



HAPPY
Thanksgiving
FROM OUR FAMILY TO YOURS!

Vancouver Island Owned
& Operated Since 1984



B.C. Grown

Brussels Sprouts



1.97
lb
4.34 kg



NEW to Country Grocer!

Coastal Black
Frozen

Blueberries

4 lb

11.97
ea

Grown in Comox Valley

In Our Bakery

Fresh Baked
Pumpkin Pies

9"

6.97
ea

The Best of the season!



Fresh A Grade
Turkeys
Under 8 kg

2.97
lb
6.55 kg

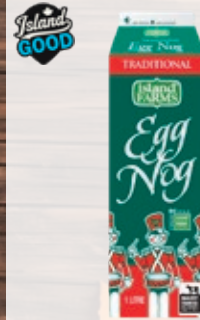


B.C. Grown

Russet Potatoes

15 lb

8.97
ea



Island Farms
Traditional Egg Nog
1 L

2.97
ea



Stove Top
Stuffing Mix
120 g

4/\$5



Chapmans
Ice Cream
Super Premium
500 ml

2.97
ea



Faith Farms
Natural Cheese
320-340 g

5.97
ea



Creekmoors
Organic Coffee
350-400 g

12.97
ea



In Our Deli
Spreadable Cheese
Assorted Varieties
150 g

6.97
ea

www.countrygrocer.com



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
Yams
or Sweet Potatoes

1⁹⁷
lb
4.34 kg



B.C. Grown
**Coloured
Peppers**
2 lb

3⁹⁷
ea



Ocean Spray
**Fresh
Cranberries**
12 oz

2⁹⁷
ea



B.C. Grown
**Yellow
Rutabagas**
or Savoy Cabbage

1⁴⁷
lb
3.24 kg



B.C. Grown
**Bunched
Celery**

2⁹⁷
ea



B.C. Grown
**Broccoli
Crowns**
or Parsnips

2⁹⁷
lb
6.55 kg



Litehouse
**Salad
Dressing**
384 ml

4⁹⁷
ea



Australian
**Murcott
Mandarins**
2 lb

5⁹⁷
ea



Costa Rica
**Jumbo
Pineapples**

5⁹⁷
ea



Up Vertical
**Salad
Blends**
113-127 g

4⁹⁷
ea



Little Potato Company
**Little
Yellows**
Microwavable
3 lb

5⁹⁷
ea

**NEW to
Country Grocer!**



Little Potato Company
**Small
Potatoes**
Microwavable
1 lb

3⁹⁷
ea

**NEW to
Country Grocer!**



Big Mountain
**Plant-Based
Roast & Gravy**
950 g

19⁹⁷
ea



B.C. Grown
**Yellow
Onions**
10 lb

8⁹⁷
ea



Organic PRODUCE



ORGANIC B.C. Grown
Cabbage
Green or Red

2⁹⁷
lb
6.55 kg



ORGANIC Quebec
Cranberries
227 g

4⁹⁷
ea



ORGANIC B.C./Mexico
Herbs Poultry Bird
2 oz Bag

ORGANIC B.C. Grown
Roots Herbs
0.5-1 oz

1⁹⁷
ea



ORGANIC U.S. Grown
Bunched Celery

3⁹⁷
ea

ORGANIC B.C. Grown
Yellow Pugly Potatoes

6⁹⁷
ea



ORGANIC B.C. Grown
Grape Tomatoes

4⁹⁷
ea
Pint

First of the Season!



ORGANIC B.C. Grown
Ambrosia Apples
3 lb bag

4⁹⁷
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 & 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.



Floral & GARDEN



CG's Bountiful Bouquet

22⁹⁷
ea



Cinnamon Splendor Bouquet

27⁹⁷
ea



Pumpkin Spice Bouquet

18⁹⁷
ea



Sunflower Bouquet

17⁹⁷
ea



Fall Hues Bouquet

16⁹⁷
ea



Colours of Eurosa Bouquet

28⁹⁷
ea





Butcher's
BEST

Our In-store
Meat Cutters
are a *Cut Above*
Reid
Cobble Hill



Cut From AAA Canada Beef
**Sirloin Tip
Oven Roasts**



7⁹⁷
lb
17.57 kg

Go to Countrygrocer.com/recipe for recipe ideas!



