



Look for more
**Mexican
Themed Specials**
on Page 10



**Vancouver Island Owned
& Operated Since 1984**



Kicking Horse
**Organic
Coffee**

Ground
284 g

8⁹⁷
ea



Happy Planet
**Organic
Juice**

1.75 L

4⁷⁷
ea



Island Farms
**Classic
Ice Cream**

or Sherbet
1.65 L

4⁹⁷
ea



Bakestone Brothers
**Flour
Tortillas**

Selected, 8-10s

2⁹⁷
ea



Faith Farms
**Natural
Cheese**

360-380 g

2/\$12



Webber
**Nutritional
Products**

All Sizes

**40%
OFF**
AT CHECKOUTS

NEW to Country Grocer!



B.C. Grown
Up Vertical Farms
Salads

120 g Clamshell



3⁹⁷
ea



Great for
Fish Tacos

Fresh B.C.
**Rockfish
Fillets**

1⁴⁷
100 g



Fresh Canadian
**Whole Boneless
Porkloins**

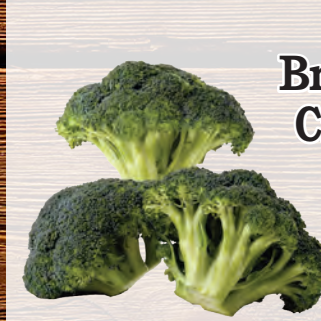
2⁹⁷
lb
6.55 kg



In Our Deli
Canadian
**1 Year Aged
White Cheddar**

Random Cuts

2³⁷
100 g



Mexico
**Broccoli
Crowns**

1⁹⁷
lb
4.34 kg



www.countrygrocer.com



Butcher's BEST



Fresh Lilydale Chicken Breasts

Boneless, Skinless
All Sizes



Canadian Farm Raised
Grain-Fed

5⁹⁷
lb
13.16 kg



Fresh Canadian Porkloin Centre Cut Chops

Boneless
Family Packs



3⁹⁷
lb
8.75 kg

Craft Butcher

The Butcher Blend, The Brisket Blend or The Carnivore Blend

Medium Ground Beef
Frozen, 400 g

6⁹⁷
ea



Craft Butcher

Lean Ground Elk

Frozen, 454 g

16⁹⁷
ea



Farmhouse Poultry Spatchcock Chicken

Greek or Lemon Pepper



3⁹⁷
lb
8.75 kg

Buy BC and **SUPPORT LOCAL FARMERS**



Farmhouse Poultry Whole Frying Chickens

All Sizes

It's Fresher from Here!

3⁴⁷
lb
7.65 kg



Hertel's Cured Salt Pork Belly



7⁴⁷
lb
16.47 kg



Hertel's Smoked Cottage Rolls

Boneless, Cured and Naturally Smoked Pork Shoulder



7⁹⁷
lb
17.57 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 B.C. **Rockfish Fillets** *Great for Fish Tacos*

1.47
100 g

Weather Permitting

Wild **Pacific Halibut Fillets**

4.97
100 g

Previously Frozen

Ocean Mama Clam Meat
340 g Frozen

5.97
ea

Hardy Buoys Smoked Salmon Nuggets
Regular, Peppered and Maple

5.97
100 g

Previously Frozen

Great for Shrimp Tacos **Wild Chilean Handpeeled Shrimp**

3.97
100 g

Previously Frozen

Blue Waters Breaded Fish Fillets
Assorted Varieties 450-516 g Frozen

8.97
ea

3 Fish Seafood Medley
340 g Frozen

5.97
ea

C2C Bacon Wrapped Scallops
340 g Frozen

14.97
ea

Extra MEAT SAVINGS

Carver's Choice Bacon
1 kg

8.97
ea

While Stocks Last

Mix and Match! **Carl Buddig Sliced Luncheon Meat**
Assorted Flavours 55 g

3/\$5

GF

Old Country Pasta Heat & Serve Entrées
8 Great Flavours Made in B.C., 450 g

6.97
ea

Olymel Regular Wieners
Individually Wrapped 1 kg

9.97
ea

Laurie's Cabbage Rolls
Frozen 907 g

12.97
ea

Lilydale Turkey Sausage
Hot, Mild & Bratwurst 500 g

7.97
ea

Janes Pub Style Breaded Chicken
Strips, Nuggets, Burgers Frozen, 700 g

9.97
ea



DELI

Thousands more
Features & Volume Buy
deals in store!

Look for them today at your favourite location.



Chicken Breast Roast

- Plain
- Smoked
- Cajun

Volume Buy!

