Deck the Halls
Floral Department
See page 10

COUNTRY GROCER™

Vancouver Island
Owned & Operated
Since 1984

Island GOOD

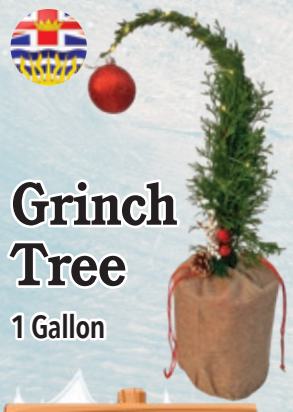


Our Christmas Trees this year come from Gogo's Tree Farm in Nanaimo. The 639-acre Gogo family farm has been in operation for more than 100 years. Today Mike Gogo has diversified his farm to include a woodlot, sawmill, and the tree farm. Mike is proud to point out that no more timber is cut each year than is naturally regrown.

Fresh Cut
Christmas Trees
6-8 ft.

49.97 ea

$2 FROM EACH PURCHASE DONATED



Grinch Tree
1 Gallon

14.97 ea

Island GOOD

Island Grown
Poinsettias
6.5 inch



HILLTOP GREENHOUSES

9.97 ea

Island GOOD

Portofino
Artisan Sourdough



585 g

3.97 ea

Black Diamond
Natural Cheese
400 g



5.97 ea

Earth's Own
Oat Beverage
or Almond
1.75-1.89 L



3.97 ea

Hardbite
Potato Chips
150 g

50¢ FROM EACH PURCHASE DONATED



GF

2/$5

Dairyland
Egg Nog
Classic or Original
946 ml



2.97 ea

Fresh Lilydale
Chicken Drumsticks
Family Packs



1.97 lb
4.34 kg

Peru
Large Blueberries
18 oz



7.97 ea

In Our Bakery

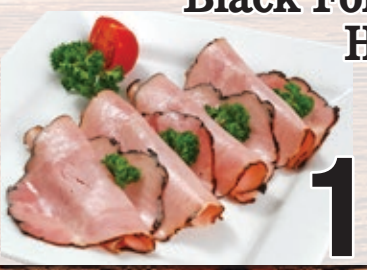
Country Fresh
Pumpkin Pies
1000 g



8.97 ea

In Our Deli

Olymel
Black Forest Ham



1.97 100 g

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!
buyBC



China
Sugar Baby Mandarins
1.5 lb
3.97 ea



B.C. Grown
Yellow Potatoes
15 lb
7.97 ea

B.C. Grown
Ambrosia Apples

1.97 lb 4.34 kg

Island Grown
Leeks

1.97 lb 4.34 kg

China
Purple Yams

1.97 lb 4.34 kg

Mexico
Eggplant

1.97 ea

Idaho
Jumbo Sweet Onions

1.97 lb 4.34 kg

Island Grown
Hard Squash

1.47 lb 3.24 kg

California Fresh Express
Spinach
8 oz


3.97 ea

Mexico
Green Zucchini Squash

1.97 lb 4.34 kg

New Crop
Peru
Jumbo Red Grapes
Seedless

4.97 lb 10.96 kg

Sunrise
Tofu
Firm, Extra Firm
350-500 g


2.97 ea

Field Roast
Plant-Based Tofu
283-368 g


7.97 ea

Australia
Murcott Mandarins
2 lb

5.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 27 – THURSDAY Dec. 3, 2026 except Salt Spring: WEDNESDAY Nov. 25 - MONDAY Nov. 30, 2026

Organic PRODUCE

FRUITS & VEGGIES! HALF YOUR PLATE halfyourplate.ca



ORGANIC B.C. Grown
Honeycrisp Apples
3 lb **5.97** ea



ORGANIC Iran
Mazafati Dates
400 g **7.97** ea



ORGANIC China
Chinese Mandarins
4 lb **6.97** ea



ORGANIC Mexico
Bunched Broccoli
3.97 lb
8.75 kg



ORGANIC Alberta
Red Onions
3 lb **4.97** ea



ORGANIC Mexico
Rainbow Cherry Tomatoes
6.97 ea
PINT



ORGANIC Mexico
Celery or Red Kale
3.97 ea
BUNCH



Fresh Performance Organic Farm

Carlos, Adriana, and their family in Guanajuato State, Mexico have a 600 acre family farm, and they're partnering with Country Grocer, providing organic produce in our off-season. This agriculturally rich plateau has consistent and stable weather, particularly throughout the winter growing months. Their farm has irrigation through their own reservoir system; they mix their own organic fertilizers, and have packing/cooling sheds all onsite.