Fresh Canadian
**Pork
Tenderloin**
All Sizes



4⁴⁷
lb
9.85 kg

Go to Countrygrocer.com/recipe for recipe ideas!



Fresh Lilydale
**Chicken
Wings**

Split, Tips Removed
All Sizes

4⁹⁷
lb
10.96 kg



Cut from Canada AAA Beef
**Sirloin Tip
Marinating Steaks**

All Sizes



8⁹⁷
lb
19.78 kg

Fresh

Ovation
**New Zealand
Lamb Chops**

Free Range Lamb
100% Grass-Fed



17⁹⁷
lb
39.62 kg



Mitchell's
**Toupie Style
Ham**

Boneless
1.5 kg

13⁹⁷
ea



Buy BC and

SUPPORT LOCAL FARMERS



Available Oct 9th

Victorian Acres
**Fresh
Turkeys**

7-9 kg

5⁹⁷
lb
13.16 kg



From the Comox Valley

Rosstown Farms
**Fresh
Turkeys**

Under 9 kg

4⁴⁷
lb
9.85 kg



Raised without Antibiotics



Hertels Meats
**Fresh
Sausage**

400 g

5⁹⁷
ea

- Mild & Hot Italian
- Bratwurst, Chorizo
- British Bangers

It's Fresher
from Here!

Farmhouse Poultry
**Whole
Frying
Chicken**

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



*Caught Off the Coast
of Vancouver Island*

Fresh **Halibut
Fillets**



7⁴⁷
100 g

Weather Permitting



**Ahi Tuna
Steaks**

Sashimi Grade
152-170 g

4⁹⁷
ea

Frozen or Previously Frozen



Earl's
**Signature
Clam
Chowder**
550 ml

11⁹⁷
ea

Frozen



Frozen

Compliments
**Shrimp
Rings**
Assorted Varieties
and Sizes

20% OFF
AT CHECKOUTS



Wild

Hardy Buoys
**Smoked
Sockeye Salmon
Nuggets**

- Regular
- Peppered
- Maple

Previously Frozen



6⁹⁷
100 g

Selva
**Cooked or Raw
Shrimp**
340 g



12⁹⁷
ea

West Coast
Crab Cakes
Pack of 4
280 g

Made with Real Crab
\$10
ea

Previously Frozen or Frozen

Extra MEAT SAVINGS



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

6⁹⁷
ea



Frozen

Compliments
**Appetizers
or Meatballs**
Assorted Varieties
325 - 680 g

20% OFF
AT CHECKOUTS



Frozen

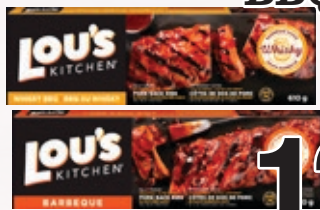
Schneider's
**Chicken
Wings**
Assorted Varieties
615 g

10⁹⁷
ea



Schneider's
Bacon
Regular, Maple
or Hickory
375 g

6⁹⁷
ea



Regular or Whiskey

Lou's Kitchen
**BBQ Pork
Ribs**
610 g

12⁹⁷
ea



Duso's
**Pasta or
Sauces**
Assorted Varieties
250-300 g or 150-300 ml

5⁹⁷
ea



Frozen

Jane's
**Pub Style Breaded
Chicken**
Strips or Nuggets
1.1 kg

13⁹⁷
ea



Mitchell's
Pepperoni
Regular or Honey Garlic
450 g

7⁹⁷
ea



DELI & Specialty CHEESE



Grimm's
**Thyme Maple
Whiskey Ham**
or Old Fashioned Zero Sugar Ham

Volume Buy!

