

# LONG WEEKEND SPECIALS

Prices Effective May 17 to May 23, 2018.



100% BC Owned and Operated



**6.99lb**

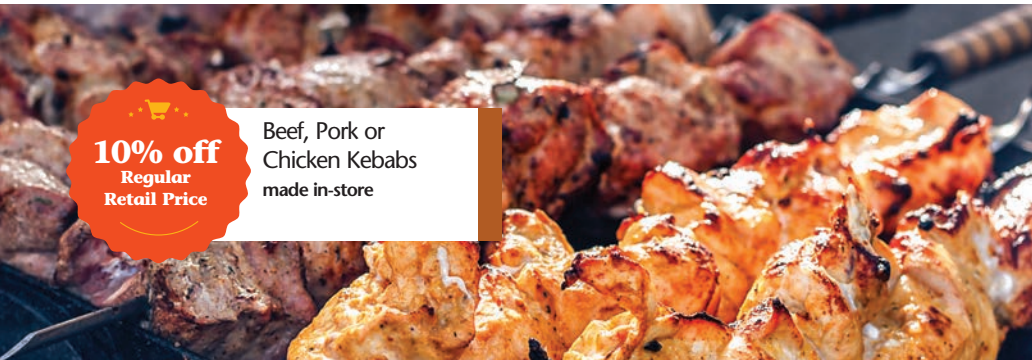
BC Boneless  
Skinless Marinated  
Chicken Breasts  
**15.41kg**



Choices Own Ready To Eat  
Chicken Souvlaki or  
Lemongrass Skewers

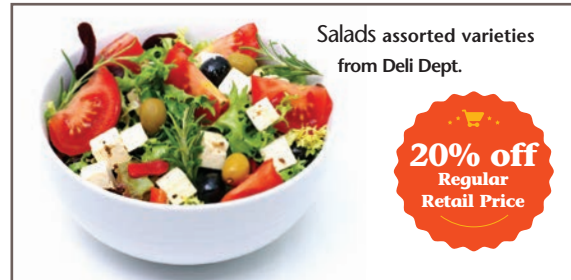
**2.79/  
100g**

from Deli Dept.



**10% off**  
Regular  
Retail Price

Beef, Pork or  
Chicken Kebabs  
made in-store



Salads assorted varieties  
from Deli Dept.

**20% off**  
Regular  
Retail Price



**2.98lb**

BC Grown Red  
Tomatoes on the Vine  
from Origin Organics  
**6.57kg**



Great  
for long  
weekend  
BBQ!

Buns  
assorted varieties  
380g

**4.49**



Simply Natural Organic  
Ketchup or BBQ Sauce  
assorted varieties

**3.79**

BBQ Sauce 303ml

**4.49**

Ketchup 575ml



**4.98lb**

BC Grown Organic  
Portobello Mushrooms  
**10.98kg**



Yves Veggie Cuisine Veggie Burgers

assorted varieties 300g

**3.99**

# GROCERY



Santa Cruz  
Organic Lemonade  
assorted varieties  
946ml  
+deposit +eco fee

**2/4.00**



Neal Brothers  
Organic Popcorn, Pretzels  
Tortilla Chips and Salsa  
assorted varieties  
assorted sizes  
reg price 3.59-6.99

**30% Off**  
regular retail price



Made Good Granola  
Bars and Granola Minis  
assorted varieties  
assorted sizes

**2/7.00**

Zevia Flavoured Sparkling Water  
assorted varieties +deposit +eco fee



**.99** 355ml Singles

**6.99** 8 Pack of 355ml



Old Dutch Chips or  
Double Dutch Chips  
assorted varieties  
220-255g

**2/5.50**



Hippie Snacks Clusters  
and Coconut Chips  
assorted varieties  
40-220g

**3.49 to 5.99**



GT's Organic Raw Kombucha  
assorted varieties  
480ml  
+deposit +eco fee

**3/9.99**



Endangered Species  
Fair Trade Chocolate Bars  
assorted varieties  
85g

**3/9.99**

Want-Want Hot-Kid Super Slim Rice Crisps  
assorted varieties  
100g



**2/6.00**



Whistler Glacial Spring Water  
+deposit +eco fee

**1.49** 1.5L

**2.99** 4L

Organic Traditions Superfood Products



select varieties  
assorted sizes  
reg price 5.99-66.99

**30% Off**  
regular  
retail price



Avalon Organic  
Ice Cream  
assorted varieties  
946ml

**7.99**

Nature's Path Organic Cereal Bars



assorted varieties  
168-210g

**3.49 to 4.49**



Califia Almond Beverages  
and Cold Brew Coffee  
assorted varieties  
1.4L

**4.99** Almond Beverages

**5.99** Cold Brew Coffees

Maple Hill Free Range Extra Large Eggs  
1 dozen



**4.79**

Yoso Creamy Almond Cashew and Creamy  
Coconut Yogurt  
assorted varieties  
440g