Floral & GARDEN



Help Fill A Dream Bouquet
24.97 ea



Help Fill A Dream Mums
5 Stems **9.97** ea



Assorted Country Bunches
5.47 ea



CG Blooms Bouquet
18.97 ea



Natural Artistry Bouquet
21.97 ea



Rainbow Gerbera Bouquet
16.97 ea



Chrysanthemum Bouquet
18.97 ea

COUNTRY GROCER™

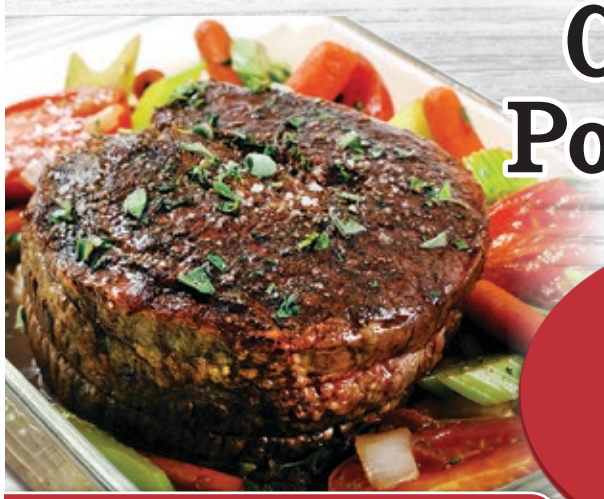
Butcher's BEST

Our In-store Meat Cutters are a *Cut Above*
George
Royal Oak



CANADIAN BEEF

Cut From Canada AA Beef
Boneless Cross-Rib Pot Roasts



7.97 lb 17.57 kg

Go to Countrygrocer.com/recipe for recipe ideas!

VERIFIED CANADIAN PORK — FOOD SAFETY • ANIMAL CARE • TRACEABILITY • FARM TO TABLE QUALITY ASSURANCE

Fresh Canadian
Whole Pork Side Spareribs
Family Packs



3.97 lb 8.75 kg

Go to Countrygrocer.com/recipe for recipe ideas!

CANADIAN BEEF

Cut From Canada AA Beef
Stewing Beef
All Sizes



8.97 lb 19.78 kg

Frozen Beef
Marrow Bones



Great for Making Bone Broth

3.47 lb 7.65 kg

Chicken Livers, Hearts or Gizzards



Frozen

4.47 lb 9.85 kg

Craft Butcher
Lean Ground Bison
454 g



Frozen 18.97 ea

Buy BC and SUPPORT LOCAL FARMERS

Farmhouse Poultry
Chicken Wings
Split, Tips Removed
All Sizes



It's Fresher from Here!

5.97 lb 13.16 kg

Hertel's
Fresh Sausage
400 g



50¢ FROM EACH PURCHASE DONATED

Mild & Hot Italian Bratwurst, Chorizo

5.97 ea

Rossdown Farms
Spatchcock Chickens
1.2 kg



Chimchurri Lime & Herb or Tuscan Rosemary & Garlic

14.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 27 – THURSDAY Dec. 3, 2026 except Salt Spring: WEDNESDAY Nov. 25 - MONDAY Nov. 30, 2026

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
Ahi Tuna Steaks
Sashimi Grade
152-170 g
4.97 ea
Frozen



Wild
Sockeye Salmon Fillets
Skin On / Pin Bone Removed
4.97 100 g
Previously Frozen



Eat Fish
Heat and Serve
230-500 g
- Coconut Crab Chowder
- Ling Cod Pot Pie
- Prawn and Crab Mac & Cheese
- Dungeness Crab & Artichoke Dip