2⁷⁷
100 g



Imported New Zealand
Butter
Random Cuts

2⁷⁷
100 g



Lilydale
**Kentucky
Chicken**



2⁹⁷
100 g



Schneider's
**Garlic Sausage
Link**
400 g



8⁹⁷
ea



Woolwich
**Canadian
Chevre Goat
Cheese**
113 g



2/\$10
Assorted Varieties



Alexis de Portneuf
**Belle
Crème Brie**
Assorted Varieties
300 g



10⁹⁷
ea



Freybe
**Liver Sausage
Chub**
125 g



3⁹⁷
ea



Freybe
Pate
200 g



5⁹⁷
ea

- Herb
- Pepper
- Cognac



Imported Tre Stelle
**Italian Pecorino
Romano**
200 g



10⁹⁷
ea



Imported Castello
**Danish Creamy
Havarti**
Random Cuts



2⁹⁷
100 g

Fresh TO GO



Habibi's
Hummus
240 g



4⁷⁷
ea



Fresh is Best
**Spinach
Dip**
220 ml



4⁷⁷
ea



Summer Fresh
**Variety
Dip**
500 g



7⁹⁷
ea



Simons
**8 inch
Tourtiere Pie**
760 g



14⁹⁷
ea

*Prepared Fresh
In-House Daily*

Country Grocer
**Fruit
Platter**
Approx 1.2 kg



15⁹⁷
ea

or Veggie Platter
Approx 900 g (\$13.97)

*Prepared Fresh
In-House Daily*

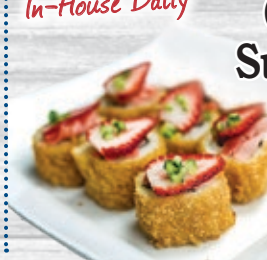
Country Grocer
**Cranberry
Sauce**
Approx 250 g



3⁴⁷
ea

*Freshly Made
In-House Daily*

Happy
**California
Sushi Rolls**
6 piece



6⁹⁷
ea

*Freshly Made
In-House Daily*

**Spicy Salmon
Sushi Roll**
10 piece



11⁹⁷
ea



BAKERY *Fresh*

The Baking Association of Canada
(BAC)

has been the trusted voice of the nation's dynamic
baking industry—connecting bakeries, suppliers, and
professionals from coast to coast.



Made In Store!

Fresh Baked Sourdough Bread

Two Cheese
675 g

Sliced

4⁴⁷
ea

Made from Scratch!

Fresh Baked Oatmeal Chocolate Chip Cookies

12's

5⁹⁷
ea

Made In Store!
*So moist and
delicious!*

Fresh Baked Tray Buns

White or Whole Wheat
12's

2/^{\$}6

Baked In Store!

Fresh Baked Butter Croissants

6's

2/^{\$}10

Made In Store!

Fresh Baked Peanut Butter Brownies

or Triple Chocolate
2's

4⁹⁷
ea



Mix and Match!

Dempster's English Muffins

6's

2/^{\$}7



Silver Hills Sprouted Bread

430-615 g

4⁴⁷
ea

Excluding Organic

Treats of the Week!

*Topped with our signature
REAL BUTTER cream icing!*

Fresh Made Autumn Cupcakes

Chocolate or Vanilla, 6's

5⁹⁷
ea



Little Northern Bakehouse

Dinner Rolls

6's

6⁹⁷
ea



Dempster's Original Bread

570-675 g

3⁴⁷
ea

BULK *Foods*

Dan-D Pak Sunflower Seeds

Roasted

97¢
100 g

Dan-D Pak Super Mac Mix

Salted or Unsalted

2⁹⁷
100 g

A Heap of Popcorn

396 g

4⁹⁷
ea

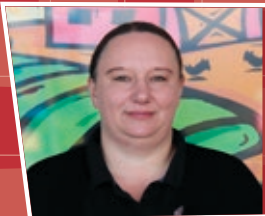
Country Grocer Pineapple Chunks

250 g

4⁹⁷
ea

SALE ON AT ALL STORES: FRIDAY Oct. 9 - THURSDAY Oct. 15, 2026 except Salt Spring: WEDNESDAY Oct. 7 - MONDAY Oct. 12, 2026

