



Flavours  
of the World

See page 10



Vancouver Island Owned  
& Operated Since 1984



Single  
Mango **.97** ea

Mexico  
**Ataulfo  
Mangoes**

**12<sup>97</sup>**  
4 kg  
Case



Black Diamond  
**Natural  
Cheese**  
400 g

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

LIMIT 3 Total



Classico  
**Pasta Sauce**  
or Pesto 218 ml  
410-600 ml

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

LIMIT 4 Total



GH Cretors  
**Chicago Mix**  
or Caramel  
Popcorn  
213-227 g

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



Red Baron  
**Frozen  
Pizza**  
Classic Crust  
or Deep Dish  
318-665 g

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

LIMIT 3 Total



Folger's  
**Ground  
Coffee**  
816 g

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

LIMIT 2



Gallo  
**Extra Virgin  
Olive Oil**  
1 L

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

LIMIT 2



Fresh Lilydale  
**Chicken Legs**  
Back Attached  
Family Packs

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



New Crop  
B.C. Grown  
**Coloured  
Peppers**  
2 lb Bags

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

- Green
- Red
- Yellow
- Orange



In Our Bakery  
**Dutch  
Crunch  
Bread**  
454 g

**2/\$5**



In Our Deli  
San Remo  
**Italian  
Gnocchi**  
1 kg

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



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

SALE ON AT ALL STORES: FRIDAY Apr. 25 - THURSDAY May 1, 2025 except Salt Spring: WEDNESDAY Apr. 23 - MONDAY Apr. 28, 2025

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# Butcher's BEST



Fresh Canadian  
St. Louis Style  
**Pork Side  
Ribs**  
Family Packs

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



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

**7<sup>97</sup>**  
lb  
17.57 kg



Canadian Farm Raised  
Grain-Fed



Fresh Lilydale  
**Chicken  
Thighs**  
Family Packs

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



Craft Butcher  
**Lean Ground  
Bison**  
454 g

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



Easy Meals!



