Vancouver Island Owned & Operated since 1984

Merry Christmas
from our family to yours

Lilydale
A Grade Turkeys
Frozen, 5-9 Kg Only

.95 lb
2.09 Kg

Swanson's Hungry Man Dinners
345-455 g

In our Deli...
Black Forest Ham
Prepackaged for your Convenience

.97
100 g

Fresh from Peru Jumbo Red Grapes
Seedless

2.97 lb
6.55 Kg

Cut From Canada AAA Beef Top Sirloin Oven Roasts
5 lb
12.06 Kg

Creekmore's Organic Coffee
400 g

8.77 EACH

San Daniele Charcuterie Trio
250 g

4.97 EACH

Schneiders Bacon Double Smoked or Maple

5.97
500 g

Dr. Oetker Ristorante Pizza
320-390 g

2.97 EACH

Que Pasa Organic Tortilla Chips
300-350 g

2.97 EACH

Lilysdale A Grade Turkeys
Frozen, 5-9 Kg Only

LIMIT 6 Total

LIMIT 3 Total

LIMIT 1 Per Customer Order
Over $50 Including Turkey
Over Limit Price: 1.39 lb/3.06 Kg

Limit 1 Per Customer Order
Over $50 Including Turkey
Over Limit Price: 1.39 lb/3.06 Kg

While Stocks Last

While Stocks Last

While Stocks Last

While Stocks Last

While Stocks Last

While Stocks Last

While Stocks Last

While Stocks Last

Merry Christmas from our family to yours

Vancouver Island Owned & Operated since 1984

**Butcher’s Best**

Cut From Canada AAA Beef

**Top Sirloin Grilling Steaks**

Family Packs

- **6.97 lb**
- **15.37 Kg**

**Buy BC and Support Local Farmers**

- **Rossdown Farms Cornish Game Hens**
  - Frozen
  - **3.97 lb**
  - **8.75 Kg**

- **Hertel’s Meats Fresh Sausage**
  - 500 g
  - **6.97 EACH**

- **Butterball Boneless Turkey Roasts**
  - Frozen 1.5 Kg
  - **21.97 EACH**

- **Hertel’s Meats Stuffed with Dressing Pork Tenderloin**
  - Oven Ready
  - **6.97 lb**
  - **15.37 Kg**

**Butcher’s Choice**

- **Fresh Lilydale Whole Frying Chickens**
  - 2 Per Bag
  - **2.27 2 lb**
  - **6.55 Kg**

- **Fresh Lilydale Chicken Thighs**
  - All Sizes
  - **2.97 2 lb**
  - **6.55 Kg**

- **Fresh Lilydale Frying Chickens**
  - Cut-Up, Split or Spatchcock
  - **2.97 2 lb**
  - **6.55 Kg**

- **Fresh Canadian Boneless Pork Shoulder Blade Roasts**
  - All Sizes
  - **4.47 4 lb**
  - **9.85 Kg**

- **Fresh Canadian Crown Roast of Pork**
  - A Holiday Favourite
  - **3.97 3 lb**
  - **8.75 Kg**
Country Grocer is proud to be in partnership with the Ocean Wise Program, a Vancouver Aquarium Conservation Program. The Ocean Wise symbol identifies those seafood items as a good choice to help protect life in our oceans.