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Amy
NEW Store Manager
Cobble Hill

GROCERY



Reeses
King Size Bars
or Oh Henry
62-119 g



2/\$4

Bubly
Sparkling Water
12 x 355 ml



2/\$13
or Montellier 10 Pack

Old Dutch
Potato Chips
220 g



2/\$7.50

Coke & Assorted
Coca Cola Products
24 x 355 ml



12.97
ea

Old Dutch
Cheese Pleezers
200-290 g



2/\$8.50
Also Crunchys or Puffcorn

Pepsi & Assorted
Pepsi Products
12 x 355 ml



7.97
ea

Doritos
Tortilla Chips
210 - 280 g



2/\$9

Lays
Potato Chips
200 - 235 g



2/\$8

Coke & Assorted
Coca Cola Products
1 L



3/\$5

Aquafina
Spring Water
12 x 500 ml



5.47
ea

Basse
Pure Vida Mix
Snack Packs
672 g



8.97
ea

Leclerc
Celebration Cookies
or Minis
200-240 g



3.97
ea

Glaceau
Vitamin Water
591 ml



2/\$5

Dare
Juicee Candy
or Scotch Mints
500-700 g



4.77
ea

Monster
Energy Drinks
or Reign
355-473 ml



2/\$5



Vitamins & SUPPLEMENTS



40

YEARS

New Roots
HERBAL

MAKING LIFE BETTER

MEET THE CORE FOUR

DAILY VITAMINS THAT FUEL ENERGY, STRENGTHEN
IMMUNITY, AND DEFEND YOUR CELLS



20% OFF
ALL NEW ROOTS
PRODUCTS AT
CHECKOUT

Made in Canada



CanPrev has grown out of a desire to make natural medicine
safe, effective and accessible to everyone.



CanPrev

20% OFF
ALL CANPREV
PRODUCTS AT
CHECKOUT

Good health is appreciated at the heart of all good passions. It is behind every shout-worthy
accomplishment, every moment with family, every mountain climbed, every hard-earned victory.

Vitamins & SUPPLEMENTS



 **Organika** Wellness requires purity, potency and consistency.



20% OFF
ALL ORGANIKA PRODUCTS
AT CHECKOUT

For 35 years, we've been making products that bring true healing to the forefront of wellness.



North Coast Naturals

A proudly Canadian company founded in British Columbia



20% OFF
ALL NCN PRODUCTS
AT CHECKOUT

CREATING CLEAN, THOUGHTFULLY FORMULATED SUPPLEMENTS FOR EVERYDAY WELLNESS.

With a focus on quality ingredients, purposeful formulations, and no unnecessary additives.
North Coast Naturals offers nutrition and wellness products designed to fit naturally into your daily routine.



Vitamins & SUPPLEMENTS



Joy of the Mountains Oil of Oregano

A rare species of ethically wildcrafted Mediterranean oregano, containing up to 85% Carvacrol.

15 ml	30 ml	90 Caps
17⁹⁷ ea	25⁹⁷ ea	31⁹⁷ ea

A powerful natural health aid, and industry award winner.



PURICA

A proudly Canadian, family-owned company based in the Cowichan Valley on Vancouver Island. Since 1999



PURICA

20% OFF
ALL PURICA PRODUCTS
AT CHECKOUT

Purica has been creating natural health products inspired by nature and backed by science, with a focus on quality, purity, and innovative formulations.



Vitamins & SUPPLEMENTS



Omega Alpha

TRUSTED IN
NATURAL HEALTH
SINCE 1992

20% OFF
ALL OMEGA ALPHA
PRODUCTS AT
CHECKOUT

Proudly Canadian and committed to science-based formulations, Omega Alpha creates high-quality natural health products using carefully selected ingredients and rigorous manufacturing standards.