Rosdown Farms  
**Marinated  
Chicken  
Skewers**  
Assorted Flavours  
400 g

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



Buy BC and

**SUPPORT LOCAL FARMERS**



*It's Fresher from Here!*

Farmhouse Poultry  
**Chicken  
Drumsticks**  
All Sizes

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

No MSG Added  
Gluten & Dairy Free



*Heritel's*  
**Smoked Sliced  
Bacon**  
500 g

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



Made From 100% Grass Fed  
/ Grass Finished Beef

Gunter Bros  
**Beef  
Pepperoni**  
or Smokies

**11<sup>97</sup>**  
lb  
26.39 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



*Fresh*  
**Rockfish  
Fillets**

**147**  
100 g

Weather Permitting



*Wild*  
**Coho Salmon  
Fillets**

Skin on /  
Pin Bone  
Removed

**297**  
100 g

Previously Frozen or Frozen

**Ahi Tuna Poke  
Meal Kits**  
Wasabi or Shoyu  
Frozen  
283 g



**1297**  
ea

**Aqua Star  
Shrimp  
Spring Rolls**  
450 g  
Frozen



**897**  
ea



Breaded  
**Halibut  
Burgers**  
120 g

**397**  
ea

Previously Frozen



**Sockeye Salmon  
Smoked  
Lox Trim**

**347**  
100 g

Previously Frozen

**Selva  
Prawns**  
21-25 Cooked  
or 16-20 Raw  
Frozen  
340 g



**1097**  
ea



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

**1197**  
ea

## Extra MEAT SAVINGS



Schneider's  
**Bacon**  
Regular, Maple, Hickory  
or Fully Cooked  
100-375 g

**697**  
ea



Schneider's  
**Wieners or  
Juicy Jumbos**  
Assorted Varieties  
375-450 g

**597**  
ea



Compliments  
**Beef Burgers**  
Assorted Varieties  
Frozen, 1.02-1.13 kg

**1797**  
ea



Schneider's  
**Smokies**  
Original, Cheddar  
or Farmer  
900 g

**1397**  
ea



Mitchell's  
**Pepperoni**  
Regular or Honey Garlic  
450 g

**697**  
ea



Schneider's  
**Meat Pies  
or Quiche**  
Assorted Flavours  
330-400 g

**397**  
ea



Olivieri  
**Filled  
Pasta**  
Family Packs  
Assorted Flavours

**997**  
ea  
600-700 g





# DELI

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



**Chicken Breast Roast**  
Plain, Smoked or Cajun

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



**SCHNEIDERS**  
EST. 1890

Premium Old Fashioned Ham or Pepper Ham

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



**Freybe**  
EST. 1988

Fresh Pepperoni Assorted Varieties 500 g

**1<sup>197</sup>**  
ea



**Freybe**  
EST. 1988

Freybe Salami Assorted Varieties

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



**Freybe**  
EST. 1988

Our Own Oven Roast Beef Regular or Garlic

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

## CHEESES from Around the WORLD



**Landana**

Imported Dutch Gouda Smoked or Mild Random Cuts

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



**Saputo**

Canadian Cheese Slices Assorted Varieties 160-180 g

**2/\$10**



**Arla**

Canadian Provolone or Full Fat Mozzarella Random Cuts

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

While Stocks Last



**CASTELLO**

Castello Blue Cheese Random Cuts

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



**BOTHWELL**  
ORIGINAL CHEESE

Great Savings!

Canadian Nacho Shredded Cheese 400 g

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





# Fresh TO GO



## Fresh Imported Italian Pasta

Assorted Varieties  
250-300 g

6<sup>97</sup>  
ea

Pair With...

Rosabella's  
Sauces

Assorted Varieties  
325 ml



7<sup>97</sup>  
ea



Fresh  
**Sundried  
Tomato Penne**  
or Taco Corn  
Quinoa Salad

2<sup>27</sup>  
100 g



Summer Fresh  
**Hummus**  
Assorted Varieties  
255 g

5<sup>77</sup>  
ea



Prepared In-House



**Pierogi  
Meals**

with Cheddar, Bacon  
& Sour Cream  
12 Piece

6<sup>97</sup>  
ea



Bringing the Best  
Quality to You



Premium  
**Cornish  
Pasty**

270 g

4<sup>97</sup>  
ea

## Fresh SUSHI

Freshly Made  
In-House Daily



**Coconut  
Shrimp  
Sushi Rolls**  
10 Piece

8<sup>97</sup>  
ea

Freshly Made  
In-House Daily



Regular or Spicy  
**California  
Sushi Rolls**  
White or Brown Rice  
12 piece

6<sup>97</sup>  
ea

Prepared Fresh  
In-House Daily



Great Healthy  
Choices

Country Grocer  
**Mini  
Fruit/Veggie  
Platters**  
Approx 300 g

3<sup>97</sup>  
ea

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  
**Super  
Mac Mix**

2<sup>97</sup>  
100 g



Organic  
**Almonds**

3<sup>97</sup>  
100 g



Country Grocer  
**Peach  
Slices**  
300 g

3<sup>47</sup>  
ea



Country Grocer  
**Roasted  
Pumpkin Seeds**  
325 g

6<sup>97</sup>  
ea





# Natural & ORGANIC



Level Ground  
**Organic  
Coffee**

or Natural  
300 g

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



Rizopia  
**Brown Rice  
Pasta**

Organic  
454 g

**2/\$5**



Terra  
**Artisan  
Granola**

340 g

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



Everland  
**Coconut  
Water**

Natural  
520 ml

**2/\$4**



Natura  
**Oat  
Beverage**  
Organic  
946 ml

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



Bob Snail  
**Fruit  
Rolls**  
100 g

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



Clif  
**Organic  
Zbar**  
180 g

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



Farming Karma  
**Fruit  
Soda**  
6x285 ml

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



**NEW to Country Grocer!**  
Everland  
**Maple  
Syrup**  
Organic  
250 ml

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



Coyote  
**Pancake  
Mix**  
900 g

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



San Remo  
**Balsamic  
Vinegar**  
Organic  
500 ml

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



Little Creek  
**Salad  
Dressing**  
Organic  
295 ml

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





# Vitamins & SUPPLEMENTS



Sisu  
Products

**20% OFF**  
AT CHECKOUTS



Webber Naturals  
Probiotics

10 Billion • 30+10 Caps

30 Billion • 30 Caps



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



Wings Heart  
Formula  
50 ml



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



Omega Alpha  
Mushroom  
Extracts



Immunomodulating properties and  
Provides antioxidants that help protect  
cell damage caused by free radicals.