**Seafood**

**St. Jean’s WILD Coho Salmon Fillets**
- Frozen
- 2.97
- 100 g

**Fresh Ling Cod Fillets**
- Weather Permitting
- 2.97
- 100 g

**Smoked Sockeye Nuggets**
- B.C. WILD
- Regular, Peppered or Maple
- Previously Frozen
- 5.47
- 100 g

**Aqua Star Seafood Appetizers**
- Assorted Varieties
- 300-567 g
- 9.97
- EACH

**WILD Chilean Handpeeled Shrimp**
- Previously Frozen
- 3.97
- 100 g

**Green Ocean Scallops**
- 40-60 or 60-80 Count
- Frozen
- 300 g
- 6.97
- EACH

**Green Ocean Shrimp Platter**
- All Varieties
- Frozen, 340 g
- 6.97
- EACH

**GO Wild Argentina Shrimp Ring**
- 26-30 Count
- Frozen, 425 g
- 14.97
- EACH

**Green Ocean Shrimp**
- 71-91 Count
- Frozen, 312 g
- 6.97
- EACH

**Aqua Star Seafood Appetizers**
- Assorted Varieties
- 300-567 g
- 9.97
- EACH

**Mitchell’s Boneless Ham**
- Toupie Style Fully Cooked
- 1.5 Kg
- 9.97
- EACH

**Schneiders Smoked Bacon**
- Regular Only
- 375 g
- 5.97
- EACH

**Mitchell’s Garlic Ring**
- 750 g
- 6.97
- EACH

**Johnsonville Sausages**
- Breakfast or Dinner
- Assorted Flavours
- 375-500 g
- Mix & Match
- 2 FOR 10.00

**Mitchell’s Heritage Bacon**
- 1 Kg
- 14.97
- EACH

**Maple Leaf Prime Chicken Cordons**
- Assorted Varieties
- Frozen
- 568 g
- 9.97
- EACH

**Maple Leaf Prime Chicken**
- Wings, Strips or Nuggets
- Frozen
- 750-800 g
- 11.97
- EACH

**Siwin Pot Stickers or Dumplings**
- Chicken or Pork
- with Vegetables
- Frozen, 454-500 g
- 4.97
- EACH

Cheeses from Around the World

**Premium**

**Classic, Maple or Honey Ham**

197

**Grimm’s Pepperoni Sticks**

.97 EACH

**Riserva Salami Chubs**

9.97 EACH

**Additional Varieties**

**Pillers German or Cervalet Salami**

3.47 100 g

**Foreign Dutch Gouda**

2.27 100 g

**Canadian Boursin Spreadable Cheese**

5.97 EACH

**Pair With:**

- Pear, Date & Cognac
- Carmelized Onion
- Tomato Vodka

**While Stocks Last**

**Canadian Chevrai Goat Cheese Trio Packs**

12.97 EACH

**Random Cuts**

**Lilydale Turkey Breast**

2.77 100 g

**Snowdonia Welsh Spreads**

2.27 100 g

**While Stocks Last**

**Imported French Comte or Swiss Kaltbach Gruyere**

4.97 100 g

**Imported Dutch Mild or Smoked Gouda**

2.27 100 g

**While Stocks Last**

**Canadian Chevrai Goat Cheese Trio Packs**

3.47 EACH

**Random Cuts**

**Riserva Salami Chubs**

3.00 300 g

**While Stocks Last**

**Additional Varieties**

**While Stocks Last**

**Pair With:**

- Pear, Date & Cognac
- Carmelized Onion
- Tomato Vodka

**While Stocks Last**

**While Stocks Last**

**Pair With:**

- Pear, Date & Cognac
- Carmelized Onion
- Tomato Vodka

**While Stocks Last**

**While Stocks Last**

**Pair With:**

- Pear, Date & Cognac
- Carmelized Onion
- Tomato Vodka
Fresh Sushi

Freshly Made In-House Daily...
- Salmon Candy Sushi Rolls 6 Piece $7.47 EACH
- Maki Sushi Combo 16 Piece $11.97 EACH

Made In-House Fresh
- Country Grocer All Large Fresh Cut Fruit Approx 400-450 g FOR $15.00
- Country Grocer Sauté Roaster Potatoes Approx 550 g $2.97 EACH

Cooked to Perfection in our Deli Kitchens...
- Whole Hot Barbecue Chickens $8.97 EACH
- Creamy Mashed Potatoes $1.17 EACH

The Perfect Side Dish...
- Freshly Made In-House...
- Cut Fresh In-House...