A naturally energizing herbal beverage made from yerba mate



Yerba Madre

458 ml
2/\$7

Yerba Mate, a traditional South American botanical enjoyed for its rich, refreshing flavour and naturally occurring caffeine. A great choice for those looking for a refreshing alternative to coffee or traditional energy drinks.



Chef Heidis Recipe
Meatloaf
 Find the recipe at countrygrocer.com



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



Made in Vanderhoof

Blue Mountain
Flavoured Honey
 265 ml

8⁹⁷
 ea



Kellogg's
Assorted Cereals
 210-525 g

4⁴⁷
 ea



Jif
Peanut Butter
 500 g

4⁹⁷
 ea



Carnation
Hot Chocolate
 400-450 g

6⁹⁷
 ea



The Bog
Cranberry Juice
 946 ml

9⁹⁷
 ea



Eurogoods
Artisan Soup
 720 ml

3⁹⁷
 ea



Bicks
Premium Pickles
 1 L

5⁴⁷
 ea



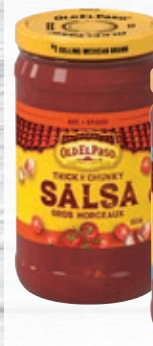
Unico
Artichoke Hearts
 170 ml

1⁷⁷
 ea



Old El Paso
Taco Shells
 125-334 g

2⁹⁷
 ea



Old El Paso
Chunky Salsa
 650 ml

3⁹⁷
 ea



Primo
Canned Tomatoes
 796 ml

2/\$4



Crosby
Cooking Molasses
 675 g

3⁹⁷
 ea



San Remo
Black Olives
 Pitted or Sliced
 398 ml

2/\$4



Tilda
Basmati Rice
 or Jasmine
 250 g

2⁹⁷
 ea



China Lily
Soya Sauce
 483 ml

3⁴⁷
 ea



Happy Thanksgiving



Robertson's
Mincemeat
635 g

7⁹⁷
ea



Island Farms
Whipping Cream
1 L

6⁷⁷
ea



Teja
Assorted Spices
25-100 g

25% OFF
AT CHECKOUTS



Knorr Premium
Flavour Base
311 g

5⁹⁷
ea



Franco American
Canned Gravy
284 ml

4/\$5



Island Grown
Winter Squash
Assorted

1⁴⁷
lb
3.24 kg



Island Grown
Cello Carrots
3 lb

3⁹⁷
ea



The Bog
Cranberry Sauce
280 ml

4⁴⁷
ea



Green Giant
Simply Steam
Frozen
198-250 g

1⁹⁷
ea



Portofino
Sourdough Buns
Cranberry
65'

NEW to Country Grocer!