Frozen
20% OFF AT CHECKOUTS



Wild
Smoked Salmon BBQ Tips
Regular or Peppercorn
Previously Frozen
3.97 100 g



Made with Real Crab
West Coast
Crab Cakes
4 pk, 280 g
Frozen or Previously Frozen
10.00 ea



Island Good
St.Jeans
Candied Pink Salmon
Regular or Peppercorn
227 g
Frozen
14.97 ea

Extra MEAT SAVINGS



Meatman's
Sausage Roll
Frozen
560 g
50¢ FROM EACH PURCHASE DONATED
Chicken, All Beef, or Country Style
7.97 ea



Great Price
Mitchell's
Pepperoni
Regular Flavour Only
450 g
While Stocks Last
4.97 ea



Janes
Pub Style Breaded Chicken
Strips orr Nuggets
1.1 kg
50¢ FROM EACH PURCHASE DONATED
Frozen
12.97 ea



Compliments
Bacon
Naturally Smoked, Maple or Low Salt
375 g
4.97 ea



Pinty's
Chicken Wings, Nuggets, Strips or Fillets
700-790 g
Frozen
15.97 ea



Simply
Chicken Cordons
Frozen
284 g
Broccoli and Cheddar or Ham and Swiss
2/$10



Lamb Tonight
Lamb Skewers, Burgers, Meatballs or Ground
240-340 g
Frozen
20% OFF AT CHECKOUTS



Compliments
Samosas
Chicken Tikka or Vegetable
252 g
Frozen
3.97 ea

DELI & Specialty CHEESE

Canada



Freybe
Liver Sausage Chubs
125 g
3.97 ea

GF

Canada



Bel Canada
Spreadable Boursin
Assorted Varieties, 150 g
6.97 ea

Canada



Freybe
Fresh Pepperoni
Assorted Varieties
500 g
12.97 ea

GF

Canada



Lilydale
Kentucky Chicken
2.97
100 g

Canada



Krinos
Canadian Feta
Cow & Goat Blend
200 g
6.97 ea

Canada



Alexis de Portneuf
Belle Crème Brie
Assorted Varieties
300 g
11.97 ea

Canada



Mastro
Genoa Salami
Hot or Mild
150 g
7.97 ea

GF

Canada



Freybe
Cognac, Pepper or Herb Pate
200 g
4.97 ea

Canada



Castello
Canadian Havarti
Assorted Varieties
170-200 g
5.97 ea

Canada



Saputo
Mascarpone
475 g
14.97 ea

Fresh TO GO

Canada



Mitchells
Dry Soup Mixes
Assorted Varieties
225-396 g
9.97 ea

buyBC



Simons
8" Chicken & Veggie Pie
or Steak & Veggie
760 g
14.97 ea

Canada

GF



Summer Fresh
Hummus
Assorted Varieties
255 g
5.77 ea

Prepared In-House



Country Fresh
Snack On The Go
300 g
6.97 ea

Prepared Fresh In-House



Country Fresh
Cantaloupe Honeydew or Watermelon
Approx. 230-250 g
2.97 ea

Freshly Made In-House



- Asian
- Pizza
- Peppers
- Stir Fry

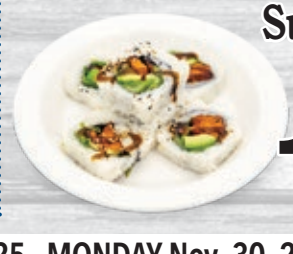
Country Fresh
Assorted Mixes
Approx. 300-440 g
4.97 ea

Freshly Made In-House Daily



Country Fresh
California Sushi Rolls
Regular or Spicy
12 Piece
7.97 ea

Freshly Made In-House Daily



Country Fresh
Salmon Candy Sushi Rolls
10 Piece
10.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 27 – THURSDAY Dec. 3, 2026 except Salt Spring: WEDNESDAY Nov. 25 - MONDAY Nov. 30, 2026

BAKERY Fresh

Josh
Esquimalt



Treats of the Week!