Bringing the Best Quality to You...
- Sabra Hummus Assorted Varieties 283 g $3.97 EACH
- Divina Olives, Tapenade, Stuffed Jalapenos & More! 220-370 ml $8.67 EACH
- Premium Tortièrè Meat Pies 760 g $10.97 EACH
- Divina Hummus Assorted Varieties
- Arbutus Farms Fresh Deli Foods
- Country Grocer Sauté Roaster Potatoes

Here’s How You Can Help Fill Island Kids’ Dreams
Purchase a Paper Token, Island-Grown Christmas Tree or Eurosa Farms Bouquet
HELP FILL A DREAM
HELPFILLADREAM.COM

### Vitamins & Supplements

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Purica</strong></td>
<td><strong>Complete 360</strong>&lt;br&gt;A synergistic blend of Ashwagandha and eight medicinal mushrooms to support immunity, strengthen the body’s response to stress and optimize health.</td>
<td><strong>44.97</strong>/each</td>
</tr>
<tr>
<td><strong>Sisu</strong></td>
<td><strong>Melatonin 10 mg</strong>&lt;br&gt;90 Tabs</td>
<td><strong>18.97</strong>/each</td>
</tr>
<tr>
<td><strong>Wedderspoon Products</strong></td>
<td></td>
<td><strong>15% OFF AT CHECKOUTS</strong></td>
</tr>
<tr>
<td><strong>All Sukin Products</strong></td>
<td></td>
<td><strong>20% OFF AT CHECKOUTS</strong></td>
</tr>
<tr>
<td><strong>All PVL Products</strong></td>
<td></td>
<td><strong>20% OFF AT CHECKOUTS</strong></td>
</tr>
<tr>
<td><strong>Kind Bars</strong></td>
<td><strong>40 g</strong></td>
<td><strong>2 for 4.00</strong></td>
</tr>
<tr>
<td><strong>Ener C</strong></td>
<td><strong>Case of 30</strong></td>
<td><strong>14.97</strong>/each</td>
</tr>
<tr>
<td><strong>Lorna Active Collagen</strong></td>
<td></td>
<td>**120 Caps 49.97/each</td>
</tr>
<tr>
<td><strong>Lorna Collagen Plus</strong></td>
<td><strong>30 ml</strong></td>
<td><strong>38.97</strong>/each</td>
</tr>
<tr>
<td><strong>All New Roots Products</strong></td>
<td></td>
<td><strong>20% OFF AT CHECKOUTS</strong></td>
</tr>
<tr>
<td><strong>All Aura Cacia Products</strong></td>
<td></td>
<td><strong>20% OFF AT CHECKOUTS</strong></td>
</tr>
<tr>
<td><strong>All Suro Products</strong></td>
<td></td>
<td><strong>1.0% OFF AT CHECKOUTS</strong></td>
</tr>
<tr>
<td><strong>Konjac Noodles</strong></td>
<td><strong>385 g</strong></td>
<td><strong>2 for 9.00</strong></td>
</tr>
<tr>
<td><strong>Webber Naturals Magnesium</strong></td>
<td><strong>Easy Absorption 60’s</strong>&lt;br&gt;- Assists in promoting healthy bones and teeth&lt;br&gt;- Supports immune, brain, and nervous system health</td>
<td><strong>6.97</strong>/each</td>
</tr>
<tr>
<td><strong>Webber Naturals Vitamin D1000 IU</strong></td>
<td><strong>240+20 Tabs</strong></td>
<td><strong>5.97</strong>/each</td>
</tr>
</tbody>
</table>