4⁹⁷
ea



In Our Bakery
Dempster's
Signature Pull-Aparts
12's

3⁴⁷
ea



Dairyland
Whipped Cream
Aerosol
225 g

3⁹⁷
ea



Idahoan
Mashed Potatoes
113 g

2/\$3



Club House
Gravy Mix
20-47 g

97¢
ea



Snowcrest
Cranberries
Frozen
340 g

2⁹⁷
ea



Kikkoman
Panko Bread Crumbs
227 g

3⁷⁷
ea

FLAVOURS of the WORLD



Local
SUPPORTING
Local



Garofalo
Italian Pasta
500 g



Product of Italy

2⁹⁷ ea

Paradise
Golden Saba
454 g



Product of Philippines

2/\$7

Island GOOD
Babe's
Liquid Honey
1 kg



Made in Victoria

21⁹⁷ ea

Island GOOD
Triple Smoke
BBQ Blends
50 g



Made in Shawnigan Lake

4⁹⁷ ea

NEW to Country Grocer! La Milpa
Tortilla Wraps
15's



Product of Mexico

2/\$5

Palirria
Greek Dolmades
or Beans
400 g



Product of Greece

3⁹⁷ ea

Island GOOD
Sutra
Ethnic Sauces
Frozen
400 ml



Made in Duncan

5⁹⁷ ea

Island GOOD In Our Bakery
Portofino
West Coast Five Grains
Artisan Loaf
585 G



4⁹⁷ ea

Kraft Heinz Fall into these Savings

Heinz
Tomato Ketchup
750 ml - 1 L



4⁹⁷ ea

Kraft
Real Mayo
or Miracle Whip
650-890 ml



5⁴⁷ ea

Kraft
Salad Dressing
425 ml



2/\$6

Maxwell House
Ground Coffee
864 g



15⁹⁷ ea

Baker's
Baking Chocolate
170-225 g



4⁷⁷ ea

Shake n Bake
Coating Mixes
142-184 g



2/\$7

Lea & Perrins
Worcestershire Sauce
142 ml



2⁷⁷ ea

Maclarens
Imperial Cheese
230 g



5⁴⁷ ea



Dairy FRESH

TM Becel
Margarine
800 g
6⁹⁷
ea

Savor
Grass-fed Butter
227 g
6⁷⁷
ea

Tropicana
Orange Juice
2.63 L
8⁹⁷
ea

Canada
Lactose Free
Natrel
Whip Cream
473 ml
4⁴⁷
ea

Yoplait
Source Yogurt
630 g
2⁹⁷
ea
or Yoplait Tubes 8 x 56 g

Olympic
Krema Yogurt
650 g
5⁴⁷
ea
or Organic

Tre Stelle
Ricotta Cheese
400-475 g
5⁹⁷
ea

Canada
Danone
Activia Yogurt
12 x 100 g Multipack
6⁹⁷
ea

Island
GOOD
Island Farms
Chocolate Milk
750 ml
2/\$4

Canada
Danone
Danino Drinks
6 x 93 ml
3⁹⁷
ea

Island
GOOD
Island Farms
Half & Half 10% Cream
1 L
3⁷⁷
ea

Island
GOOD
Island Gold
Large Eggs
18's
6⁷⁷
ea

FROZEN Foods

Two Rivers
Bone Broth
700 mL
9⁹⁷
ea

Canada
Cavendish
French Fries
400-750 g
3⁹⁷
ea
Also Tots or Onion Rings

Swanson
Meat Pies
200 g
2/\$5

Bibigo
Mandu Dumplings
680 g
7⁹⁷
ea
or Mini Wontons

Canada
Let's Pasta
Artisan Ravioli
500 g
7⁹⁷
ea

Crave
Entrée Dinners
200-340 g
4⁹⁷
ea

Best Buy
Chopped Spinach
300 g
1⁹⁷
ea

Dr. Oetker
Ristorante Pizza
325-410 g
4⁹⁷
ea
or Casa di Mama

"Fairtrade Month is a great way to celebrate how our small actions to 'Make It Fairtrade' can contribute to a better world where producers are paid fairly and treated with dignity."

Julie Francoeur
Fairtrade Canada CEO

FAIRTRADE MONTH

Fairtrade Month is a time to recognize the farmers, workers, and communities behind many of the products we enjoy every day, including coffee, tea, chocolate and yes –bananas!

LOOK FOR
the Fairtrade
symbol when
shopping



HOUSE, HOME & Pet



Smart Strips
Laundry Detergent
38's

6⁷⁷
ea



Cascades
Bathroom Tissue
Enviro
12=24 Rolls

9⁹⁷
ea



Cascades
Paper Towel
Enviro
6 Roll

8⁴⁷
ea



Echo Clean
Spray Cleaners
700 ml

2⁹⁷
ea



Reynolds
Parchment Paper
35 ft

2⁹⁷
ea



or Foam Bath (1 L)

