

We will throw the  
Stones in for Free!



Vancouver Island Owned  
& Operated Since 1984

It's Canning Week



or **247**  
lb 5.45 Kg

B.C. Grown

## Free Stone Peaches

BIG 10 lb Cases

**1797**  
EACH

LIMIT 2 CASES



Black Diamond  
Cheddar  
Cheese  
400 g

**497**  
EACH

LIMIT 3 Total



Vancouver Island Grown  
Corn on the Cob  
Peaches & Cream

**6/\$4**



Tribal Java  
Organic  
Coffee  
400 g

**997**  
EACH



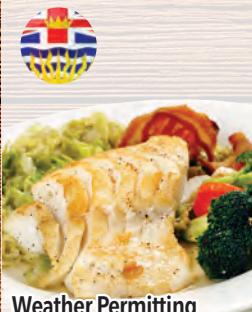
Snowcrest  
Frozen  
Fruit  
400-600 g

**397**  
EACH



Nature's Path  
Organic  
Cereal  
650-907 g

**847**  
EACH

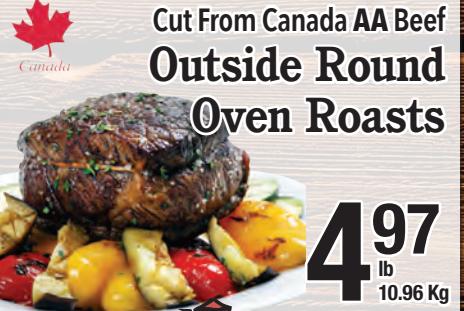


Fresh  
Ling Cod  
Fillets  
197  
100 g



Canadian  
Shredded  
Cheese  
3 Cheese Nacho  
400 g

**2/\$10**



Cut From Canada AA Beef  
Outside Round  
Oven Roasts  
**497**  
lb 10.96 Kg



In Our Deli  
Main Street Deli  
Sliced Sandwich  
or Pizza  
Variety  
Packs  
**2/\$9**

While Stocks Last



In the Meat  
Department  
Deli Express  
BBQ Chicken  
Wings  
or Drumsticks  
Frozen, 505-675 g  
**497**  
EACH

While Stocks Last

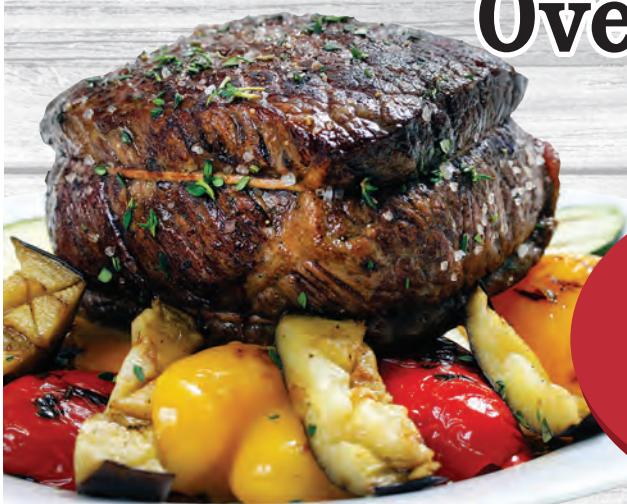
[www.countrygrocer.com](http://www.countrygrocer.com)