**20% OFF**  
AT CHECKOUTS



Island Essentials  
Products

**20% OFF**  
AT CHECKOUTS



Vital Humic  
Plus  
60 Caps



**38<sup>97</sup>**  
ea



Beyond  
Silver  
473 ml

**53<sup>97</sup>**  
ea



Cannanda  
CB2  
Hemp Seed Oil  
or Dog-Ease  
240 ml



The star of this multi-award-winning,  
physician-formulated product is a  
terpene blend called CB2 Wellness,  
which is then infused into a base of  
certified-organic, Canadian-grown  
and processed, cold-pressed, raw  
hemp seed oil.

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



## All Prairie Naturals



**20% OFF**  
AT CHECKOUTS





Becca  
Chase River

# GROCERY



Old Dutch  
**Corn Chips**  
or Humpty Dumpty Mix  
250-285 g  
**2/\$8<sup>50</sup>**



Coke & Assorted  
**Coca Cola Products**  
2 L  
**2<sup>77</sup>** ea



Quaker  
**Crispy Minis**  
or Rice Cakes  
100-199 g

**2/\$6**



Monster  
**Energy Drinks**  
444-473 ml  
**3/\$7**



Molson Exel  
**Non-Alcoholic Beer**  
12x355 ml  
**8<sup>97</sup>** ea



Cadbury  
**Family Bars**  
90-100 g  
**2/\$6**



Tostitos  
**Tortilla Chips**  
205-295 g  
**2/\$8<sup>50</sup>**



Smartfood  
**Popcorn**  
or Lays Poppables  
150-220 g  
**2/\$8**



Pepsi & Assorted  
**Pepsi Products**  
Mini Cans  
6 x 222 ml  
**3<sup>97</sup>** ea



Brisk  
**Iced Tea**  
710 ml  
**.97** ea



Coke & Assorted  
**Coca Cola Products**  
12x355 ml  
**7<sup>47</sup>** ea



Jif  
**Peanut Butter**  
1 kg  
**5<sup>97</sup>** ea



Smucker's  
**Pure Jam**  
500 ml  
**5<sup>97</sup>** ea



Robin Hood  
**White Flour**  
All Purpose  
10 kg  
**14<sup>97</sup>** ea



Robin Hood  
**Quick Oats**  
or Large Flake  
1 kg  
**3<sup>77</sup>** ea





# Vitamins & SUPPLEMENTS

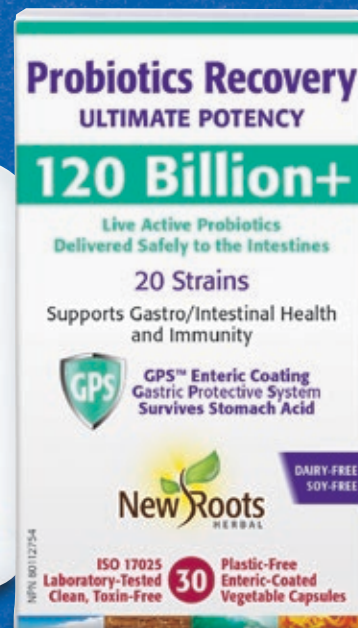
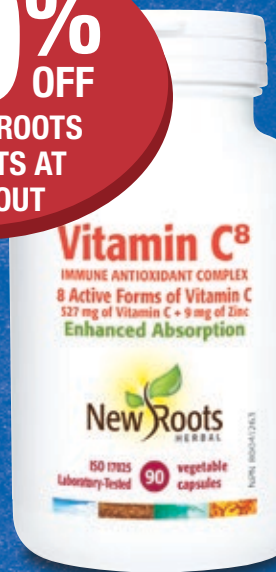


New Roots  
HERBAL

**CERTAINTY IN  
EVERY DOSE!**

ALL OUR PRODUCTS ARE TESTED IN AN  
ISO 17025-ACCREDITED LABORATORY

**20% OFF**  
ALL NEW ROOTS  
PRODUCTS AT  
CHECKOUT



## Canprev Magnesium



**25% OFF**  
AT CHECKOUTS





# Vitamins & SUPPLEMENTS



## Celebrating 25 Years of Purica

Vancouver Island Roots,  
Unwavering Quality

**20%**  
OFF

ALL PURICA PRODUCTS  
AT CHECKOUT



PURICA



100% NATURAL • NOTHING ARTIFICIAL  
PROUDLY MADE IN BC

**20%**  
OFF

ALL PVL & NCN  
PRODUCTS AT  
CHECKOUT



PVL.COM • NORTHCOASTNATURALS.COM





TM

# Vitamins & SUPPLEMENTS



**20% OFF**  
AT CHECKOUTS



## Organika Electrolytes

### Electrolytes

Accelerate your hydration on the go. Our Electrolyte powder is your go-to blend for an instant dose of thirst-quenching nutrients, known to hydrate faster than drinking water alone. Simply add this powder to water for a light tasting electrolyte-replenishing drink. These single serve sachets are your source of magnesium, potassium and sodium... with 0 g of sugar.

### Electrolytes Extra Strength

Designed to provide an increased level of sodium, along with potassium and magnesium so you can retain fluids and the ionic balance your body needs after high activity, illness, or sweating.

### Liver Care

Get your daily hydration needs met with added liver support from Milk Thistle, NAC and Choline.



## Plant Medicine DEFENCE

*For colds, flu and  
other viral infections*



**20% OFF**  
ALL ST FRANCIS  
PRODUCTS AT  
CHECKOUT

### Deep Immune®

Fortifies and balances your immune defenses against cold and flu with astragalus, codonopsis, licorice and Siberian ginseng.

### Respirafect®

Combats lung conditions like bronchitis, especially when accompanied by excess mucus coughed up from lower airways.

### EchinaSeal®

A powerful antimicrobial made from a combination anchored on echinacea and goldenseal, along with other infection-fighting herbs.



[stfrancisherbfarm.com](http://stfrancisherbfarm.com)





# Vitamins & SUPPLEMENTS



**Vega  
Products**

**20%  
OFF  
AT CHECKOUTS**



## Guayaki Yerba Mate

At Guayaki, we're about much more than just mate: we believe yerba mate culture is an invitation to life. Embodied in our mantra, COME TO LIFE, is an invitation to personal, social, ecological and cultural regeneration



Peach

**New Flavours!**

2-3 gm sugar  
20 calories  
150 mg caffeine

458 ml  
**2/\$5**



Berry Lemonade





*Chef Heidi's Recipe*  
**Peach Melba  
Cobbler**

Find the recipe at [countrygrocer.com](http://countrygrocer.com)



General Mills  
**Kids Cereal**  
303-380 g

**2/\$8**



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

**2/\$4**



St Dalfour  
**Fruit  
Spreads**  
225 ml

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



Christie  
**Toppable  
Crackers**  
or Ritz  
350-454 g

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



Kyknos  
**Tomato  
Paste**  
4x62 ml

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



Clover Leaf  
**Light  
Tuna**  
170 g

**3/\$5**



Primo  
**Pizza  
Sauce**  
213 g

**3/\$4**



Perrier  
**Sparkling  
Water**  
1 L

**2/\$5**



Finn Crisp  
**Snacking  
Crackers**  
175-250 g

**2/\$7**



French's  
**Tomato  
Ketchup**  
1 L

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



French's  
**Yellow  
Mustard**  
400 ml

**2<sup>47</sup>**  
ea



**ENTER TO WIN A \$100**

BROUGHT TO YOU BY SMUCKER'S

(ONE PER STORE &  
ONE FOR FACEBOOK)

**COUNTRY GROCER  
GIFT CARDS**



Folgers  
**Ground  
Coffee**  
816 g

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

LIMIT 2



Folgers  
**K-Cup  
Coffee**  
12s

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



Eagle Brand  
**Condensed  
Milk**  
300 ml

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



Adams  
**Peanut  
Butter**  
Natural  
500 g

**2/\$8**





# Flavours of the World



Mexico  
**Avocados**  
4 pk Bag



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

Mexico Grown

Mexico  
**Ataulfo Mangoes**



**12<sup>97</sup>** 4 kg Case

Mexico Grown

China  
**Murcott Mandarins**  
2 lb Bag



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

China Grown

*New Crop* B.C. Grown  
**Coloured Peppers**  
2 lb Bags



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

B.C. Grown

Siwin  
**Filipino Style Hot Dog**  
Frozen, 300 g



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

*In Our Bakery* Fresh Baked  
**Cheese Croissants**  
4 Pack



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

*In Our Bakery* Fresh Baked  
**French Bread**  
454 g



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

Teja  
**Garlic Naan**  
or Plain, 340 g



**2/\$5**

San Pellegrino  
**Italian Soda**  
6x330 ml



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

Product of Italy

*In Our Deli* Volume Buy New Zealand  
**Edam Cheese**  
Random Cuts



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

*In Our Deli* Imported Estonian  
**Parmesan**  
180 g



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

While Stocks Last

Barakah Eats  
**Frozen Meals**  
Selected, 400-500 g



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

Product of India

Everland  
**Organic Sugar**  
Or Natural, 1 kg



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

Product of Peru

Garofalo  
**Italian Pasta**  
500 g



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

Product of Italy

Authentica  
**Pasta Sauce**  
Arrabiata or Puttanesca  
530 ml



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

Product of Italy

Palirria  
**Dolmades**  
400 g



**2/\$8**

Product of Greece

*NEW to Country Grocer!* Taj Mahal  
**Besan Flour**  
Organic, 908 g



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

Product of India

*NEW to Country Grocer!* Taj Mahal  
**Organic Mung Beans**  
Also Lentils or Peas, 908 g



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

Product of India

*NEW to Country Grocer!* Taj Mahal  
**Organic Chutney**  
Mango or Tamarind, 454 g



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

Product of India

*NEW to Country Grocer!* Taj Mahal  
**Corn Flour**  
Organic, 908 g



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

Product of India



**APRIL 25 – MAY 1, 2025**  
FUNDRAISER IN SUPPORT OF MS OF CANADA



# ISLAND GROWN 4.5" HEIRLOOM TOMATOES



**FUNDRAISER FOR  
MS OF CANADA**

**\$3.99 EA**

50 CENTS FROM EACH PLANT  
IS DONATED TO MS OF CANADA

## HOUSE, HOME & Pet



Lysol  
**Toilet Bowl  
Cleaner**  
710 ml

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



Charmin  
**Bathroom  
Tissue**  
8 = 24 Roll

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



Best Buy  
**Paper  
Towel**  
6 Roll

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



Pine-Sol  
**Multi Surface  
Cleaner**  
1.4 L

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



Full Circle  
**Kitchen  
Bags**  
24s

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



Scotties  
**Facial  
Tissue**  
4-6 Pack

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



Cascade  
**Dishwasher  
Pacs**  
39-48s

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



Smart Strips  
**Laundry  
Strips**  
38s

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



Arm & Hammer  
**Cat  
Litter**  
6.4 kg

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



Friskies  
**Cat  
Food**  
156 g

**5/\$5**



Pedigree  
**Dog  
Treats**  
Marrobone  
737 g

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



Iams  
**Dog  
Food**  
3.18 kg

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

SALE ON AT ALL STORES: FRIDAY Apr. 25 – THURSDAY May 1, 2025 except Salt Spring: WEDNESDAY Apr. 23 – MONDAY Apr. 28, 2025