Made with Fresh Island Farms Whipping Cream!

Country Fresh
Parfait Cups
Tiramisu or Triple Chocolate
250-285 g

2/$10

Made In Store!



Made with 100% Real Butter

Country Fresh
Deluxe All Butter Short Bread
White Chocolate Cranberry or Marble
300 g

6.97 ea

Made In Store!

Country Fresh
Sourdough Buns
6's



Made from a slow Fermentation Process

2/$6

Made In Store!

Country Fresh
Cinnamon Raisin Bread
Sliced
550 g



NEW

2/$6

From Our Pastry Cases

Country Fresh
Ganache Tarts
Raspberry White Chocolate
3.5"



2/$7

Grab & Go

Proof & Bake
Cinnamon Buns
or Croissants
12 pk



9.97 ea

Canada

Dempster's
Original Bread
or Flour Tortillas
570-675 g, 7"



50¢ FROM EACH PURCHASE DONATED

2/$7

Canada

Silver Hills
Sprouted Bread
430-615 g



Excluding Organic

4.47 ea

Olivier's
Ciabatta Buns
8's



6.97 ea

Canada

Glutenull
Amouranth Bread
or Golden, Ciabatta Buns
737 g, 5's, 12's



GF

8.97 ea

BULK Foods

Dan D Pak
Roasted Cashews



2.47 100 g

Dan D Pak
Baking Walnuts



1.97 100 g

Country Grocer
Soft Jubes
or Sour
550 g



4.97 ea

Country Grocer
Chocolate Macaroons
275 g



3.97 ea



Carolyn
Nutrition Department
Nanaimo (Bowen Rd.)

GROCERY

Pepsi & Assorted
Pepsi Products
12 x 355 ml



7.97 ea

Powerade
Sports Drinks
710 ml



97¢ ea

Breton
Snack Crackers
or Vinta
135-225 g



2/$5

Sun Chips
Multigrain Chips
Or Smartfood Popcorn
150-220 g



2/$8

Pepsi & Assorted
Pepsi Products
Mini Cans
6 x 222 ml



3.97 ea

Amola
Crackers
200 g



3.47 ea

Pepsi & Assorted
Pepsi Products
1 L



2/$3

Ocean Spray
Cranberry Cocktail
1.89 L



4.77 ea

Dare
Real Fruit Candy
180 g



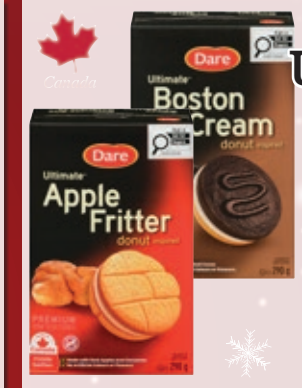
2/$5

Coke & Assorted
Coca Cola Products
6 x 710 ml



5.47 ea

Dare
Ultimate Cookies
290-300 g



3.77 ea

Cadbury
Chocolate Bars
90-100 g



2/$7

Coke & Assorted
Coca Cola Products
1 L



3/$5

Old Dutch Ridgies
Potato Chips
200 g



50¢ FROM EACH PURCHASE DONATED

2/$8

Coors Edge
Non Alcoholic Beer
12 x 355 ml



13.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 27 – THURSDAY Dec. 3, 2026 except Salt Spring: WEDNESDAY Nov. 25 - MONDAY Nov. 30, 2026