# Butcher's BEST



Cut from Canada AA Beef  
**Outside Round  
Oven Roasts**



**497**  
lb  
10.96 Kg



Fresh Canadian  
**Pork Shoulder  
Blade Roasts**  
 Bone-In



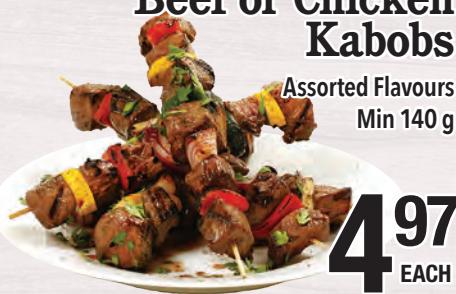
**347**  
lb  
7.65 Kg

**Butcher's CHOICE**

Great for the BBQ

Marinated  
**Beef or Chicken  
Kabobs**

Assorted Flavours  
 Min 140 g



**497**  
EACH



Fresh Canadian  
**Pork Shoulder  
Blade Steaks**  
 All Sizes



**397**  
lb  
8.75 Kg



Fresh Lilydale  
**Chicken Breasts**  
 Boneless, Skinless  
 All Sizes

**697**  
lb  
15.37 Kg

Fresh Lilydale  
**Chicken Legs**  
 Back Attached  
 All Sizes

**247**  
lb  
5.45 Kg

**Buy BC and Support LOCAL FARMERS**



Hertel's Meats  
**Fresh  
Sausage**  
 500 g

**697**  
EACH



Hertel's  
**Smoked  
Sliced Bacon**  
 500 g  
 No MSG Added  
 Gluten & Dairy Free

**997**  
EACH



Farmhouse Poultry  
**Split Chicken Wings**  
 Tips Removed  
 All Sizes

**597**  
lb  
13.16 Kg

*It's Fresher from Here!*



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 Ling Cod Fillets

**197**  
100 g

Weather Permitting

Aqua Star  
**Basa**  
Fillets  
908 g  
Frozen



**997**  
EACH

Aqua Star  
**Tempura**  
Shrimp  
500 g  
Frozen



**1197**  
EACH



## WILD Sockeye Salmon Burgers

Tomato Asiago or  
Spinach Feta  
Prepared  
In-store Daily

**247**  
100 g

Previously Frozen



## Fresh Steelhead Fillets

**347**  
100 g



Aqua Star  
**Cooked**  
Prawns  
90-130 Prawns per lb  
Frozen



**997**  
EACH

West Coast  
**Fresh Shucked**  
Oysters

227 g (8 oz) Tubs



**797**  
EACH



Aqua Star  
**Breaded**  
Scallops  
255 g  
Frozen

**597**  
EACH

## Extra MEAT SAVINGS



### Schneiders Smoked Bacon

Regular Only  
375 g

**547**  
EACH



### Schneiders Juicy Jumbos & All Beef Wieners

Assorted Varieties  
375-450 g

**597**  
EACH



### Old Country Pasta Heat & Serve Entrées

8 Great Flavours  
450 g

**697**  
EACH



### Lilydale Breakfast Sausage

Regular or Maple Turkey  
& Chicken  
375 g

**2/10**



### Mitchell's Pepperoni Sticks

Regular or Honey & Garlic  
450 g

**647**  
EACH



### Schneiders Smokies

Original & Cheddar  
375 g

**1297**  
EACH



### Maple Leaf Prime Chicken Wings, Strips, Nuggets or Cordons

Frozen, 560-695 g

**1097**  
EACH



### Mastercut Beef Burgers

Frozen  
1.36 Kg

**1697**  
EACH



# DELI

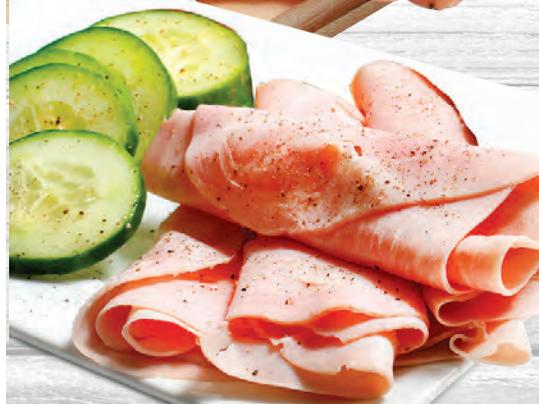
Thousands more  
Features & Volume Buy  
deals in store!

Look for them today at your favourite location.