# Dairy FRESH



Natrel  
**Coffee Creamer**  
1 L

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



Kozy Shack  
**Rice Pudding**  
624 g

**2/\$7**



Silk  
**Coconut Yogurt**  
or Almond  
640 - 650 g

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



Starbucks  
**Iced Coffee**  
1.18-1.42 L

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



Compliments  
**Orange Juice**  
2.5 L

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



Nalley  
**French Onion Dip**  
400 g

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



Pillsbury  
**Crescent Rolls**  
226-227 g

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



Dairyland  
**Lactose Free Milk**  
1.89 L

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

## FROZEN Foods



McCain  
**Superfries**  
454-750 g

**2/\$9**



Heinz  
**Bagel Bites**  
198 g

**2/\$5**



Krinos  
**Mini Rolls**  
454 g

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



Bibigo  
**Steamed Dumplings**  
187 g

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



Cavendish  
**Onion Rings**  
or Hashbrowns  
1-1.5 kg

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



Minute Maid  
**Orange Juice**  
295 ml

**2/\$5**



Marie Callenders  
**Gourmet Bowls**  
335-349 g

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



Sutra  
**Ethnic Sauces**  
400 ml

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



# Bakery FRESH



**THIS  
WEEK'S  
HOT BUY**

*White or  
Wholewheat*

## Kaiser Buns

6 Pack



*Made, RIGHT Here*

**2/\$6**

## Dutch Crunch Bread

454 g

*Sliced*



**2/\$5**

## Cheddar Cheese Croissants

4 Pack

*Perfect for  
croissantwiches*



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

## Muffins

6 Pack

Blueberry or  
Chocolate Chip



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

## Bakestone Bagels

6 Pack



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



## Dempster's Whole Grain Breads

600 g

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



## Dempster's Bagels

6s

**2/\$8**

**TREATS  
of the  
WEEK**

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

## Deluxe Cream Pies

Chocolate, Coconut  
or Banana  
800 g



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



## Olivier's Sourdough Bread

800 g

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



## Carbonaut Gluten Free Plain Bagels

5s

**8<sup>97</sup>**  
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!



Mexican

## Ataulfo Mangoes



Single Mango **.97** ea

**12.97** 4 kg Case



## China Murcott Mandarins

2 lb Bags



**4.97** ea

*New Crop*

## B.C. Grown Coloured Peppers

2 lb Bags



- Green
- Red
- Yellow
- Orange

**4.97** ea

## Mexican Avocados

4 pk Bags



**4.97** ea



## Argentina Bartlett Pears

3 lb Bags



**5.97** ea



## Mexico Asian Vegetables

- Baby Bok Choy
- Shanghai Coy
- Baby Gai Choy
- Gai Lan
- Green Chives
- Chinese Celery
- Yu Choy Sum

**2.97** lb 6.55 kg



## Vancouver Island Mitchell Farms Green Kale

*New Crop*

**1.97** ea Bunch



## Mexico Green Zucchini Squash

**1.47** lb 3.24 kg



## Vancouver Island Mitchell Farms Leeks

*New Crop*

**2.97** lb 6.55 kg



## Mexico Roma Tomatoes

**1.97** lb 4.34 kg



## Mexico Large Tommy Atkins Mangoes

**2.97** ea



## B.C. Grown Mini Cucumbers

**2.97** ea 1 lb Bags



## Vietnam Dragon Fruit

**3.97** ea



## B.C. Grown Hot House Avalantino Tomatoes

**2.97** ea 1 lb Clamshell



## China Asian Pears

**1.97** lb 4.34 kg



## Italy/Greece Kiwi Fruit

**5.97** ea 1 lb Clamshell



## Melon Mania Imported Costa Rica Jumbo Cantaloupes

Mexico

## Honey Dews & Mini Watermelons

**3.97** ea





Fresh  
Certified

# ORGANIC PRODUCE



**ORGANIC** Alberta  
**Nugget Potatoes**  
Red or Yellow  
1.5 lb Bag  
**4<sup>97</sup>** ea



**ORGANIC** Mexico  
**Ataulfo Mangoes**  
**1<sup>97</sup>** ea



**ORGANIC** U.S.  
**Carrots**  
2 lb Bag  
**3<sup>97</sup>** ea



**ORGANIC** U.S.  
**Broccolini**  
**4<sup>47</sup>** ea Bunch



**ORGANIC** Mexico  
**Grape Tomatoes**  
1 Pint Clamshell  
**4<sup>47</sup>** ea



**ORGANIC** Mexico  
**Mixed Bell Peppers**  
2 Count Bag  
**5<sup>97</sup>** ea



**ORGANIC** U.S.  
**Murcott Tangerines**  
2 lb Bag

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

APRIL 25 - MAY 1, 2025



**ISLAND GROWN**  
**4.5" HEIRLOOM TOMATOES**

**\$3.99 EA**

50 CENTS FROM EACH PLANT IS DONATED TO MS OF CANADA



**Country Grocer**  
**Container Mix**  
35 L  
**11<sup>47</sup>** ea



**Garden Pro**  
**All Purpose Fertilizer**  
1.2 kg  
**16<sup>97</sup>** ea



**Annuals & Veggies**  
6x6 Packs per Flat

**FLAT SALE!**

**19<sup>97</sup>** ea



**Lily & Gerbera Bouquet**  
**18<sup>97</sup>** ea



**The Secret Garden Bouquet**  
**17<sup>97</sup>** ea



You'll feel like family.



Vancouver Island Owned  
& Operated Since 1984



Adams  
**Peanut Butter**  
Natural, 500 g

**2/\$8**



Chapman's  
**Creamery Ice Cream**

2 L Carton  
or Yukon Novelties 5 - 8's

**2/10**



Bubly  
**Sparkling Water**  
12x355 ml

**2/\$12**



Country Grocer  
**Alkaline Water**  
1 L

**2/\$1**

While Stocks Last



In Our Deli

Sonora  
**Tortillas**  
Assorted Varieties  
252-680 g

**4.97**  
ea

While Stocks Last



\$10 Savings!

Janes  
**Pan Sear Fish Fillets**

Sole or Haddock  
500-540 g

**7.97**  
ea

While Stocks Last



Lilydale  
**Breaded Crispy Drumsticks**

Fully Cooked / Seasoned  
1 kg

**7.97**  
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.



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



Lotto Centre at all locations  
(Except Salt Spring)



Look for our  
Gluten Free  
Savings!

