Celebrating 42 YEARS OF COMMUNITY

COUNTRY GROCER

11 NOVEMBER REMEMBRANCE DAY
LEST WE FORGET

AS LOCAL AS IT GETS
-Since 1984-

GRAND PRIZE $10,000 VALUE

IN-STORE
$2,500 STORE GIFT CARD
OR A $2,500 RESORT TRIP
1 WINNER PER PRIZE WEEKLY - ENTER IN-STORE

GIFT CARD

SOCIAL MEDIA
RESORT TRIPS AND STORE GIFT CARDS
ENTER ON FACEBOOK & INSTAGRAM

GRAND PRIZE • 4 RESORT TRIPS OF YOUR CHOICE











Coke & Assorted
Coca Cola Products
12 x 355 ml
6.97 ea



Adams
Peanut Butter
1 kg
6.97 ea



Temptations
Cat Treats
85 g
1.57 ea



Kettle Brand
Potato Chips
198 g
2/$6



Happy Planet
Organic Juice
1.75 L
2/$9



Becel
Soft Margarine
or Plant Based
400-454 g
3.47 ea



Fresh Canadian
Pork Shoulder Blade Steaks
All Sizes
3.77 lb
8.31 kg



Brazil
Red Mangoes
2/$3



In Our Bakery
Country Fresh
Peanut Butter Cookies
12's
Also Chocolate Chip N' Chunk, Peanut Butter Chocolate Chip
5.77 ea



Grimms
Black Forest Ham
Also Honey Ham or Old Fashioned Ham
2.27 100 g

www.countrygrocer.com

SALE ON AT ALL STORES: FRIDAY Nov. 6 – THURSDAY Nov. 12, 2026 except Salt Spring: WEDNESDAY Nov. 4 - MONDAY Nov. 9, 2026

COUNTRY GROCER
42 Years

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



Grown on Michells Farm



Island Grown
Carrots
3 lb
2.97 ea



Grown on Lazo Tyee Farm



Island Grown
Russet Potatoes
10 lb
6.97 ea

China
Mandarin Oranges

1.97 lb 4.34 kg

Mexico
Limes

57¢ ea

China
Asian Pears

1.97 lb 4.34 kg

Washington
Bartlett Pears

1.97 lb 4.34 kg

B.C. Grown
On the Vine Tomatoes

2.47 lb 5.45 kg

Mexico
Large Red Papayas

2.97 lb 6.55 kg

Costa Rica
Large Pineapples

5.97 ea

Washington
Cosmic Crisp Apples

2.97 lb 6.55 kg

Vietnam
Dragon Fruit

3.97 ea

Sunrise
Smoked Tofu
180 g


3.97 ea

Gusta
Plant-Based Slices
or Ground
155-340 g


4.97 ea

Arizona
Jumbo Cantaloupes

3.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 6 – THURSDAY Nov. 12, 2026 except Salt Spring: WEDNESDAY Nov. 4 - MONDAY Nov. 9, 2026

COUNTRY GROCER
42 Years

Organic PRODUCE

FRUITS & VEGGIES! HALF YOUR PLATE halfyourplate.ca

ORGANIC B.C. Grown
Red Chard

3.97 ea

ORGANIC Mexico
Limes
1 lb

4.97 ea

ORGANIC B.C. Grown
Granny Smith Apples
3 lb

4.97 ea

ORGANIC B.C. Grown
Yellow Pugly Potatoes

5 lb 6.97 ea

ORGANIC B.C. Grown
Carrots
2 lb

4.97 ea

ORGANIC Mexico
Green Zucchini

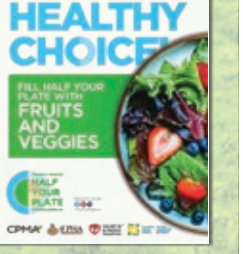
2.47 lb 5.45 kg

ORGANIC B.C. Grown
Spaghetti Squash

2.47 lb 5.45 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.cpma.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

Island GOOD

Lest We Forget Bouquet

19.97 ea

Carnation Bouquet

9.97 ea

Country Bunches

5.47 ea

Colours of Eurosa Bouquet

29.97 ea

COUNTRY GROCER
42 Years

Butcher's BEST

Our In-store Meat Cutters are a *Cut Above*
Cory
Cedar



CANADIAN BEEF

Cut from Canada **AAA** Beef

Inside Round Roasts



6.97 lb 15.37 kg

Go to Countrygrocer.com/recipe for recipe ideas!

buyBC

Canadian Farm Raised-Grain Fed!