Italian Style  
**Prosciutto  
Cotto or  
Rosemary  
Ham**

**257**  
100 g



Sliced  
Salami  
Assorted Varieties  
125 g

**5.97**  
EACH



**NEW!** Salami  
Chubs  
Assorted Varieties  
175 g

**9.97**  
EACH



Fresh  
Pepperoni  
Assorted Varieties  
500 g

**11.97**  
EACH



Kentucky  
Style  
Chicken

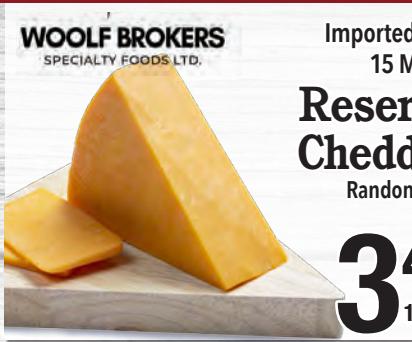
**2.97**  
100 g

## CHEESES from Around the WORLD



Imported Dutch  
**Medium  
Gouda**  
Random Cuts

**3.97**  
100 g



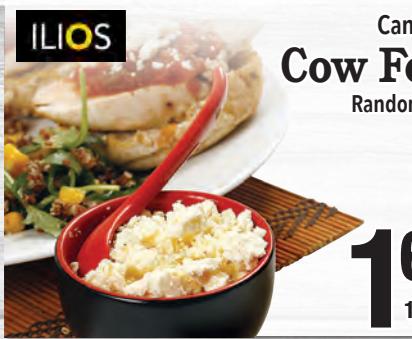
Imported Irish  
15 Month  
**Reserve  
Cheddar**  
Random Cuts

**3.47**  
100 g



Imported English  
**Wensleydale**  
with Fruit or  
Caramelized Onion  
Assorted  
150 g

**5.97**  
EACH



Canadian  
**Cow Feta**  
Random Cuts

**1.67**  
100 g



Canadian 5 Year Aged  
**Cheddar**  
Random Cuts

*Great Savings!*

**2.97**  
100 g



# Fresh TO GO

**Arbutus**  
FARMS KITCHEN



V.I. Made!

## Pre-Packaged Salads

Assorted Varieties

400 g

**6<sup>97</sup>**  
EACH

Fresh

**Arbutus**  
FARMS KITCHEN

V.I. Made!



Greek  
Pasta  
Salad

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

**Sabra**



Hummus

Assorted Varieties  
283 g

**2/\$9**

Prepared In-House

Fresh  
Creamy  
Coleslaw

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

Perogie  
Meals

with Bacon, Cheddar  
& Sour Cream  
12 Pack

**6<sup>97</sup>**  
EACH

## Fresh SUSHI

Freshly Made  
In-House Daily



Happy  
California  
Sushi Rolls

6 Piece

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

Freshly Made  
In-House Daily



Regular or Spicy  
Dynamite  
Sushi Rolls

6 Piece  
**7<sup>47</sup>**  
EACH

## MADE IN-HOUSE Fresh

Cut Fresh  
In-House Daily

Country Grocer  
Watermelon

4 Slice Package



**1<sup>97</sup>**  
EACH

Made Fresh  
In-House  
Daily

Fresh  
Guacamole or  
Salsa

Approx 300 g

**3<sup>97</sup>**  
EACH

## BULK Foods

Country Grocer

Milk Chocolate  
Peanuts

300 g

**3<sup>97</sup>**  
EACH

Cashews  
Salted or Unsalted



**2<sup>77</sup>**  
100 g

Super Mac  
Mix



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

Country Grocer

Licorice  
Allsorts

300 g

**2<sup>97</sup>**  
EACH



# Natural & ORGANIC



Nature's Path  
Organic Cereal

650-907 g

**847**  
EACH



Stash  
Natural  
Tea

18-20's

**377**  
EACH



Earth's Own  
Oat  
Beverage

Barista Blend  
946 ml

**497**  
EACH



Clif  
Energy  
Bars

68 g

**2/\$3**



Nature's Path  
Love Crunch  
Granola

Organic  
700 g

**997**  
EACH



Fatso  
Peanut  
Butter

500 g

**597**  
EACH



Tre Stelle  
Lactose Free  
Cream Cheese

200 g

**397**  
EACH



Purlesful  
Popcorn

136 g

**397**  
EACH



Wescana  
Gluten Free  
Oats

Organic  
1 Kg

**897**  
EACH



Dairyland  
Lactose  
Free  
Milk

1.89 L

**547**  
EACH



Keto Caveman  
Frozen  
Desserts

4 Varieties  
130-200 g

**697**  
EACH



Triple Crown  
Organic  
BBQ Sauce

Vegan  
350 ml

**597**  
EACH



# Vitamins & SUPPLEMENTS

Get 5 g prebiotic fibre in each scoop, plus 15g of plant-based protein and 2 billion CFUs of Bacillus Coagulans (the good bugs). Available in a delicious choco cinnamon banana flavour you won't be able to stop sipping.