See you at the
Peninsula Co-Op Santa Parade
Victoria, November 28th at 5:30pm

Robertsons
Marmalade
250 ml
3.97 ea

Uncle Lukes
Maple Syrup
1 L Jug
19.97 ea

Pearl Milling
Pancake Mix
905 g
4.47 ea

Tazo
Tea
20's
4.47 ea

Azuri
Coffee
Whole Bean
454 g
13.97 ea

Del Monte
Fruit Cocktails
or Peaches
398 ml
2.77 ea

Nutella
Hazelnut Spread
1 kg
10.97 ea

Eurogoods
Artisan Soup
720 ml
3.97 ea

Nonna Pia
Apple Cider Vinegar
500 ml
3.77 ea

Lipton
Chicken Noodle Soup
4 pk
or Knorr Onion Soup Mix
2/$7

Knorr
Sidekicks
Pasta or Rice
120-153 g
5/$10

Oceans
Light Tuna
170 g
3/$5

Krinos
Jarred Olives
500 ml
4.97 ea

Hellmann's
Real Mayonnaise
or Flavoured
340-445 ml
4.47 ea

Amola
Premium Pickles
1 L
6.47 ea

COUNTRY GROCER™

FLORAL & GARDEN

Deck the Halls



Holiday Plants

in Tin Pots

Willmas, Cyclamen or Wintergreens

5"

6.97 ea



Holiday Plants with Lights

14.97 ea



Advent Calendars

200 g

Made in Victoria

19.97 ea



Gingerbread House with Plant

4 inch

11.97 ea



Mixed Poinsettia Pan

7 inch

18.97 ea



Pine Cone or Mason Jar with Plant

2 inch

5.97 ea



Mason Jar w/Fern

4"

11.97 ea



Poinsettias

4 inch

HILLTOP GREENHOUSES

4.97 ea



Amaryllis

6 inch

16.97 ea



Fresh Wreath with Cones

22 inch

34.97 ea



Zygo Cactus

6 inch

12.97 ea



Grinch Tree

5 inch

9.97 ea



Gnome Buddy

4 inch

11.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 27 – THURSDAY Dec. 3, 2026 except Salt Spring: WEDNESDAY Nov. 25 - MONDAY Nov. 30, 2026

BAKE WITH SMUCKER'S!

Quality USA



Adams
Peanut Butter
1 kg
7.47 ea



Smucker's
Pure Jam
500 ml
6.47 ea



Eagle Brand
Condensed Milk
300 ml
4.47 ea

Quality USA



Jif
Peanut Butter
1 kg
5.97 ea



Robin Hood
All Purpose Flour
10 kg
16.97 ea



Robin Hood
Unbleached Flour
or Whole Wheat
5 kg
11.97 ea



Robin Hood
Assorted Flours
2.5 kg
6.47 ea



Robin Hood
Quick Oats
or Large flake
1 kg
3.77 ea

LACTALIS CANADA — To Enrich and Nurture the Lives of Canadians

Canada



Black Diamond
Natural Cheese
400 g
5.97 ea

Canada



Parkay
Soft Margarine
850 g
4.97 ea

Canada



Siggi's
Skyr Yogurt
4 x 100 g
3.77 ea



Olympic
Sour Cream
Organic
500 ml
4.97 ea

Canada



Cracker Barrel
Cheese Slices
200-240 g
4.97 ea

Canada



Lactantia
Cream Cheese
227-250 g
2/$7



Olympic
Greek Yogurt
Organic
650 g
5.77 ea



Olympic
Krema Yogurt
or Organic
650 g
4.97 ea

COUNTRY GROCER™

Dairy FRESH

Island Farms
Half & Half 10% Cream
1 L



3.77 ea

Kozy Skack
Rice Pudding
or Tapioca
624 g



2/$7

Natrel
Organic Butter
or Lactose Free
250 g



5.97 ea

Simply Orange
Orange Juice
1.36 L



5.47 ea

Georges
Chip Dip
225 g



3.97 ea

Danone
Oikos Pro Drink
300 ml



2/$6

Danone
Danino Drinks
6 x 93 ml



3.97 ea

Danone
Activia Yogurt
Multipack
8 x 100 g



4.97 100 g

FROZEN Foods

Chapmans
Collections Novelties
8's



5.97 ea

Krinos
Mini Rolls
454 g



2/$9

McCain
French Fries
800 g



2/$7

Grandma's
Perogies
600 g



3.97 ea

Green Giant
Simply Steam
198-250 g



2/$4

El Tomas
Burritos
142 g



2/$5

La Presserie
Gourmet Entrees
300 g



5.97 ea

Piano Piano
Artisan Pizza
474-510 g



9.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 27 – THURSDAY Dec. 3, 2026 except Salt Spring: WEDNESDAY Nov. 25 - MONDAY Nov. 30, 2026

DONATE ONLINE

HERE'S HOW YOU CAN HELP

FILL ISLAND KIDS' DREAMS

Helping Vancouver Island and Salt Spring Island children under 19 with life-threatening conditions by fulfilling their dreams and providing vital support to their families.