**Sale Dates:**<br>
<table>
<thead>
<tr>
<th>Product Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheetos Cheese Puffs or Crunchy’s</td>
<td>2 FOR 7.00</td>
</tr>
<tr>
<td>Cookies</td>
<td>2 FOR 2.97 EACH</td>
</tr>
<tr>
<td>Coke &amp; Assorted Coca-Cola Products</td>
<td>3 FOR 10.00</td>
</tr>
<tr>
<td>Lipton Iced Teas 12x340 ml</td>
<td>3.97 EACH</td>
</tr>
<tr>
<td>Lindt Chocolate Bars Swiss Classic 100 g</td>
<td>2 FOR 5.00</td>
</tr>
<tr>
<td>Dare Candies or Mints 180-250 g</td>
<td>2 FOR 2.50</td>
</tr>
<tr>
<td>ItalPasta Tradizionale Pasta 900 g</td>
<td>1.97 EACH</td>
</tr>
<tr>
<td>Kracks Potato Chips 160 g</td>
<td>3 FOR 5.00</td>
</tr>
<tr>
<td>Bubly Sparkling Water 473 ml</td>
<td>.97 EACH</td>
</tr>
<tr>
<td>Coke Energy Drinks 310 ml</td>
<td>1.97 EACH</td>
</tr>
<tr>
<td>Pepperidge Farms Goldfish Crackers 180-227 g</td>
<td>2 FOR 5.00</td>
</tr>
<tr>
<td>SunRype Juices or Iced Tea 5x200 ml</td>
<td>2 FOR 3.00</td>
</tr>
<tr>
<td>Heineken 0% Alcohol Beer 6x330 ml</td>
<td>7.77 EACH</td>
</tr>
<tr>
<td>SunRype Apple Sauces 625 ml</td>
<td>2 FOR 5.00</td>
</tr>
<tr>
<td>Lipton Pure Leaf Teas 547 ml</td>
<td>1.97 EACH</td>
</tr>
</tbody>
</table>

Aunt Jemima Pancake Mixes or Syrup (750 ml) 905 g
2 FOR 6.00

Maille Dijon Mustards 500 ml
4.97 EACH

Kraft BBQ Sauces 455 ml
2 FOR 3.00

Robertson’s Marmalades 250 ml
2.77 EACH

Hidden Valley Ranch Dressings or Tzatziki 473 ml
2.97 EACH

Eurogood Polish Soups 720 ml
3.47 EACH

Emma Extra Virgin Olive Oil 500 ml
3.77 EACH

Primo Beans 540 ml
2 FOR 3.00

San Remo Sundried Tomatoes 250 g
3.27 EACH

Asian Family Thai Sweet Chili Sauce 750 ml
3.97 EACH

San Remo Artichokes 170 ml
2 FOR 3.00

Ketch Sockeye Salmon 100 g
3 FOR 5.00

Deep Cove Light Tuna 170 g
4 FOR 5.00


Chef Michael’s Recipe
Garlic Shrimp
Find the recipe at countrygrocer.com
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dare Breton Crackers</td>
<td>2 for 4.00</td>
<td>120-250 g</td>
</tr>
<tr>
<td>Old Dutch Potato Chips</td>
<td>2 for 6.00</td>
<td>240-255 g</td>
</tr>
<tr>
<td>Planters Cashew Halves</td>
<td>3.77 each</td>
<td>200 g</td>
</tr>
<tr>
<td>Minute Maid Orange Juice</td>
<td>2 for 5.00</td>
<td>1.75 L</td>
</tr>
<tr>
<td>Aylmer Beets</td>
<td>1.77 each</td>
<td>398 ml</td>
</tr>
<tr>
<td>San Pellegrino Sparkling Water</td>
<td>2 for 3.00</td>
<td>750 ml Glass Bottle</td>
</tr>
<tr>
<td>O’Doul’s Non Alcoholic Beers</td>
<td>9.77 each</td>
<td>12’s</td>
</tr>
<tr>
<td>McLaren's Gherkins</td>
<td>2.97 each</td>
<td>also Olives or Onions 375 ml</td>
</tr>
<tr>
<td>Voortman Cookies</td>
<td>2 for 5.00</td>
<td>also Wafers and Turnovers 250-350 g</td>
</tr>
<tr>
<td>San Remo Black Olives</td>
<td>2 for 3.00</td>
<td>398 ml</td>
</tr>
<tr>
<td>Ocean’s Cocktail Shrimp</td>
<td>3.97 each</td>
<td>113 g</td>
</tr>
<tr>
<td>Carr’s Crackers</td>
<td>2 for 4.00</td>
<td>125-184 g</td>
</tr>
<tr>
<td>Lindt Lindor Chocolates</td>
<td>8.97 each</td>
<td>or Ferrero Gift Box 156 g</td>
</tr>
<tr>
<td>Brown &amp; Haley Almond Roca</td>
<td>6.97 each</td>
<td>284 g</td>
</tr>
<tr>
<td>Jet Puffed Marshmallows</td>
<td>2.47 each</td>
<td>400 g</td>
</tr>
<tr>
<td>Kellogg’s Rice Krispies</td>
<td>4.77 each</td>
<td>Holiday Edition 340 g</td>
</tr>
</tbody>
</table>

**Festive Savings**

While Stocks Last

delicious coffee, filled with purpose.