Lilydale

Chicken Wings

Split, Tips Removed
All Sizes



4.97 lb 10.96 kg

Go to Countrygrocer.com/recipe for recipe ideas!

Fresh Canadian

Pork Shoulder Blade Roasts

Boneless
Regular or Stuffed



4.97 lb 10.96 kg

CANADIAN BEEF

Cut from Canada **AAA** Beef

Inside Round Marinating Steaks

All sizes



7.97 lb 17.57 kg

Lamb Tonight

Ground Lamb

240 g



6.97 ea

Easy Meals

Breaded Pork Shoulder Cutlets

or Regular
All Sizes



6.97 lb 15.37 kg

Buy BC and **SUPPORT LOCAL FARMERS**



It's Fresher from Here!

Farmhouse Poultry

Chicken Legs

Back Attached
All Sizes

2.47 lb 5.45 kg



MeatMan's

Meat Pies

Assorted Varieties
280 g

Frozen **4.97** ea

Gunter Brother's

Beef Pepperoni

Made from 100% Grass Fed/ Grass Finished Beef



9.97 lb 21.98 kg

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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



Fresh
Arctic Char Fillets
4.97 100 g



Wild
Fresh
Ling Cod Fillets
3.47 100 g
Weather Permitting

Lumpfish Caviar
Black or Red
50 g
6.97 ea

Earl's Signature
Clam Chowder
550 ml
Frozen
Heat & Serve!
11.97 ea

Bacon Wrapped Scallop Skewers
130 g



Previously Frozen or Frozen
5.97 ea

Fresh
Imitation Crab Meat



97¢ 100 g

Selva
Shrimp
Cooked 21-25 or Raw 16-20
340 g
Frozen
12.97 ea

Selva
Cooked Shrimp Ring
With Sauce
255 g
Frozen
9.97 ea

Extra MEAT SAVINGS

Mix and Match!
Siwin
Pot Stickers or Dumplings
Assorted Varieties
454-500 g
2/$13
Frozen

Maple Leaf Prime
Chicken Strips, Nuggets, Burgers, Meatballs or Cordons



Frozen, 568-700 g
9.97 ea

Fresh Olivieri
Pasta
Assorted Varieties
250-360 g



or Sauces
160-300 ml
5.97 ea

Panache
Spinach & Feta Spanakopita
264 g



Frozen
6.97 ea

Greenfield Natural Meats
Bacon or Wieners
375 g



7.97 ea

Greenfield Natural Meats
Sliced Meats
175 g



- Black Forest Ham
- Honey Ham, Smoked Turkey

6.47 ea

buyBC
3 Great Flavours
Morgan's Harbour
Jamaican Style Patties
640 g



Frozen
13.97 ea

DELI & Specialty CHEESE



Lilydale
Oven Roasted Turkey Breast
Plain, Smoked or Sundried Tomato
3.47 100 g



Terrific Deal!
Saputo
Cheese Slices
160-180 g
2/$11



Grimm's
Bavarian Meatloaf
2.47 100 g



Grimm's
Pepperoni Bites
Assorted Varieties
300-375 g
10.97 ea



Imported Castello
Danish Extra Creamy Blue Cheese
Random Cuts
4.97 100 g



Imported Valio
Gran Regale Estonian Parmesan
180 g 6.97 ea



Grimm's
Pizza Pepperoni
or Pizza Salami
2.47 100 g



Imported Antica
Italian Sliced Meats
100-125 g
8.97 ea



Imported TreStelle
Halloumi
Regular or Lactose Free
180-200 g
6.97 ea



Imported Irish
White Cheddar
Random Cuts
2.97 100 g

Fresh TO GO



Summer Fresh
Dips
Assorted Varieties
227 g
4.97 ea



Ed's Soup Shack
Dry Soup Mixes
Assorted Varieties
220-580 g
11.97 ea



Resers
Main Street Side Dishes
Assorted Varieties
482-680 g
6.97 ea



Simons
Premium Sausage Rolls
Beef, Pork or Chicken
3 pack
7.97 ea



Cut Fresh In-House
Country Fresh
Mini Fruit/ Veggie Platters
Approx 300 g
3.97 ea
Great Healthy Choices



Prepared Fresh In-House
Country Fresh
Beet, Zucchini or Combo Spirals
Approx 240 g
3.97 ea



Freshly Made In-House Daily
Country Fresh
Dynamite Sushi Roll
Regular or Spicy
6 Piece
7.97 ea



Freshly Made In-House Daily
Country Fresh
Family Pack Sushi Combo #1 & #2
20 Piece
12.47 ea

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BAKERY Fresh

Carly
Chemainus



Made In Store

Country Fresh
Canadian Harvest Bread
Sliced, 454 g



2/$6

Treats of the Week!