2⁵⁷
100 g



Premium Old Fashioned or Pepper Ham

2⁵⁷
100 g



Fresh **Pepperoni**

Assorted Varieties
500 g



9⁹⁷
ea



Freybe **Salami**
Assorted Varieties

4⁴⁷
100 g



Cooked to Perfection in our Deli Kitchens



Our Own **Oven Roasted Corned Beef**

4³⁷
100 g

CHEESES from Around the WORLD



Canadian **Chevrai Goat Cheese**
Assorted Varieties
113 g

4⁹⁷
ea



Canadian **Cheese Slices**
Assorted Varieties
160-180 g

2/\$10

Big Savings!

Imported Spanish **6 Month Aged Manchego**

Random Cuts



3⁹⁷
100 g

Regular Retail 5.49/100 g

Volume Buy!



Imported **German Butter Cheese**
Random Cuts

2⁹⁷
100 g

New!



Imported Austrian **Edam Balls**
Random Cuts

2⁷⁷
100 g



Fresh TO GO

Canada **Simon's**
specialty foods

B.C. Made! Premium

8" Meat Pies
760 g

13⁹⁷
ea



V.I. Made!

Fresh

Sesame Asian Noodle Salad
or Dill Pickle Pasta Salad



1⁹⁷
100 g

Cooked to Perfection in our Deli Kitchens **Barbecue Chicken Legs**
2 Pack



5⁹⁷
ea



Mitchell's
Dry Soup Mixes

Assorted Varieties
225-396 g



8⁹⁷
ea

Prepared In-House **Homestyle Stuffed Peppers**
4 Pack



14⁹⁷
ea

Fresh SUSHI

Freshly Made In-House Daily

Dynamite Sushi Rolls

Regular or Spicy
6 Piece



7⁴⁷
ea

Freshly Made In-House Daily

Salmon Candy Sushi Rolls

6 Piece



8⁹⁷
ea

Prepared Fresh In-House Daily

Cantaloupe Honeydew, Watermelon

Approx. 250 g



2⁹⁷
ea

Prepared Fresh In-House Daily

Guacamole or Salsa

Approx 300 g



3⁹⁷
ea

MADE IN-HOUSE Fresh

BULK Foods

Roasted Cashews

Salted or Unsalted



2⁸⁷
100 g

Baking Pecans

Halves or Pieces



4²⁷
100 g

Country Grocer
Licorice Allsorts

300 g



3⁹⁷
ea

Country Grocer
Youth Trail Mix

275 g



3²⁷
ea



Natural & ORGANIC



NEW to Country Grocer!



Zazubean
**Vegan
Chocolate**

Organic
85 g

3⁹⁷
ea



**Island
GOOD**



Level Ground
**Organic
Coffee**

or Natural
300 g

8⁹⁷
ea



Nuts To You
**Peanut
Butter**

Organic
500 g

5⁷⁷
ea



Blue Diamond
**Almond
Breeze**

1.89 L

4⁷⁷
ea



Hippie Snacks
**Veggie
Chips**

70 g

3⁹⁷
ea



Free Yumm
Crackers

120 g

2/\$7



Everland
**Popping
Corn**

681 g

4⁹⁷
ea



Mrs. Renfro's
**Authentic
Salsa**

473 ml

4⁹⁷
ea



Blue Monkey
**Coconut
Water**

500 ml

2/\$4



Simply Delish
**Pudding
Mix**

or Jello
18-48 g

2/\$5



Blue Bird
**Frozen Bone
Broth**

Organic
420 ml

7⁹⁷
ea



Taj Mahal
**Basmati
Rice**

Organic
908 g

7⁹⁷
ea



Vitamins & SUPPLEMENTS



Our enteric-coated probiotic capsules ensure that 100% of the promised probiotic cells survive destructive gastric acidic conditions. Refrigeration during manufacturing, shipping, and storage is the only way to preserve viability of a complete spectrum of probiotics. We promise on our box is exactly what you can count on being delivered to your intestines. Every time.



New Roots
Probiotics

20% OFF
AT CHECKOUTS

Contains a spectrum of health-boosting, natural organic acids, derived exclusively from ancient fossilized tropical vegetation (containing; humic and fulvic acids, amino acids, macro and micronutrients, organic carbon compounds, and enzymes).