Dr. Teal's
Epsom Salt
1.36 kg

7⁹⁷
ea



Gain
Laundry Detergent
2.39 L

12⁹⁷
ea



Ivory
Classic Dish Soap
709 ml

3⁴⁷
ea



Head & Shoulders
Shampoo
or 2 in 1
370 ml

5⁹⁷
ea



Depends
Underwear
or Poise Pads
15-39's

20⁹⁷
ea



Look!
Oven Bags
Large
2's

2⁹⁷
ea



Affresh
Machine Cleaner
Dishwasher/Laundry
3's

8⁹⁷
ea



Iams
Proactive Cat Food
3.18 kg

21⁹⁷
ea



Tidy Cats
Cat Litter
2.72 kg

12⁹⁷
ea



Milk Bone
Dog Biscuits
750-900 g

4⁴⁷
ea



Purina Beneful
Dog Food
1.6-1.8 kg

9⁹⁷
ea

SALE ON AT ALL STORES: FRIDAY Oct. 9 - THURSDAY Oct. 15, 2026 except Salt Spring: WEDNESDAY Oct. 7 - MONDAY Oct. 12, 2026

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Natural & ORGANIC



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

3⁹⁷
ea



NEW to Country Grocer!

Sodaly
**Prebiotic
Soda**
4 x 355 ml

6⁷⁷
ea



Kettle Brand
**Potato
Chips**
198 g

2/\$7



Farmers Market
**Organic
Pumpkin
or Pie Mix**
398 ml

2/\$7



Amy's
**Organic
Soup**
398 ml

3⁹⁷
ea



Yogi
**Organic
Tea**
16's

5⁹⁷
ea



Natrel
**Organic
Milk**
4 L

10⁷⁷
ea



San Remo
**Organic
Beans**
398 ml

1⁹⁷
ea



Chosen Foods
**Avocado
Spray**
134 g

6⁹⁷
ea



Olympic
**Organic Greek
Yogurt**
650 g

6⁴⁷
ea



Simply Organic
Gravy Mix
Organic
24 g

2/\$4



Natrel
**Organic
Butter**
or Lactose Free
250 g

5⁹⁷
ea



Vitamins & SUPPLEMENTS



Vega Hydration- delivers essential electrolytes, potassium, magnesium, calcium, sodium, and chloride to help replace what you lose in sweat and support performance.

Energizer- Power up & power through. Get a boost from naturally sourced caffeine to help you muscle through your toughest workouts.



Protein & Recovery, Hydration & Energizer

Vega

20% OFF
AT CHECKOUTS



Flora Products

20% OFF
AT CHECKOUTS



St. Francis Products

20% OFF
AT CHECKOUTS



Country Grocer Epsom Salts Bath Soak

Also Magnesium
Flakes

1.5 - 2 kg **9⁹⁷** ea



Country Grocer Inulin Powder

Fibre
160 g

12⁹⁷ ea



Herbland Products

20% OFF
AT CHECKOUTS



Prairie Naturals

Prairie Naturals makes products designed to help you "Live the Healthy Life". We are dedicated to your health success. That's why we design products based on current nutritional research - so you get the results you need and want.

20% OFF
AT CHECKOUTS

You'll feel like family.



Vancouver Island Owned
& Operated Since 1984



Classico
Pasta Sauce
or Pesto
218-600 ml

2⁹⁷
ea



Gallo
**Extra Virgin
Olive Oil**
1 L

9⁹⁷
ea



Better Than Bouillon
Soup Base
Garlic
227 g

5⁹⁷
ea



Cheemo
**Frozen
Perogies**
907 g

2⁷⁷
ea

While Stocks Last



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

6⁷⁷
ea

While Stocks Last

Did you PURCHASE the
FOOD BANK
Item of the month?

If so, don't forget to place it in the bin at the front of the store.

THANK YOU!



Kraft
**Mac &
Cheese**
Original, 200 g

.97
ea



Tre Stelle
**Pizza
Mozzarella**
Random Cuts

2³⁷
100 g

**11 Great Locations
to SERVE YOU!**

**OPEN 7 Days
a Week!**

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.

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!