Every cup of Ethical Bean Coffee has been crafted with one simple objective in mind: to make the best fairtrade organic coffee on the planet. Period. Because as far as we’re concerned, doing something good should be rewarded with something that tastes spectacular.

traceable from crop to cup

We place a unique QR code on every bag so you can learn about where your coffee was grown, when it was roasted, and what it tastes like.

seasonally sourced

We source our beans with the harvest calendar to make sure you get the freshest cup possible.

Ethical Bean Single Serve
100% Compostable* Pods
12 ct (any variety)

$6.97

Ethical Bean Coffee - Ground
227g (any variety)

$6.97

Ethical Bean Coffee is a leading roaster of 100% fairtrade certified organic coffee based in Vancouver, BC.

House, Home & Pet

Tide
Laundry Pods
57’s

15.97 EACH

Snuggle
Fabric Softeners
105-120’s

4.77 EACH

Great Stocking Stuffer!
Milkbone
Soft & Chewys
113 g

2 FOR 4.00

Friskies
Cat Foods
368-380 g

4 FOR 5.00

PAGE 12

**Bakery Fresh**

Colin Salt Spring
Our bakers are trained & certified

**Baked In-House**

**English Bay Cookies**
18 Pack

**2 FOR $9.00**

**Raisin Bread**
484 g

**2 FOR $5.00**

**Scones**
6 Pack

**3.97 EACH**

**Dempster’s Wholegrain Loaves & Assorted Bagels**
600 g - 6 Pack

**Mix & Match**

**2 FOR $6.00**

**Golden West English Muffins**
6 Pack

**3 FOR $5.00**

**Deluxe Foccacia Bread**
600 g

**4.97 EACH**

**White, Whole Wheat, or Sourdough Baguettes**
300 g

**1.97 EACH**

**D’Italiano Thick Sliced Bread**
675 g

**3.47 EACH**

**Apple Valley Pies**
Assorted Varieties

**2.97 EACH**

**Seasonal Cupcakes**
Chocolate or Vanilla, 6 Pack

**4.97 EACH**

**TREATS of the WEEK**

**SALE ON**: Victoria, Cobble Hill, Nanaimo & Lake Cowichan: FRIDAY Dec 11 – THURSDAY Dec 17, 2020 / Salt Spring: WEDNESDAY Dec 9 – MONDAY Dec 14, 2020
Country Grocer provides the highest quality product direct from BC Farms. Enjoy the best tastes of BC all year long!

First of the Season!

Fresh from Peru Premium Quality

Jumbo Red Grapes
Seedless

Mexican Premium Quality

Tender Green Beans

Fresh from Peru Premium Quality

Jumbo Red Grapes
Seedless

Always a Great Family Treat

2.97 lb 6.55 Kg

Supporting BC Growers

B.C. Grown Fancy
Ambrosia Apples

California Premium Quality

Satsuma Mandarins & Cara Cara Red Navel Oranges

California Premium Quality

Green Giant Baby Carrots

California Premium Quality

“Oppy” Ocean Spray Blueberries

U.S. Grown Premium Quality

Christmas Mixed Nuts

B.C. Grown Premium Quality

“Houwelings” Mini Cucumbers

Mexican Premium Quality

Grape Tomatoes

Stock up for Christmas

From Greece Premium Quality

String Figs

2.97

1 Pint Clamshells

3 lb Bags

0.97 EACH

3.97

1 lb Bags

1 lb Bags

2 lb 6.55 Kg

1 Pint Clamshells

3 lb Bags

1 Pint Clamshells

5 lb Bags

3.97

297

2 lb 6.55 Kg

1 Pint Clamshells

1 Pint Clamshells

1 lb Bags

1.92 Kg

1 lb Bags

297

297

4 lb 10.96 Kg

284 g Package

297

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.

Fresh Certified Organic Produce

ORGANIC U.S. Fancy Red Pears
$2.47 lb 5.45 Kg

ORGANIC B.C. Grown Fancy Braeburn Apples
$4.97 3 lb Bags

ORGANIC B.C. Premium Quality German Butter Potatoes
$5.97 5 lb Bags

ORGANIC Mexican Premium Quality Broccoli Bunch
$3.97 lb 8.75 Kg

ORGANIC Mexican Premium Quality Zucchini Squash
$1.97 lb 4.34 Kg

ORGANIC Mexican Premium Quality Green Kale
$2.97 EACH BUNCH

Ruby Red Grapefruit
$4.97 EACH 4 lb Bags

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

Floral & Garden

‘Tis the Season Bouquet
$14.97 EACH

Help fill Island kids’ dreams this holiday season! $3 from the sale of this Island Good Bouquet will be donated to: HELP fill a DREAM

Winter Elegance Bouquet
$23.97 EACH

Kalsettias
$19.97 EACH

Seasonal Gift Baskets Made In-Store!
Starting From
$49.97 EACH

Snowflake Bouquet
$11.97 EACH

Island Grown Poinsettias
$8.97 EACH

Help fill Island kids’ dreams this holiday season! $3 from the sale of this Island Good Bouquet will be donated to: HELP fill a DREAM

You’ll Feel Like Family.

Vancouver Island Owned & Operated Since 1984

Find everything you need on the go! Check out our weekly deals, browse recipes and see our Facebook, Instagram & Twitter posts.

Look for Gluten Free Savings throughout the flyer!

Deposits and/or environmental fees extra where applicable. Photos are for illustrative purposes only. Selection may vary by store. We reserve the right to limit quantities.

3 Great Locations to serve you! Open 7 Days a Week!

Silk Fresh Beverages
1.89 L

3.77 EACH

Nature’s Path Organic Granola Bars
Dark Chocolate Peanut Butter
180 g

.97 EACH

Terra Delyssa Organic Extra Virgin Olive Oil
1 L

7.97 EACH

Swift Breakfast Sausage
Frozen, 300 g

1.97 EACH

Maple Leaf Hickory Smoked Chicken
Natural Selections
175 g

2.97 EACH

In our Deli...

Schneiders Turkey Snack Kit
75 g

3 FOR 5.00

We have an App!

Find everything you need on the go! Check out our weekly deals, browse recipes and see our Facebook, Instagram & Twitter posts.

Look for Gluten Free Savings throughout the flyer!

FAIRMOUNT TOWNHOMES
2100 Fairmont Rise
MARTINEZ, CA
\( \text{312-909-027} \)

37 Great Locations to serve you! Open 7 Days a Week!

VICTORIA (ROYAL OAK)  250-708-3919
OPEN 8am-8pm
Royal Oak Shopping Centre, 4420 West Saanich Rd.

VICTORIA (ESQUIMALT)  250-382-5515
OPEN 8am-9pm
1153 Esquimalt Rd.

COBBLE HILL  250-743-5639
OPEN 8am-9pm
33-1400 Cowichan Bay Rd.

LAKE COWICHAN  250-749-6335
OPEN 8am-8pm
83 Cowichan Lake Rd.

NANAIMO (BOWEN RD)  250-591-5525
OPEN 8am-9pm
1800 Dufferin Crescent

NANAIMO (CHASE RIVER)  250-753-7545
OPEN 8am-9pm
82 Twelfth St.

SALT SPRING ISLAND (GANGES)  250-537-4144
OPEN 8am-9pm
374 Lower Ganges Rd.

Proud Member of

OPEN 7AM-8AM
FOR SENIORS AND IMMUNE COMPROMISED SHOPPERS ONLY

www.countrygrocer.com

PAGE 16