Leaf Source
Shilajit Humic-Fulvic Acid

20% OFF
AT CHECKOUTS



Canada
CanPrev
Thyroid-Pro
60 caps

21⁹⁷
ea



Prairie Naturals
Vitamin D
500 caps

15⁹⁷
ea



Beyond
Silver
473 ml

52⁹⁷
ea



Earth
Science

20% OFF
AT CHECKOUTS



Use for pain, sleep issues, anxiety, and much more.



Canada
Cannanda CB2
Hemp Seed Oil
240 ml

31⁹⁷
ea



Wings
Heart Formula
50 ml

27⁹⁷
ea



Canada
Probar
70 g

3⁹⁷
ea



The first plant-based meal replacement in Canada designed to help people get well and stay well. Organic



Sperri

330 ml
5⁹⁷
ea

Case of 4
22⁹⁷
ea



Enhanced Collagen- flavourless and odourless hydrolyzed collagen peptides allowing for maximum absorption in your body (Sourced from grass-fed, pasture-raised cattle).



Full Body Enhanced Collagen- With hyaluronic acid and L-Tryptophan to promote joint health and muscle repair. Biotin helps nourish your hair, skin, and nails, while zinc supports energy metabolism. Vitamin C strengthens your immune system and aids in collagen production. The addition of prebiotic fiber promotes digestive health by fostering the growth of beneficial gut bacteria. This product is free from allergens and artificial additives, making it a clean and effective addition to your daily routine.



All Organika
Collagen

20% OFF
AT CHECKOUTS



Andrea
Bakery
Cobble Hill

GROCERY



Pepsi & Assorted
Pepsi Products
24x355 ml



11⁹⁷
ea

Tostitos
Tortilla Chips
or Salsa (418 ml)
205-295 g



2/\$8⁵⁰

Peek Frean
Cookies
290-300 g



3⁹⁷
ea

Old Dutch
Tortilla Chips
Arriba
235-245 g



2/\$8⁵⁰

Pepsi & Assorted
Pepsi Products
Mini Cans
6x222 ml



3⁹⁷
ea

V8
Vegetable Cocktail
1.89 L



3⁹⁷
ea

Coke & Assorted
Coca Cola Products
2 L



2/\$6

Rock Star
Energy Drinks
473 ml



2/\$4

Corona Sunbrew
Non Alcoholic Beer
6x330 ml



9⁹⁷
ea

Body Armor
Sports Drinks
473 ml



2/\$4

Pepperidge Farms
Goldfish Crackers
167-227 g



2⁹⁷
ea

Katjes
Gummy Candy
170 g



2⁹⁷
ea

Powerade
Sports Drinks
710 ml



3/\$5

Lipton
Iced Teas
12x340 ml



6⁹⁷
ea

Coke & Assorted
Coca Cola Products
6x710 ml



5⁴⁷
ea



TM



Chef Heidi's Recipe
**Chicken Tinga
Taco Filling**
Find the recipe at countrygrocer.com