Help Fill a Dream 40 years





$2 FROM EACH PURCHASE DONATED

BAKE MARK
Dream Cupcakes
Vanilla or Chocolate, 6 pk

Help Fill a Dream

$2 PAPER TOKEN
Available at our Tills

$2 FROM EACH PURCHASE DONATED



EUROSA FARMS
Island-Grown Bouquet

$3 FROM EACH PURCHASE DONATED

HOUSE, HOME & Pet



Purex
Bathroom Tissue
Ultralux
8 = 24 Roll
7.97 ea



Cascades
Paper Towel
Enviro
6 Roll
8.77 ea



Gain
Laundry Detergent
Liquid
2.39 L
12.97 ea



Downy
Laundry Booster
or Gain
368-379 g
9.97 ea



Colgate
Toothpaste
70-120 ml
2/$5



Old Spice
Deodorant
85 g
4.47 ea



Tampax
Pocket Pearl
16-18's
5.47 ea



Tylenol
Cold & Flu
20's
8.97 ea



Ziploc
Sandwich Bags
100's
or Snack Bags
5.97 ea



Dawn Ultra
Dish Soap
431-502 ml
3.47 ea



Tilex
Spray Cleaner
946 ml
4.47 ea



Clorox Scentiva
Toilet Bowl Cleaner
709 ml
3.47 ea



Fancy Feast
Cat Food
85 g
9/$10



Purina One
Cat Food
Live Clear
1.36 kg
17.97 ea



Purina One
Dog Food
7 kg
29.97 ea



Pedigree
Marrobone
1.9 kg
10.97 ea

COUNTRY GROCER™

Natural & ORGANIC



Natrel
Organic Milk
4 L

10.77 ea



Earths Own
Oat Nog
Vegan
946 ml

2/$7



Kicking Horse
Coffee Pods
Organic
10's

13.97 ea



Ilios
Organic Broth
946 ml

3.97 ea



Daiya
Frozen Pizza
Dairy Free
444-550 g

7.97 ea



Everland
Toasted Sesame Oil
Organic
375 ml

8.77 ea



Goodness Me
Fruit Snacks
120 g

4.47 ea



Knudsen
Just Juice
946 ml

9.97 ea



Everland
Pasta Sauce
Organic
739 ml

4.97 ea



Rummo
Gluten Free Pasta
400 g

3.97 ea



Camino
Hot Chocolate
Organic
336 g

8.97 ea



Annies
Bunny Pasta
or Rice Pasta
156-170 g

2.77 ea

SALE ON AT ALL STORES: FRIDAY Nov. 27 – THURSDAY Dec. 3, 2026 except Salt Spring: WEDNESDAY Nov. 25 - MONDAY Nov. 30, 2026

Vitamins & SUPPLEMENTS

Canada

DELICIOUS GRASS FED WHEY PROTEIN. When it comes to the question of what protein powder is best for your fitness goals, the best answer is often the simplest one-like our new and improved SPORT WHEY. This athletes' protein is both clean AND delicious! With zero artificial colours, flavours or sweeteners.



PVL

Sport & IsoSport Whey

Sport Whey 727 g **56.97** ea

Iso Sport Whey 727 g **79.97** ea

Canada

A molecularly distilled omega-3 fish oil supplement designed to support cardiovascular health, brain function, mood balance, and serum triglyceride reduction. 1000mg wild fish oil (from sardines, anchovies, and mackerel), providing 400mg EPA and 200mg DHA.



CanPrev

Omega-Pro Essentials

90 caps

24.97 ea

A rare species of ethically wildcrafted Mediterranean oregano, containing up to 85% Carvacrol. A powerful natural health aid, and industry award winner.