Country Fresh
Canadian Maple Cream Cake
1 kg



12.97 ea

Made In Store

Country Fresh
Assorted Muffins
2 Varieties
4's



4.97 ea

Baked In Store

Country Fresh
Croissants
6's



2/$10

Baked In Store

Country Fresh
Hawaiian Buns
6's



2.97 ea

Baked In Store

Country Fresh
Canadian Maple Donuts
4's



4.97 ea

Island GOOD

Portofino
Seeded Hearth Artisan Loaf
600 g



Made in Saanich

4.97 ea

Mix & Match!

Dempster's
Original Bread
570-675 g
or Muffins (6's), Tortillas (7 in)



3/$10

Silver Hills
Sprouted Bread
430-615 g



Excluding Organic

3.97 ea

Schar
Artisan Bread
200-400 g



GF

Also Buns or Baguettes 4's

8.97 ea

BULK Foods

Dan D Pak
Fancy Nut Mix



2.97 100 g

Jelly Belly
Jelly Beans
Assorted Flavours



.97 100 g

Huer
Sour Peaches
or Neon Worms
120 g



2/$3

Country Grocer
Milk Chocolate Jubes
350 g



5.97 ea



Logan
Produce Manager
Esquimalt

GROCERY

Dutch Crunch
Kettle Chips
or Ridgies
200 g



2/$8.50

Tostito's
Tortilla Chips
205-295 g



2/$8

Kellogg's
Family Size Cereal
480-600 g



5.97 ea

M&M's
Milk Chocolate
or Maltesers
95-100 g



2.97 ea

Blue Moon
Non-Alcoholic Beer
6 x 355 ml



8.97 ea

Christie
Cookies
251-303 g



2/$7

NEW to Country Grocer!
Swizzels
Squashies Candy
160 g



2/$4

Coca Cola
Craft Soda
4's



7.97 ea

Body Armor
Sports Drinks
473 ml



2/$4

Monster
Energy Drinks
Or Reign Storm
355-473 ml



2/$4

Coke & Assorted
Coca Cola Products
2 L



2/$4

Quaker
Crispy Minis
100-199 g



2/$6

Quaker
Granola Bars
Dipps or Chewy
120-156 g



2.97 ea

Quaker
Quick Oats
or Large Flake
900g - 1 kg



3.97 ea

Quaker
Instant Oatmeal
264-344 g



2/$8

SALE ON AT ALL STORES: FRIDAY Nov. 6 – THURSDAY Nov. 12, 2026 except Salt Spring: WEDNESDAY Nov. 4 - MONDAY Nov. 9, 2026

COOKIN' ON THE COAST
Saturdays at 6pm on CHEK



Chef Heidi's Recipe
Lemon Grass Chicken Bowl
Find the recipe at countrygrocer.com