GF



Webber Naturals  
**Apple Cider  
Vinegar**  
240 Caps

**12<sup>97</sup>**  
EACH

Commonly used to support digestion and is a source of minerals.



Helps detoxify the liver, colon, kidneys, and lymphatic system. A proven 12-day cleansing program that follows a healthy and satisfying meal plan. Emphasis is placed on supporting the function of the liver, the small intestine and the bowel to promote proper digestion.

Hello Wellness  
**You've  
Got Guts**  
405 g

**33<sup>97</sup>**  
EACH



Webber Naturals  
**Chewable  
Vitamin C**  
300 Tabs

**13<sup>97</sup>**  
EACH



Wild Rose  
**Herbal  
D-tox**

**51<sup>97</sup>**  
EACH



## Meet Carla, Nutrition Manager at our Cobble Hill location

We are well into Summer, so naturally we do more physical activities; days at the lake, working in the garden, cycling, hiking, wandering local markets and fairs, and activity driven vacations. With increased activities, we can forget to increase hydration, resulting in a common ailment: Heat stroke or heat exhaustion. Readily recognizable by dizziness, fainting, nausea, confusion but there are a few subtle ones too, headaches, tiredness, irritability, crankiness, and anxiety.

I love to recommend electrolytes year-round but especially during the long hot days of Summer to enhance hydration. Why electrolytes? Here are a few components: magnesium, calcium, sodium, potassium, and chloride, providing support in fluid balance within cells, muscle contractions (tightening and releasing). Think cramps,

Magnesium helps maintain normal muscle and nerve function. Helping to produce ATP, essential to the metabolic activities in every cell.



**CanPrev  
Magnesium**

Gentle  
200 mg

**120 Caps  
22<sup>97</sup>** | **240 Caps  
33<sup>97</sup>**  
EACH EACH



Crave  
**Stevia**  
30 ml

**7<sup>99</sup>**  
EACH

Made from a centuries-old recipe of handcrafted fair trade and unrefined, shea butter and Orangutan-safe West African palm oil, and enhanced with hemp oil and olive leaf.

\*While Supplies Last



**Alaffia  
Black  
Soap**  
473 ml

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



**Aromatic Creations  
Essential  
Oils**

**20%**  
OFF  
AT CHECKOUTS

spasms in legs, stomach, toes etc.) Other benefits included but not restricted too; nerve signaling, bone building, and reduced anxiety.

Our nutrition department staff can help you find your new favourite way to hydrate and continue to enjoy the summer to the fullest with our large selection of electrolytes products.

Ready to drink-BioSteel, post workouts-Vega, flavoured with added benefits-NUUN, and my favourites, liquid drops-Concentrace and Elete.

\* Be sure to talk to your doctor or pharmacist when you are taking prescription medications and introducing nutritional supplements.



Larry  
Produce Supervisor  
Cedar

# GROCERY

**Pepsi & Assorted Pepsi Products**  
6x222 ml Sleek Cans

**2/\$7**

**Ritter Sport Chocolate Bars**  
100 g

**2/\$7**

*New! at Country Grocer*

**Nügabar Nougat Bars**  
175 g

*You Gotta Try These!*  
**2/\$6**

**Old Dutch Cheese Pleasers or Crunchys**  
265-290 g

**2/\$7**

**Taipan Rice Crackers**  
100 g

**3/\$5**

**Pure Leaf Iced Teas**  
547 ml

**2/\$4**

**Popcorners Corn Snacks**  
142 g

**2/\$8.50**

**Doritos Tortilla Chips**  
210-235 g

**2/\$8**

**Stoned Wheat Thins**  
600 g

**4.97 EACH**

**Coors Edge Non-Alcoholic Beer**  
12x355 ml

**13.97 EACH**

**Dasani Mineral Water**  
1 L

**3/\$5**

**Gatorade Sports Drinks**  
710 ml

**3/\$5**

**Panda Natural Licorice**  
170 g

**2/\$6**

**Peace Tea Iced Teas**  
or Nestea 12x341 ml

**7.97 EACH**

**Mars King Size Bars**  
Includes Snickers, Twix & Bounty  
85-93 g

**3/\$5**



Stay Tuned for More  
of Chef Heidi's Recipes  
Find recipes at [countrygrocer.com](http://countrygrocer.com)



