

You'll Feel Like Family.



Vancouver Island Owned & Operated Since 1984

Island Good Hertel's
Smoked Cottage Rolls
Boneless, Cured & Naturally Smoked Pork Shoulder
6⁹⁷
lb 15.37 Kg

In the Full Service Meat Case Hertel's
Smoked Sliced Bacon
Naturally Smoked
9⁹⁷
lb 21.98 Kg

Olymel
Bacon
Regular, Maple & Applewood
375 g
5⁹⁷
EACH

McSweeney's
Turkey Trail Mix
57 g
3 FOR 5⁰⁰
While Stocks Last

Olymel
Ham Nuggets
Assorted Flavours
550 g
9⁹⁷
EACH

Sabra
Hummus
Assorted Varieties
283 g
3⁹⁷
EACH

Barbara's Bakery
Cheez Puffs
155-198 g
2⁹⁷
EACH

Camino
Organic Hot Chocolate
or Cocoa
224-336 g
5⁹⁷
EACH

Rise
Organic Oat Milk
946 ml
4⁷⁷
EACH

IronVegan
Sprouted Protein Bars
Contains 16 grams of raw, plant based protein derived from 5 organic Non-GMO sprouted grains and seeds.
64 g Case of 12
2⁹⁷ 32⁹⁷
EACH EACH

Pur
Gum
9 Pieces
2 FOR 3⁰⁰
EACH

Hershey's
Chipits Chocolate Chips
225-300 g
2⁹⁷
EACH

Kettle
Potato Chips
220 g
2 FOR 5⁰⁰
EACH

Prairie Naturals
Bone Broth
Chicken or Beef
300 g
44⁹⁷
EACH

- Beef - spray-dried
- Antibiotic-free
- Low sodium
- No additives, MSG or preservatives

Camino
Organic Chocolate Chips
225 g
5⁷⁷
EACH

Kozy Shack
Rice Puddings
or Tapioca
674 g
2⁹⁷
EACH

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COUNTRY GROCER

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You'll Feel Like Family.

SALE ON: Victoria, Cobble Hill, Nanaimo & Lake Cowichan: FRIDAY Nov 27 – THURSDAY Dec 3, 2020 / Salt Spring: WEDNESDAY Nov 25 – MONDAY Nov 30, 2020