Kicking Horse
K-Cup Coffee
Organic
24's



25.97 ea

Tim Horton's
Ground Coffee
300 g



11.97 ea

Mutti
Passata Puree
680 ml



Product of Italy

4.47 ea

Minute Rice
Rice Cups
2 x 125 g



GF

2/$6

Maple Leaf
Flakes of Ham
Also Chicken or Turkey
156 g



2/$5

French's
Yellow Mustard
400 ml



2.47 ea

Dan D Pak
Assorted Beans
400 g



2/$5

Unilever

Hellmann's
Real Mayonnaise
710-890 ml



GF

6.77 ea

Lipton
Chicken Noodle Soup
4's



or Knorr Onion Soup

2.97 ea

Tresemme
Shampoo
or Conditioner
828 ml



6.77 ea

Knorr
Soup Mixes
40-83 g



2/$4

MARS SNACKING

Eggo
Frozen Waffles
280-330 g



2/$7

Nutri-Grain
Breakfast Bars
295 g



2.97 ea

Cheez-It
Snack Crackers
191-200 g



2/$5

Pringles
Potato Chips
148-156 g



2/$6





Jarritos

Mexican Soda

370 ml

1.77 ea



Granola King

Artisan Granola

750 g

11.97 ea



McVities

Digestive Cookies

300-400 g

3.97 ea



Carr's

Table Crackers

125-150 g

2/$5



Little Saigon

Vietnamese Sauce

375 ml

4.97 ea



Kokuho

Sushi Rice

1 kg

5.97 ea





VH

Cooking Sauces

341-355 ml

3.97 ea



Snack Pack

Pudding Cups

4 x 99 g

2/$5



Starbucks

Ground Coffee

340 g

10.97 ea



Boost

Meal Replacements

6 x 237 ml

12.97 ea



Orville Redenbacher

Microwave Popcorn

6's

5.97 ea



Hunt's

Pasta Sauce

Thick & Rich

680 ml

2.97 ea



Carnation

Hot Chocolate

400-450 g

5.97 ea



Starbucks

K-Cup Coffee

Or Nespresso

8-10 Pack

10.97 ea

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Island Farms
Chocolate Milk
4 L



8.47 ea

Island Farms
Premium Ice Cream
or Frozen Yogurt
1.65 L



6.77 ea

Island Farms
Traditional Egg Nog
1 L



2.97 ea

Natrel
Whip Cream
Lactose Free
473 ml



4.47 ea

Island Farms
Sour Cream
750 ml



5.47 ea

Island Farms
Cream Cheese
1 kg



11.47 ea

Natrel
Organic Milk
2 L



5.97 ea

GROCERY

Blue Diamond
Natural Almonds
454 g



Also Salted or Zesty

9.97 ea

Italpasta
Artisan Pasta
450 g



2/$4

Nam Fruits
Dried Fruit
120-240 g



5.97 ea

Mr Noodles
Noodle Cups
64 g



5/$5

Asian Family
Sweet Thai Chili Sauce
750 ml



5.77 ea

Sun-Maid
Seedless Raisins
750 g



6.97 ea

Mogu Mogu
Coconut Drinks
320 ml



3/$5

COUNTRY GROCER 42 Years

Dairy FRESH

Clover Leaf
Shredded Parmesan
125 g



4.97 ea

Danone Activia
Immunity Drinks
8 x 93 ml



6.77 ea

Cracker Barrel
Shredded Cheese
250-320 g



5.97 ea

Paradise Island
Natural Cheese
Approx 350 g



25% OFF AT CHECKOUTS

Silk
Coconut Yogurt
or Almond
640-650 g



6.77 ea

Liberte
Mediterranee Yogurt
500 g



also Greek Multipack 4x100 g

3.97 ea

Danone
Activia Yogurt
Multipack
12 x 100 g



6.77 ea

Yoplait
Yogurt Tubes
8 x 56 g



2.97 ea

FROZEN Foods

Chipwich
Ice Cream Sandwich
3 x 126 ml



5.97 ea

Healthy Choice
Gourmet Steamers
269-301 g



4.97 ea

Dr. Oetker
Suprema Pizza
475-520 g



7.97 ea

Salt Spring
Gelato or Sorbetto
450 g



4.97 ea

Cavendish
French Fries
400-750 g



Also Tots or Onion Rings

3.97 ea

Kaiser
Oat Bites
168 ml



5.97 ea

Bassili's Best
Meat Lasagna
907 g



or Shepherd's Pie

6.97 ea

Cavendish
Straight Cut Fries
or Crinkle Cut
800 g



2/$6

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LEST WE FORGET
Remembrance Day



HOUSE, HOME & Pet

Big Savings!