**3.99**  
Creamy Coconut

**4.99**  
Almond Cashew

Liberté Classic Yogurt



assorted varieties  
750g

**2/6.00**

La Tortilla Factory Tortillas and Wraps



assorted varieties  
288-496g  
reg price 4.59-7.29

**30% Off**  
regular retail price

# MEAT

Bacon Wrapped  
Pork Tenderloin in  
Teriyaki Marinade  
raised without antibiotics  
made in-store **26.43kg**



**11.99lb**

Pork Chops Bone-in  
raised without antibiotics  
**11.00kg**



**4.99lb**

Choices  
Pork Sausages  
made in-store **17.61kg**



**7.99lb**

BC Marinated Butterfly  
Non-GMO Chicken  
made in-store



**13.99** each

100% Grass Fed New York Steaks  
Aged 21+ Days from Australia  
value pack **24.23kg**



**10.99lb**



Icelandic Cod  
Loin Steaks  
**41.87kg**

**18.99lb**



Fresh Wild-Caught  
Swordfish Loin Steaks  
from Hawaii  
**48.48kg**

**21.99lb**

# DELI

Summer Fresh Dips and Hummus

assorted varieties



**2/7.00**



Tre Stelle or Dofino  
Cheese Slices  
assorted varieties

**4.99**

Organic Bunch Green  
and Black Kale Imported



**2/5.00**

# BAKERY



Chocolate Pecan Banana  
Loaf or Banana Bread  
300-454g

**5.99**

Banana Bread  
sweetened with xylitol  
180g

**3.49**



Alternative Flour Recipes  
assorted varieties  
assorted sizes

**4.49 to 7.99**

**BC**  
**ORGANIC PORK**  
at our Kitsilano,  
Kerrisdale, Cambie,  
North Vancouver  
and South Surrey  
locations

# PRODUCE



Sweet Pineapples

**2.98** each

Organic Green Seedless  
Grapes from Mexico  
**14.29kg**



**6.48lb**

Personal Size Red Seedless  
Watermelon from Mexico



**2.98** each

# WELLNESS



Progressive VegEssential  
All In One Protein Powders  
assorted varieties

**54.99** 840g



Sisu Full Spectrum Curcumin

**29.99** 30 soft gels

**52.99** 60 soft gels



Living Alchemy  
Fermented Alive Series  
reg price 35.99-38.99

**20% off**  
Regular  
Retail Price



Earth Science Face Care  
assorted varieties assorted sizes  
reg price 8.99-17.99

**20% off**  
Regular  
Retail Price



Acure Face and Body Care Products  
assorted varieties assorted sizes  
reg price 10.29-35.29

**25% off**  
Regular  
Retail Price

Weleda Body Care Products



assorted varieties assorted sizes  
reg price 12.99-39.99

**25% off**  
Regular  
Retail Price

# BULK

Seeds assorted varieties, bins and bags

**20% off** regular retail price

# GROCERY



Neal Brothers Mayonnaise  
classic or sriracha  
250ml

**4.99**



Simply Natural Organic Salad Dressing  
assorted varieties  
354ml

**3.79**



Annie's Classic Pasta  
and Cheese Entrees  
select varieties  
170g

**3/6.99**

Armstrong Natural Cheese Slices



assorted varieties  
320-360g

**6.99**



Prairie Harvest Organic  
and Whole Wheat Pasta  
select varieties 454g

**2.49** Organic

**2.79** Whole Wheat



Choices Gourmet  
Pasta Sauce  
assorted varieties  
750ml

**7.99**



Bob's Red Mill Nut Flour  
assorted varieties  
396-453g  
reg price 7.39-24.99

**30% Off**  
regular retail price



Ocean's Canned Tuna  
assorted varieties 3 pack/170g

**4.49** Flaked Light or Chunk Light

**6.99** Flaked White or Solid White

Kinnikinnick Gluten Free Products  
assorted varieties assorted sizes



reg price  
4.29-9.49

**30% Off**  
regular  
retail price



Glutino Frozen Gluten Free  
Bread, English Muffins or Pizza  
assorted varieties  
175-485g

**4.99**

# Thank You

for your patience and continued patronage at our Kitsilano store during our renovations and expansion

Work is proceeding according to schedule, and we're expecting it all to be complete this summer. We can't wait to show it off to you.

If you'd like a preview of what to expect, come by the store and see our **brand new expanded Wellness department**. We have an enhanced selection of healthy supplements and hundreds of new, ethically sourced body care products for you and your family to enjoy.

Our Deli is also home to a new feature: a **delightful antipasto bar**. Scoop up some delicious olives and marinated vegetables, perfect for your next appetizer platter. Stay tuned to our social media channels for more updates.



Kitsilano 604.736.0009 Cambie 604.875.0099 Kerrisdale 604.263.4600 Yaletown 604.633.2392 Commercial Drive 604.678.9665 Kelowna 250.862.4864 South Surrey 604.541.3902 Burnaby Crest 604.522.0936 Burnaby Marine Way 778.379.5757 Abbotsford 604.744.3567 North Vancouver 604.770.2868

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted.