
22.05 kg



Buy BC and **SUPPORT LOCAL FARMERS**



Farmhouse Poultry  
Chicken  
Drumsticks  
All Sizes

*It's Fresher from Here!*

**\$3** lb  
6.61 kg



## Fresh Sausage

Mild & Hot Italian,  
Bratwurst, Chorizo and  
British Bangers  
400 g



**\$6** ea



## Hertel's Ayrshire Bacon

Their popular version of the  
traditional European bacon  
250 g



**\$7** ea





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



**Ahi Tuna Steaks**  
150-172 g each

**\$5** ea

Frozen



**Fresh Steelhead Fillets**

Farmed

Product of Vancouver Island

**\$3** 100 g



Earls **Signature Clam Chowder**  
550 ml

**\$12** ea

Frozen

Made Instore Daily



**Shrimp Cocktail**  
with Lemon Wedge and Cocktail Sauce  
200 g

**\$5** ea



**Bacon Wrapped Scallop Skewers**  
130 g

**\$6** ea

Frozen or Previously Frozen



Aqua Star **Cooked Shrimp**  
90-130 shrimp per lb  
340 g

**\$9** ea

Frozen

## Extra MEAT SAVINGS

Mix and Match!



Grimm's Fine Foods **Classic Sausage Rings**  
Assorted Flavours, 300 g

**2/\$12**



Grimm's Fine Foods **Pepperoni**  
Assorted Varieties  
450 g



**\$9** ea



Grimm's Fine Foods **Jalapeño Poppers**  
500 g



**\$9** ea



Homestyle **Beef Burgers**  
Assorted Varieties  
852 g  
Frozen



**\$15** ea



Compliments **Bacon**  
Naturally Smoked or Maple Flavoured  
375 g

**\$6** ea



Mix and Match! McSweeney's **Beef Jerky**  
Assorted Flavours  
70 g



**2/\$10**



Mix and Match! Simply Poultry **Chicken Cordons**  
or Broccoli & Cheddar or Ham & Swiss  
Frozen, 284 g



**2/\$10**



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



**\$10** ea



# DELI

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



## Black Forest or Honey Ham



*Big Savings!*

**\$2**  
 100 g



*Volume Buy!*

## Fat Free Turkey Breast



**\$4**  
 100 g



## Sliced Salami

Chubs, Pancetta,  
 Pepperoni & more  
 Assorted Varieties  
 100-200 g



**\$7**  
 ea



## Garlic Sausage Link



**\$7**  
 ea



## Mastro Sliced Charcuterie Trio

Assorted Varieties  
 150-250 g



**\$10**  
 ea

# CHEESES from Around the WORLD

Imported Dutch  
**Edam**  
 Random Cuts

**\$3**  
 100 g

Canadian  
**3 Year  
 Aged  
 Cheddar**  
 280 g

**\$13**  
 ea

Imported Italian  
**Parmigiano  
 Reggiano**  
 Random Cuts

*Big Savings!*

Canadian  
**Cheese  
 Slices**  
 Assorted Varieties  
 125-165 g

**\$5**  
 ea

*Great Savings!*

Canadian  
**Havarti**  
 Assorted Varieties  
 170-200 g

**\$5**  
 ea

*Great Savings!*

**\$4**  
 100 g



# Fresh TO GO



## soupe<sup>tc!</sup>



Soup Etc.  
**Bone Broth**  
Assorted Varieties  
700 ml  
**\$10** ea

Soup Etc.  
**Fresh Soups**  
Assorted Varieties  
700 ml

**\$8** ea

## Arbutus FARMS KITCHEN



Fresh  
**Greek Pasta Salad**

or Sundried Tomato Penne Pasta Salad

**\$2** 100 g



Fresh Rana  
**Pasta**

Assorted Varieties  
250-300 g

**\$7** ea

Prepared In-House



**Chinese Meals**

Assorted Varieties  
480 g

**\$10** ea



Summer Fresh  
**Dips**

Assorted Varieties  
227 g



**\$5** ea

## Fresh SUSHI

Freshly Made  
In-House Daily



Regular or Spicy  
**Tempura Sushi Rolls**  
10 piece

**\$6** ea

Freshly Made  
In-House Daily



**Smoked Salmon Sushi Salad Roll**

**\$7** ea

Prepared Fresh  
In-House Daily



**Cantaloupe, Honeydew or Watermelon**

Approx. 250 g

**\$3** ea

Prepared Fresh  
In-House Daily



Country Grocer  
**Assorted Mixes**

Approx. 300 g

- Asian
- Pizza
- Peppers
- Stir Fry

**\$5** ea

## BULK Foods



Dan D Pak  
**Super Mac Mix**  
Salted or Unsalted

**\$3** 100 g



Dan D Pak  
**Roasted Almonds**  
Salted or Unsalted

**\$2** 100 g



Country Grocer  
**Soft Jubes**

also Sour Jubes  
550 g

**\$5** ea



Country Grocer  
**Yogurt Pretzels**  
150 g

**2/\$5**



# Natural & ORGANIC



Two Bears  
**Oat Beverage**

Excludes  
Barista Blend  
946 ml

**\$3** ea



Beyond Meat  
**Frozen Burger**  
or Breakfast Sausage

226-235 g

*Plant Based*

**\$6** ea



Wescana  
**Gluten Free Oats**

1 kg

**\$6** ea



Purplesful  
**Popcorn Snacks**

136 g

**\$4** ea



RX Bar  
**Protein Bar**

52 g

**2/\$5**



Annie's  
**Bunny Crackers**

213 g

**\$4** ea



Taj Mahal  
**Ready Meals**

285 g

**\$3** ea



Omega  
**Apple Cider Vinegar**

Organic  
946 ml

**\$8** ea



New World  
**Organic Granola**

454 g

**\$4** ea



Alter Eco  
**Chocolate Bars**

Organic  
75-84 g

**\$3** ea



San Remo  
**Organic Passata**

720 ml

**\$3** ea



Rummo  
**Italian Pasta**

Gluten Free  
400 g

**\$4** ea



# 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

**52<sup>97</sup>** ea



Organika  
**Products**

**20% OFF**  
AT CHECKOUTS

When combined with sufficient calcium, a healthy diet, and an active lifestyle, it can help reduce the incidence of osteoporosis.



New Roots  
**Vitamin D**  
2500 IU  
180 caps

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



Webber Naturals  
**Gummies  
Multivitamin**  
90s

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



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

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



Purica  
**Complete  
360**

**20% OFF**  
AT CHECKOUTS



Bovine Collagen is sustainably sourced from pasture-raised, grass fed cattle. Added L- Lysine, Glycine, Vitamin C and Biotin help further boost overall joint, hair, nail and skin collagen formation. Marine Collagen also available.



NCN  
**Collagen**

**20% OFF**  
AT CHECKOUTS



Organic Traditions  
**Products**

**20% OFF**  
AT CHECKOUTS



Ecoideas  
**Nutritional  
Yeast**  
100-125 g

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



Suro  
**Products**

**20% OFF**  
AT CHECKOUTS



Suitable for both cats and dogs. Essential minerals and nutrients for healthy bones, joints and ligaments.



Omega Alpha  
**Glucosapet**  
500 ml

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



Pur  
**Gum**

55 pcs  
**2/\$9**  
9 pcs  
**2/\$3**



Kind  
**Bars**  
40 g

**2/\$4**



Contains living cultures, organic acids and antioxidants that help with digestion and support the immune system.



Rise  
**Kombucha**  
414 ml

**3<sup>47</sup>** ea





Paul & Victoria  
Chemainus

# GROCERY



Country Grocer  
**Alkaline Water**  
1 L

**\$1** ea



Pepsi & Assorted  
**Pepsi Products**  
12x355 ml

**\$7** ea



Lay's  
**Potato Chips**  
200-235 g

**\$4** ea



Rockstar  
**Energy Drinks**  
473 ml

**\$2** ea



Fuze  
**Iced Tea**  
or Peace Tea  
12x341 ml

**\$9** ea



Lindt  
**Swiss Classic**  
100 g

**\$3** ea



Takis  
**Tortilla Snacks**  
260-280 g

**\$4** ea



Gatorade  
**Sport Drinks**  
710 ml

**\$2** ea



Old Dutch  
**Baked Pretzels**  
240-400 g

**\$4** ea



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

**\$4** ea



Brisk  
**Iced Tea**  
710 ml

**\$1** ea



Old Dutch  
**Tortilla Chips**  
Restaurante  
230-295 g

**\$4** ea



Coke & Assorted  
**Coca Cola Products**  
2 L

**\$2** ea



Mas+  
**Sport Drinks**  
500 ml

**\$1** ea



Miss Vickie's  
**Potato Chips**  
190-200 g

**\$4** ea





TM



*Chef Heidi's Recipe*  
**Double Chocolate  
Zucchini Muffins**  
Find the recipe at [countrygrocer.com](http://countrygrocer.com)



Campbell's  
**Chunky  
Soup**

515 ml

**\$3** ea



Knorr  
**Sidekicks  
Pasta**

or Rice  
120-153 g

**\$2** ea



Heinz  
**Tomato  
Ketchup**

750-1 L

**\$5** ea



Canada



KFI  
**Cooking  
Sauces**

375 ml

**\$4** ea



Clover Leaf  
**Light  
Tuna**

170 g

**\$2** ea



Goldfish  
**Snack  
Crackers**

167-227 g

**\$3** ea



Canada



Robin Hood  
**Assorted  
Flours**

2.5 kg

**\$6** ea



Canada



Rogers  
**Five Grain  
Granola**

650-750 g

**\$6** ea



Betty Crocker  
**Fruit  
Snacks**

128-226 g

**\$3** ea



Kraft  
**Real  
Mayo**

650-890 ml

**\$5** ea



Canada



Grissol  
**Classic  
Croutons**

135 g

**\$2** ea



Canada



Dare  
**Breaktime  
Cookies**

250 g

**\$2** ea



Betty Crocker  
**Cake  
Mixes**

Gluten Free  
425-454 g

**\$6** ea



General Mills  
**Oatmeal  
Crisp**

399-437 g

**\$5** ea



Kellogg's  
**Town House  
Crackers**

247-391 g

**\$4** ea



# DOLLAR DAYS!



Julia  
**Parmesan  
Cheese**  
250 g

**\$5** ea

**NEW to Country Grocer!**



Gold Seal  
**Salmon  
Bowls**  
160 g

**\$4** ea

**NEW to Country Grocer!**



Gold Seal  
**Wild  
Salmon**  
80 g

**\$2** ea



Garofalo  
**Italian  
Pasta**  
500 g

**\$3** ea



Kraft  
**Salad  
Dressing**  
425 ml

**\$3** ea



Bick's  
**Premium  
Pickles**  
or Original  
1 L

**\$5** ea



Unico  
**Vegetable  
Oil**  
3 L

**\$10** ea



Bush's Best  
**Baked  
Beans**  
398 ml

**\$2** ea



Mazola  
**Corn  
Oil**  
1.18 L

**\$7** ea



Authentica  
**Pasta  
Sauce**  
Puttanesca Variety Only  
530 ml

**\$3** ea



Campbell's  
**Soup or  
Broth**  
Selected  
284 ml

**\$2** ea



Nutri Grain  
**Breakfast  
Bars**  
295 g

**\$3** ea



Häagen Dazs  
**Ice  
Cream**  
414-450 ml

**\$6** ea



Tre Stelle  
**Feta  
Cheese**  
375 g

**\$9** ea



Liberté  
**Classic  
Yogurt**  
650 g

**\$3** ea



Island Farms  
**Premium  
Ice Cream**  
or Frozen Yogurt, 1.65 L

**\$6** ea



Cascade  
**Dishwasher  
Pods**

39-60s

**\$16** ea



Dawn  
**Dish  
Liquid**

431-473 ml

**\$3** ea



Tide  
**Laundry  
Pods**

57s

**\$18** ea



Charmin  
**Bathroom  
Tissue**

8 Triple Rolls

**\$9** ea



Crest  
**Mouth  
Wash**

1 L

**\$6** ea



Mr. Clean  
**Magic  
Eraser**

2s

**\$3** ea



Mr. Clean  
**All Purpose  
Cleaner**

1.3 L

**\$4** ea



Bounce  
**Dryer  
Sheets**

80s

**\$5** ea

# HOUSE, HOME & Pet



Meyer's  
**Dish  
Soap**

473 ml

**\$5** ea



St. Ives  
**Body  
Wash**

650 ml

**\$6** ea



Neo Citran  
**Cold & Sinus  
Tablets**

10s

**\$12** ea



Best Buy  
**Paper  
Towels**

6 Roll

**\$6** ea



Friskies  
**Cat  
Food**

156 g

**\$1** ea



Temptations  
**Cat  
Treats**

180 g

**\$3** ea



Beggin' Strips  
**Dog  
Treats**

155-170 g

**\$4** ea



Purina Beneful  
**Dog  
Food**

283 g

**\$3** ea



# Dairy & FROZEN Foods



Paradise Island  
**Natural Cheese**  
350 g

**20% OFF**  
AT CHECKOUTS



Island Farms  
**Chocolate Milk**  
2 L

**\$5** ea



Island Farms  
**Sour Cream**  
500 ml

**\$4** ea



Island Farms  
**Cottage Cheese**  
500 g

**\$4** ea



Siggis  
**Skyr Yogurt**  
650-750 g

**\$6** ea



Astro  
**Yogurt**  
650-750 g

**\$4** ea



Danone  
**Oikos Yogurt**  
4x100 g Multipack

**\$4** ea



Yoplait  
**Source Yogurt**  
630 g

**\$3** ea



Del Monte  
**Fruit Bars**  
Also Oreo or Lifesavers  
4-10 Pack

**\$6** ea



Crave  
**Entrée Dinners**  
or KD Deluxe  
200-340 g

**\$5** ea



McCain  
**Tasti Taters**  
800 g

**\$5** ea



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

**\$3** ea



Sam Vermeulen, owner of Hazel's Ice Cream

## The dream of ice cream!

In 2020, Sam was looking to move on from his current job and pitched the idea of going into business together with his dad. The idea originally started out as a scooped ice cream shop but morphed into a mobile bicycle vendor that sold hand-dipped ice cream bars!

We spent months perfecting our chosen products and in April 2021 Hazel's Ice Cream hit the road for the first time. We had a wonderful reception in Victoria

and after a season of peddling up and down Dallas Rd, we were approached to sell our bars in some local grocery stores.

Since then, Hazel's has become a strong brand on Vancouver Island and is now available across Western Canada. We invite you to try our ice cream and let it take you back to all those moments you shared with friends and family, just like it does for us.



- Coffee Toffee
- Orange Float
- Cookies & Cream

3x95 ml  
**797**  
ea

**Hazel's**  
ICE CREAM

Now available at Country Grocer



Our in-house made bread & buns are made with **Canadian** grown wheat & milled flour.

# Bakery FRESH



**THIS WEEK'S HOT BUY**



Fresh Baked  
**Crusty Buns**  
8 Pack

**\$2** ea



Fresh Baked  
**Raisin Bread**  
454 g  
*Sliced*  
**2/\$6**



Fresh Baked  
**Glazed Cinnamon Buns**  
6 Pack  
**\$5** ea



Fresh Baked  
**Country Berry & White Chocolate Scones**  
4 Pack  
*Made with Blueberries & Raspberries*  
**\$5** ea