Smart Strips
Laundry Detergent
100's

9.97 ea



Purex
Bathroom Tissue
Ultraluxe
6 Triple Roll

4.77 ea



Pink Solution
Laundry Detergent
750ml = 75 Loads

11.97 ea

sc Johnson



Ziploc
Sandwich Bags
50's

3.47 ea



Ziploc
Freezer Bags
or Storage
10-28's

4.97 ea



Method
Dish Soap
1.4 L

10.97 ea

Nestlé PURINA



Purina
Cat Chow
4 kg

14.97 ea



Friskies
Cat Food
156 g

9/$10



Beneful Incredibites
Dog Food
85 g

9/$10



Alpo Cookout
Dog Food
7.2 kg

17.97 ea

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COUNTRY GROCER
42 Years

Natural & ORGANIC



Stash
Natural Tea
18-20's

2/$8



Creekmore's
Organic Coffee
350-400 g

12.97 ea



Yeshi
Salad Dressing
350 ml

GF **6.97 ea**



Crofters
Organic Jam
383 ml

5.97 ea



Beyond Meat
Plant-Based Products
226-400 g

GF **8.97 ea**



Avalon
Organic Ice Cream
946 ml

9.97 ea



Tofino
Organic Kombucha
355 ml

2.77 ea



Pacific Foods
Organic Soup
1 L

GF **4.97 ea**



Rice Works
Rice Snacks
155 g

GF **2/$8**



49th Parallel
Organic Coffee
340 g

13.97 ea



Rizopia
Organic Pasta
Brown Rice
340-454 g

GF **2.97 ea**



Neal Brothers
Corn Chips
276 g

GF **4.97 ea**



Simply Organic
Gravy Mix
24-31 g

2.47 ea



Sensible Portions
Veggie Straws
120-142 g

GF **2/$5**

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COUNTRY GROCER 42 Years

Vitamins & SUPPLEMENTS

CanPrev Magnesium



Support your body with CanPrev's premium magnesium supplements, expertly formulated to support muscle function, nervous system health, energy metabolism, and relaxation. With a variety of options, including highly absorbable magnesium bis-glycinate, convenient powders, and specialized formulas for sleep and stress support.

25% OFF AT CHECKOUTS

Harmonic Arts Products



Inspired by the healing traditions of herbal medicine, Harmonic Arts creates thoughtfully crafted products using functional mushrooms, medicinal herbs, and natural botanicals. From herbal tinctures and adaptogenic blends to mushroom extracts and wellness teas, their diverse selection offers natural ways to support everyday health and well-being.

20% OFF AT CHECKOUTS

Flora Probiotics



Flora's probiotic line features carefully selected beneficial bacteria in a variety of formulations designed to support digestive balance, intestinal health, and overall wellness.

20% OFF AT CHECKOUTS

Salus



20% OFF AT CHECKOUTS

Quantum



20% OFF AT CHECKOUTS

Purica Sleep Support



Melatonin, L-tryptophan, Sensoril® Ashwagandha, organic Red Reishi and calming botanicals to help shorten the distance between going to bed and actually sleeping.

14 caps **13.97 ea**

60 caps **40.97 ea**

Ki



Ki Immune Defence and Energy Formula- Boosts white blood cell production to strengthen your immune system. Supports overall immune health to reduce cold risk.

20% OFF AT CHECKOUTS

Andalou



20% OFF AT CHECKOUTS

Lily of the Desert



Gelly 8 oz **7.97 ea**

Aloe 946 ml **11.97 ea**

Prairie Naturals Men's Products



Specialized natural health formulas designed to support men's wellness through every stage of life.

20% OFF AT CHECKOUTS

Jade Leaf Matcha Latte



A ready-to-mix Organic Cafe Style Sweetened Matcha Latte Mix designed for quick hot or iced lattes at home.

70-100 g **10.97 ea**

Kirks Probiotic Soda



355 ml **2.97 ea**

Jolt Bar



GF

47 g **2/$7**

Ener-C, Ener-D & Ener-B



Fuel your best life with our vitamin & mineral drink mixes. Natural, delicious and perfect for holistic health.

Box of 30 **15.97 ea**

You'll feel like family.

COUNTRY GROCER 42 Years

Vancouver Island Owned & Operated Since 1984



Italpasta
Tradizionale Pasta
450 g
4/$5



Knorr
Sidekicks Pasta
or Rice
120-153 g
1.77 ea



Snowcrest
Frozen Fruit
400-600 g
2/$9



Armstrong
Natural Cheese
or Shreds
320-400 g
5.97 ea



Bee Maid
Liquid Honey
or Creamed
1 kg
9.97 ea



Post
Shreddies Cereal
420-525 g
or Shredded Wheat
2.97 ea



La Presserie
Frozen Soups
500 g
7.97 ea



buyBC In Our Deli
Soups Etc
Fresh Soups
Assorted Varieties
700 ml
While Stocks Last
8.47 ea

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.

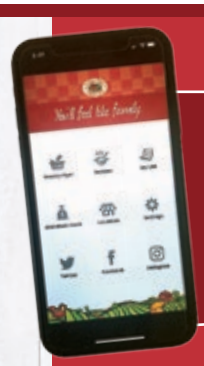
COBBLE HILL
250-743-5639
OPEN 7am-10pm
33-1400 Cowichan Bay Rd.

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

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