Primo
Soup
525-540 ml

2⁹⁷
ea



Beekist
**Liquid
Honey**
or Creamed
500 g

5⁹⁷
ea



Del Monte
**Fruit
Cocktail**
398 ml

2/\$5



Tazo
**Natural
Tea**
20s

4⁴⁷
ea



Nabob
**Ground
Coffee**
930 g

18⁹⁷
ea



Reginelli
**Mediterranean
Blend Oil**
1 L

7⁷⁷
ea



Stagg
Chili
425 g

2/\$7



Premium Plus
Crackers
900 g

7⁹⁷
ea



St. Dalfour
**Fruit
Spread**
25 ml

3⁹⁷
ea



Vimal
**Ready
Meals**
300 g

2/\$5



Texana
**Long Grain
Rice**
Selected
907 g

2⁹⁷
ea



Nong Shim
**Noodle
Bowls**
85-86 g

4/\$5



Unico
Pasta
900 g

2/\$5



Carbone
**Pasta
Sauce**
or Alfredo
425-660 ml

7⁹⁷
ea

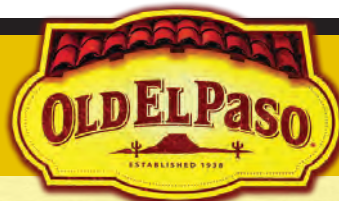


Hidden Valley
**Ranch
Dressing**
or Tzatziki
473 ml

2/\$7



Shell-ebrating



Taco Night

Old El Paso
Hard Taco Shells
125-133 g
2/\$5

Old El Paso
Soft Tortillas
311-334 g
2⁷⁷ ea

Old El Paso
Seasonings
24 g
3/\$4

Old El Paso
Chunky Salsa
650 ml
3⁹⁷ ea

Old El Paso
Tortilla Bowls
144-189 g
3⁹⁷ ea

Old El Paso
Taco Sauce
243 ml
3⁴⁷ ea

Old El Paso
Sliced Jalapenos
250 ml
2⁹⁷ ea

Old El Paso
Refried Beans
398 ml
2⁹⁷ ea

More Mexican Week Specials

Herdez
Mexican Salsa
431 ml
3⁷⁷ ea

Los Pericos
Tostadas
24s
4⁴⁷ ea

Las Palmas
Enchilada Sauce
793 g
4⁹⁷ ea

Valentina
Hot Sauce
370 ml
2⁴⁷ ea

Fresh Is Best
Taco Shells
144 g
3⁷⁷ ea

Pinata
Refried Beans
398 ml
1⁹⁷ ea

Casa Fiesta
Chipotle Peppers
or Enchilada Sauce (296 ml)
212 ml
2⁷⁷ ea

Ortega
Taco Sauce
213 ml
2⁴⁷

Manny's
Corn Tortilla
or Flour, 255-283 g
1⁹⁷ ea

In Our Deli
Yucatan
Guacamole
Mild, Authentic or Zesty
227 g
5⁹⁷ ea

Fresh Is Best
Salsa
Mild, Medium or Hot
375 ml
5⁹⁷ ea

Fresh Is Best
Tortilla Chips
250-300 g
3⁹⁷ ea



\$2 paper hearts
will be available at our tills
for the month of February.



All proceeds raised benefit
Heart and Stroke Foundation of Canada.

HOUSE, HOME & Pet



Febreze
Odor Eliminator
Small Spaces
7.5 ml

3⁹⁷
ea



Full Circle
Kitchen Bags
24s

1⁷⁷
ea



Sponge Towel
Paper Towel
Ultra Pro
3 Roll = 6

6⁹⁷
ea



Purex
Bathroom Tissue
24=48 Rolls

13⁹⁷
ea



SOS
Soap Pads
18s

3⁴⁷
ea



Lysol
Disinfectant Wipes
75s

6⁹⁷
ea



Clorox
Original Bleach
1.18 L

3⁹⁷
ea



Glad
Cling Wrap
90 m

4⁴⁷
ea



MARS
petcare

A better world for pets®



Temptations
Cat Treats
85 g

3/\$5



Whiskas
Cat Food
Seafood or Meaty
4 kg

14⁹⁷
ea



IAMS
Dog Food
Mini Chunk or Puppy
3.18 kg

10⁹⁷
ea



Pedigree
Dog Food
14 kg

33⁹⁷
ea



Dairy FRESH

Imperial
Margarine
1.28-1.36 kg

6⁹⁷ ea

Island Farms
Chocolate Milk
473 ml

2/\$3

Island Farms
Sour Cream
250 ml

2/\$4

Burnbrae Farms
Naturegg
Omega 3 Eggs
1 Dozen

5²⁷ ea

Cracker Barrel
Shredded Cheese
250-320 g

6⁹⁷ ea

Lactantia
Cream Cheese
227-250 g

3⁴⁷ ea

Kraft
Singles
410 g

4⁹⁷ ea

Danone
Oikos Yogurt
4x100 g Multipack

3⁷⁷ ea

FROZEN Foods

McCain
Potato Patties
1.3 kg

5⁹⁷ ea

Minute Maid
Fruit Punches
295 ml

4/\$5

Wong Wing
Wonton Soup
426 ml

3⁹⁷ ea

Chef Bombay
Ethnic Meals
290-350 g

5⁹⁷ ea

Smucker's
Uncrustables
208-232 g

4⁴⁷ ea

Hungryman
Entrée Dinners
360-455 g

4⁹⁷ ea

Green Giant
Simply Steam
198-250 g

1⁹⁷ ea

El Monterey
Taquitos
567 g

10⁹⁷ ea

Bakery FRESH



**THIS
WEEK'S
HOT BUY**

Dutch Crunch or Calabrese Bread

454 g

Sliced

2/\$5

Made, RIGHT Here



Cheese Kaiser Buns

6 Pack

2/\$7



Blueberry Bran or Raisin Bran Muffins

6 Pack

*Great for
Breakfast, Lunch
or just a Snack!*

5⁹⁷
ea



Bakestone Bagels

6 Pack

3⁹⁷
ea

Non organic varieties only

*Just like Mom
makes!*

Butter Tarts

6 Pack



4⁹⁷
ea

Mix & Match!