**Buttermilk Cake Donuts**  
8 Pack  
**\$5** ea



Dempster's  
**Whole Grains Breads**  
600 g  
**\$4** ea



Dempster's  
**Bagels**  
6 Pack  
**2/\$8**

**TREATS of the WEEK**



**Deluxe Half Cakes**  
Assorted Varieties  
600-750 g



O'Doughs  
**Gluten Free Muffins**  
300-340 g  
**\$7** ea



Portofino  
**Multigrain Pan Loaf**  
810 g  
**\$5** ea

*Made, RIGHT Here using our Signature Real Butter Cream icing!*

**\$10** 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!



Peru or Chile  
**Extra Large Green & Red Grapes**

*Seedless*

**\$2** lb  
4.41 kg



Chile  
**Blueberries**  
1 Pint Clamshell



**\$3** ea



California  
**Large Cauliflower**



**\$3** ea



Alberta  
**On the Vine Tomatoes**



**\$2** lb  
4.41 kg



Mexico  
**Tender Green Beans**



**\$2** lb  
4.41 kg



B.C. Grown  
**Long English Cucumbers**



**2/\$3**



China  
**Asian Pears**



**\$2** lb  
4.41 kg



Mexico  
**Bunch Carrots & Spinach**

**\$2** ea  
Bunch



Vancouver Island Grown  
**Russet Potatoes**



5 lb Bags

**\$3** ea



B.C. Produced Sunrise  
**Firm Tofu**  
500 g



**\$3** ea



Mexico  
**Green Onions & Radishes**

**\$1** ea  
Bunch



Australia  
**Queen Garnet Red Plums**



**\$4** lb  
8.82 kg



Vietnam  
**Dragon Fruit**

**\$4** ea



B.C. Grown  
**Pink Lady & Fuji Apples**



3 lb Bags

**\$4** ea



Costa Rica  
**Jumbo Cantaloupes**



**\$4** ea



B.C. Produced  
**Chasers Juice**  
Assorted Flavours

**\$6** ea

500 ml Bottle



Fresh  
Certified

# ORGANIC PRODUCE



**ORGANIC Mexico**  
**Pineapples**

**\$6** ea

**ORGANIC Mexico**  
**Atkin**  
**Mangoes**

**\$3** ea

**ORGANIC Mexico**  
**Strawberries**  
1 lb Clamshell

**\$5** ea

**ORGANIC Mexico**  
**Green**  
**Zucchini**

**\$2** lb  
4.41 kg

**ORGANIC Mexico**  
**Green**  
**Peppers**

**\$3** lb  
6.61 kg

**ORGANIC Alberta**  
**Red**  
**Onions**  
3 lb Bag

**\$5** ea

**ORGANIC Mexico**  
**Green**  
**Kale**

**\$3** 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](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

**Island GOOD**

**Women's**  
**Appreciation**  
**Bouquet**

**\$18<sup>97</sup>** ea

**Canada**

**Calla**  
**Lilies**  
6 inch

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

**Canada**

**St. Patrick's Day**  
**Shrubs**  
1 Gallon

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

**Canada**

**Fresh Cut**  
**Tulips**  
5 Stems

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

**Island GOOD**

**Colour**  
**Feature**  
**Daffodils**  
7 inch

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

**Island GOOD**

**Dianthus**  
4 inch

**\$3<sup>47</sup>** ea

**Island GOOD**

**Island's Finest**  
**Topsoil**  
30 L

**2/\$10**

You'll feel like family.



Vancouver Island Owned  
& Operated Since 1984



Tropicana  
**Orange  
Juice**

1.36 L

**\$5** ea



Earth Balance  
**Buttery  
Spread**

1.3 kg

**\$8** ea

Massive  
Savings!

While Stocks Last



GH Cretors

**Caramel  
Popcorn**

or Chicago Mix

213-227 g

**\$4** ea



Schneiders  
**Ukrainian  
Sausage**

300 g

**\$3** ea

While Stocks Last



Carver's Choice  
**Smoked Ham  
Nuggets**

**\$4** lb  
8.82 kg

While Stocks Last

In Our Deli



Maple Lodge Farms  
**Chicken  
Breast**

Plain, Smoked or Cajun

**\$2** 100 g

While Stocks Last

In Our Deli



Imported  
**English or Irish  
Cheddar**

Assorted Varieties  
200 g

**\$5** 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-8pm  
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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