Joy of the Mountains

15 ml **17.97** ea

90 caps **31.97** ea

30 ml **25.97** ea

Island GOOD

Timeless Wisdom. Carefree Indulgence. A line of organic, mushroom-infused cacao and botanical drink mixes designed to support mental clarity, stress relief, relaxation, and daily balance.



Purica

Zensations

150 g

31.97 ea



Pure Potent Wow

20% OFF AT CHECKOUTS

Prairie Naturals

B12 1000 mcg

90+90 tabs



26.97 ea

Country Grocer

Epsom Salts

1.5-2 kg



Also Bath Soak & Magnesium Flakes

9.97 ea

Canada

Daily Support for Regularity & Gut Balance. Over half the daily fibre you need in two scoops. Low-FODMAP & Gentle on Digestion



North Coast Naturals

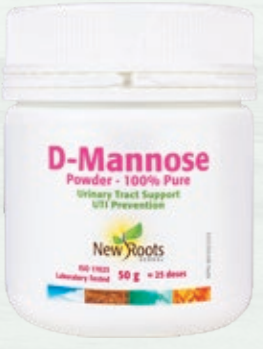
Daily Cleanse

1 kg

34.97 ea

Canada

D-Mannose helps prevent the risk of recurrent urinary tract infections (UTIs) for women. It enters the bloodstream directly, and upon exposure within the kidney and urinary tract, it prevents adhesion and attaches to harmful bacteria for excretion.



New Roots

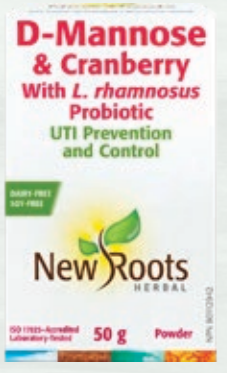
D-Mannose

50 g

23.97 ea

Canada

Synergistic natural formula combining d-mannose, cranberry extract, and probiotics. Prevents harmful bacteria from adhering to the urinary tract lining. Helps prevent recurrent urinary tract infections (UTIs) in women.



New Roots

D-Mannose & Cranberry

50 g

41.97 ea

You'll feel like family.

COUNTRY GROCER™

Vancouver Island Owned & Operated Since 1984



Bush's
Baked Beans
398 ml
3/$6



Pepsi & Assorted
Pepsi Products
12 x 355 ml
7.97 ea



Terra Breads
Artisan Granola
340 g
6.77 ea



Chapman's
Creamery Ice Cream
2 L
4.97 ea



Powerade
Sports Drinks
710 ml
97¢ ea



Gallo
Extra Virgin Olive Oil
1 L
10.77 ea



Everland
Coconut Milk
Organic
400 ml
1.97 ea



General Mills
Rice Chex
Original Only
340 g
While Stocks Last
3.77 ea

Canada *In Our Deli*



Balderson
Aged Cheddar
White or Coloured
250-280 g
While Stocks Last
9.97 ea

Canada



Carver's Choice
Smoked Ham Nuggets
3.97 lb
8.75

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-8pm
374 Lower Ganges Rd.

LAKE COWICHAN
250-749-6335
OPEN 7am-10pm
83 Cowichan Lake Rd.

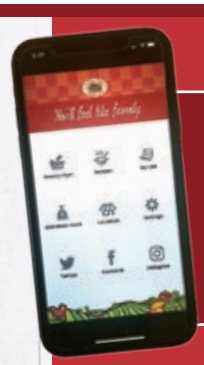
COBBLE HILL
250-743-5639
OPEN 7am-10pm
33-1400 Cowichan Bay Rd.

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.



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

BC49 extra 649 Lotto Centre at all locations (Except Salt Spring)

GF Look for our Gluten Free Savings!

MEMBER OF THE CANADIAN FEDERATION OF INDEPENDENT GROCERS
PROUDLY CANADIAN SUPPORTING CANADIANS

SALE ON AT ALL STORES: FRIDAY Nov. 27 – THURSDAY Dec. 3, 2026 except Salt Spring: WEDNESDAY Nov. 25 - MONDAY Nov. 30, 2026