Villaggio Bread & Buns

510-540 g, 6s, 8s

2/\$7



Silver Hills Organic Bread

510-680 g

4⁹⁷
ea



Raspberry or Lemon Layer Cakes

Whole
19⁹⁷
ea

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

Half
11⁹⁷
ea



Portofino Roasted Garlic & Cracked Pepper Bread

585 g

4⁹⁷
ea



Schar Gluten Free Bread

400 g

8⁹⁷
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!



Mexico
Broccoli Crowns

1.97
lb
4.34 kg



Mexico
Ripe Avocados
4 ct Bags

3.97
ea



Mexico
Hot House Coloured Peppers
2 lb Bags

4.97
ea



New at Country Grocer

- Crunch Up Crispest Lettuce
- Toss Up Tender Lettuce Blend
- Stand Up Baby Romaine
- Up & Away Spring Mix
- Power Up Power Greens



B.C. Grown
Up Vertical Farms
Salads
120 g Clamshell

3.97
ea

Seedless

Peru
Jumbo Red Grapes

3.97
lb
8.75 kg



Mexico
Green Zucchini
.97
lb
2.14 kg

B.C. Produced Sunrise
Firm Tofu
500 g
2.97
ea



Mexico
Jumbo Roma Tomatoes
1.77
lb
3.90 kg



Mexico
Extra Large Green Peppers
1.97
lb
4.34 kg



Mexico Blue Lake
Tender Green Beans

3.97
lb
8.75 kg



Mexico
Honeydew Melons or Mini Watermelons

4.97
ea



Mexico
Jalapeno Peppers & Serrano Peppers
Pasilla Peppers, Tomatilloes,
2.97
lb
6.55 kg



Morocco
Tangerine Mandarins
2 lb Bags
5.97
ea



Mexico
Bunch Carrots & Spinach
2.97
ea Bunch



B.C. Grown Farmers Keepers
Red & Yellow Potatoes
5.97
ea



Mexico
Grape Tomatoes & Medley Tomatoes
Big 2 lb Clamshell

4.97
ea





Fresh Certified

ORGANIC PRODUCE



ORGANIC Mexico
Bunched
Broccoli

3⁹⁷
lb
8.75 kg



ORGANIC Peru
Kent
Mangoes

2⁹⁷
ea



ORGANIC B.C. Grown
**Ambrosia
Apples**

3 lb Bag

4⁹⁷
ea



ORGANIC Mexico
Orange, Red
& Yellow
Peppers

4⁹⁷
lb
10.96 kg



ORGANIC Mexico
Bunched
Carrots

3⁹⁷
ea



ORGANIC Mexico
Red
Kale

2⁹⁷
ea

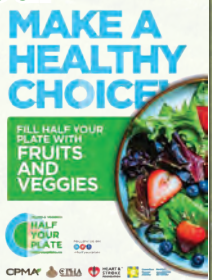


ORGANIC B.C. Grown
Russet
Potatoes

5 lb Bag
5⁹⁷
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



**Pink Shirt Day
Bouquet**

14⁹⁷
ea



Tulips
5 Stems

4⁹⁷
ea



**African
Violets**
4 inch

3⁹⁷
ea



**Potted
Bulbs**
4 inch

3⁴⁷
ea



**Colours of
Eurosa
Bouquet**

28⁹⁷
ea



**Grown in B.C.
Bouquet**

16⁹⁷
ea



Kalanchoes
6 inch

11⁹⁷
ea



**Colour
Features**
Primulas or Narcissus
7 inch

7⁹⁷
ea

You'll feel like family.



Vancouver Island Owned
& Operated Since 1984



Kellogg's
Cereal
Family Size
480-625 g

5⁹⁷
ea



Barbara's
Cheese Puffs
155-198 g

2⁹⁷
ea



Adams
Peanut Butter

Natural
1 kg

6⁷⁷
ea



Seawave
Pink Salmon
213 g

2/\$5



Terra Delyssa
Organic Olive Oil
Extra Virgin, 1 L

15⁹⁷
ea



While Stocks Last

Schneiders
Ukrainian Garlic Sausage
Naturally Smoked
300 g

3⁹⁷
ea



Manny's
Corn Tortilla
or Flour
255-283 g

1⁹⁷
ea

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

649 Extra 649

Lotto Centre at all locations
(Except Salt Spring)



Look for our
Gluten Free
Savings!

Proud Member Of
CANADIAN FEDERATION OF
INDEPENDANT GROCERS
FÉDÉRATION CANADIENNE
DES ÉPICIERS INDÉPENDANTS