MJB  
Fine Grind  
Coffee  
920 g

**9.97**  
EACH



Northern Gold  
Granola  
630-675 g

**2/\$7**



Kellogg's  
Cereals  
Selected  
320-450 g

**3.97**  
EACH



Clover Leaf  
Sockeye  
Salmon  
213 g

**5.97**  
EACH



Uncle Luke's  
Maple  
Syrup  
Grade A Amber  
1 L Jug

**16.97**  
EACH  
Save \$3



Dalla Terra  
Antipasto  
375 ml

**3.97**  
EACH



Hidden Valley Ranch  
Original  
Dressing  
Mix  
28 g Pouch

**3/\$4**



Clover Leaf  
White  
Tuna  
Solid or Flaked  
170 g

**2/\$6**



Asian Family  
Rice  
Vermicelli  
250 g

**2/\$5**



Crisco  
Vegetable  
Oil  
or Canola  
1.18 L

**7.97**  
EACH



Ben's  
Bistro  
Rice  
240-250 g

**2/\$7**



Mr. Noodles  
Cup  
Noodles  
64 g

**4/\$5**



Last Mountain  
Fruit  
Spreads  
454 ml

**4.97**  
EACH



BeeKist  
Liquid  
Honey  
1 Kg

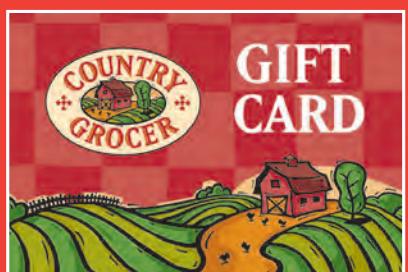
**11.97**  
EACH



Island Nut  
Peanut  
Butter  
Natural  
750 g

**6.97**  
EACH

# GIFT CARD GIVEAWAY



AUG 18-24

**\$300**

IN-STORE BALLOT BOX ENTRY  
ONE WINNER PER STORE + FACEBOOK

In Our Deli Canada

Castello Cheese Slices Assorted Varieties 125-165 g

**2/\$10**



Tre Stelle Cream Cheese 200 g  
**3.97 EACH**



Tre Stelle Shredded Cheese or Crumbled Feta 170-200 g  
**4.97 EACH**



In Our Deli Canada

Castello Havarti Assorted Varieties 170-200 g  
**2/\$10**

Tre Stelle Feta 375 g Tubs Canada

**7.97 EACH**



Tre Stelle Bocconcini Assorted Varieties 200 g  
**6.97 EACH**



Castello Blue Cheese Wedges 125 g  
**5.97 EACH**



Castello Brie or Camembert 125 g  
**4.97 EACH**

## EASY MEALS

Tim Hortons Chili 425 g

**2/\$7**



Dr. Oetker Casa di Mama Pizza 395-410 g  
**4.97 EACH**



Heinz Picnic Packs 3x375 ml  
**5.97 EACH**

Catelli Pasta 700-900 g

**2/\$7**



Catelli Garden Select Pasta Sauce 640 ml  
**2/\$5**



Dempster's Deluxe Sausage Buns 6's  
**2/\$8**



Schneiders Regular Wieners Regular Only 375 g  
**2/\$5**



*The Spirit of Summer*

ENTER TO  
WIN  
IN-STORE



COMPLETE THE BALLOT  
& ENTER TO WIN A  
PREMIUM BLACKSTONE  
GRIDDLE FROM  
GRIMM'S FINE FOODS!

CONTEST RUNS  
AUG 11TH - AUG 24TH  
3 PRIZES TO BE WON!



# HOUSE, HOME & Pet



Cascades  
Paper  
Towels  
Enviro  
6 Roll  
**7.97**  
EACH



Smart Strips  
Laundry  
Detergent  
Strips  
38 Loads  
**7.97**  
EACH



Sunlight  
Dish  
Soap  
1.2 L  
**4.47**  
EACH



Cascades  
Bathroom  
Tissue  
Fluff Enviro  
Double 12 Roll  
**9.97**  
EACH



Glad  
Bio  
Compostable  
Bags  
Small 20's  
**5.47**  
EACH



Dial  
Hand  
Soap  
221 ml  
Pump  
**3.97**  
EACH



Crest Scope  
Mouthwash  
1 L  
**4.97**  
EACH



Clorox  
Bleach  
Ultra or Wild Blossom  
1.18 L  
**3.97**  
EACH



Iams  
Cat  
Food  
Perfect Portions  
2x37.5 g  
**3/\$4**



Temptations  
Cat  
Treats  
180 g  
**3.47**  
EACH



Purina  
Beggin'  
Strips  
155-170 g  
**3.97**  
EACH



Pedigree  
Choice Cuts  
Dog Food  
630 g  
**2/\$6**

# Dairy FRESH



# FROZEN Foods



Armstrong  
Natural  
Cheese  
180-210 g Sticks

**4.97**  
EACH



Liberté  
Greek  
Yogurts  
650-750 g

**5.77**  
EACH



Island Farms  
Cream  
Cheese  
1 Kg

**9.97**  
EACH



International Delight  
Coffee  
Creamers  
946 ml

**5.67**  
EACH



Island Farms  
Sour  
Cream  
500 ml

**3.47**  
EACH



Yoplait Yop  
Yogurt  
Drinks  
200 ml

**4/\$4**



Activia Immune  
System Drinks



Active Probiotics  
8x93 ml  
**5.97**  
EACH



Milk  
2 Go  
473 ml

**2/\$4**



Naturegg  
Omega 3 Eggs  
Large, Dozen  
**4.97**  
EACH



Imperial  
Margarine  
Soft or 1/4 lb.  
1.28-1.36 kg

**6.97**  
EACH



TM



Island Farms  
Premium  
Ice Cream  
or Frozen Yogurt  
1.65 L

**5.97**  
EACH



Nestle  
Drumsticks  
4-6's

**5.97**  
EACH



Melona  
Frozen  
Dessert  
Bars  
8's  
**4.97**  
EACH



Minute Maid  
Punch  
295 ml

**4/\$5**



Krios  
Mini  
Rolls  
454 g  
**3.97**  
EACH



Wong Wing  
Egg  
Rolls  
680 g  
**6.97**  
EACH



Green Giant  
Simply  
Steamers  
198-250 g  
**2/\$4**



Kellogg's  
Eggo  
Waffles  
280-330 g  
**2/\$7**



Healthy Choice  
Power  
Bowls  
269-276 g  
**5.97**  
EACH



McCain  
Superfries  
1.45-1.8 Kg  
**7.97**  
EACH

# Bakery FRESH



THIS  
WEEK'S  
HOT BUY

Made, RIGHT  
Here

## Cheese Kaiser Buns

8 Pak

**3<sup>97</sup>**  
EACH



### Dutch Crunch Bread

454 g

**2/\$6**



### Iced Cinnamon Buns

6 Pak

**5<sup>47</sup>**  
EACH



### Date Squares

700 g

**6<sup>97</sup>**  
EACH



### Bakstone Bagels

6 Pak

**3<sup>97</sup>**  
EACH



### Olivier's Sourdough Bread

400 g

**4<sup>47</sup>**  
EACH



### Dempster's 10" Tortillas

488-610 g

**4<sup>97</sup>**  
EACH



### Dempster's Signature Bread & Buns

600-680 g  
6's

**2/\$8**



TREATS  
of the  
WEEK

Made,  
RIGHT Here

Three Varieties

## Summer Flavour Mini Cakes

6 Inch

**10<sup>77</sup>**  
EACH





# 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!



It's Canning Week

### B.C. Grown Free Stone Peaches



**BIG**  
10 lb CASES **17.97**  
EACH  
LIMIT 2 CASES

**2.47**  
lb  
5.45 Kg



Vancouver Island Grown  
Coloured  
Peppers  
Red, Yellow, Orange



**2.97**  
lb  
6.55 Kg



Vancouver Island Grown  
Green &  
Yellow  
Beans



**2.97**  
lb  
6.55 Kg



RGR  
PRODUCE

B.C. Grown  
Broccoli  
Crowns



**2.97**  
lb  
6.55 Kg



Vancouver Island Grown  
Corn on the Cob  
Peaches & Cream



**6/\$4**  
COBS

California  
Large  
Cantaloupes



**2.97**  
EACH

Washington  
Jumbo Red  
Onions



**1.97**  
lb  
4.34 Kg



RGR  
PRODUCE

B.C. Grown  
Dill  
Cucumbers



Dill  
Weed  
**2/\$5**  
BUNCHES

**1.97**  
lb  
4.34 Kg

B.C. Grown  
Hot House On the Vine  
Avalantino  
Tomatoes



**2.97**  
EACH

Oppy  
Expect the world from us

Peru

Satsuma  
Mandarins  
2 lb Bags



**3.97**  
EACH

New Crop



Washington  
Yellow  
Onions  
3 lb Bags

**2.97**  
EACH



Washington  
Jazz  
Apples  
2 lb Bags

**3.97**  
EACH



BCfresh

B.C. Grown  
Small  
White  
Potatoes  
5 lb Bags

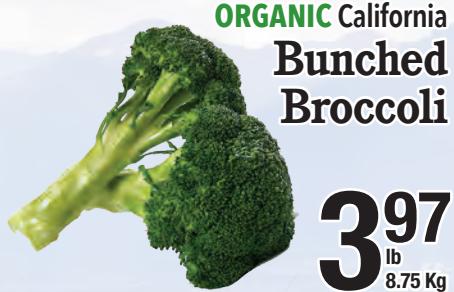


**3.97**  
EACH

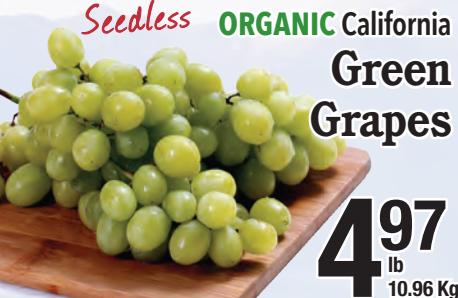


Fresh  
Certified

# ORGANIC PRODUCE



**ORGANIC** California  
Bunched  
Broccoli  
**3.97**  
lb  
8.75 Kg



**Seedless** **ORGANIC** California  
Green  
Grapes  
**4.97**  
lb  
10.96 Kg



**ORGANIC** B.C. Grown  
Red  
Chard  
**3.97**  
EACH



**ORGANIC** California  
Cauliflower  
**4.97**  
EACH



**ORGANIC** B.C. Grown  
Green  
Zucchini  
**2.47**  
lb  
5.45 Kg



**ORGANIC** Mexico  
Sweet Mini  
Peppers  
1 lb Bag  
**6.97**  
EACH



First of the Season



**ORGANIC** B.C. Grown  
Yellow  
Nectarines  
2 lb Bag

**5.97**  
EACH

Make a healthy choice! Fill half your plate with fruits and veggies.

MAKE A  
HEALTHY  
CHOICE!

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](http://www.cpma.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



**Sunset Sangria**  
Bouquet  
**28.97**  
EACH



**Golden Sunset**  
Bouquet  
**18.97**  
EACH



**Fresh Cut**  
Sunflowers  
3 Stems



**8.97**  
EACH

Premium  
Peace Lilies  
Or Monstera Split Leaves  
6 Inch



**12.97**  
EACH

If you build it...  
THEY WILL COME!



You'll feel like family.  
Vancouver Island Owned  
& Operated Since 1984



Our Own  
"Still Ground In-Store"

Lean Ground  
Beef

Build a  
Better Burger!  
Family Paks **3.97**  
lb 8.75 Kg

Fresh Out of Our Ovens  
Cheddar Cheese  
Kaiser Buns  
8 Pak

**3.97**  
EACH



B.C. Grown

Large Hot House  
Tomatoes

**1.97**  
lb 4.34 Kg

Armstrong  
Natural  
Slices  
220-240 g

**4.97**  
EACH



Gardein  
Supreme Burgers  
Also Black Bean or Falafel  
226 g



**4.97**  
EACH

Hertel's  
Smoked Sliced  
Bacon  
500 g



**9.97**  
EACH

Hellmann's  
Mayonnaise  
710-890 ml



**5.97**  
EACH

Island Grown  
Leaf  
Lettuce  
Green or Red



**1.97**  
EACH

**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.

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

Look for our  
Gluten Free  
Savings!

Proud Member Of  
  
FÉDÉRATION CANADIENNE  
DES ÉPICERIES INDÉPENDANTES