

Prices Effective June 14 to June 20, 2018.

100% BC Owned and Operated



















Vega One All-in-One **Nutritional Shakes**

Vega One Products assorted varieties assorted sizes reg price 3.99-49.99 20% off



GROCERY



Uncle Luke's Organic Maple Syrup assorted varieties

19.99

Danone Oikos Greek Yogurt assorted varieties



2/7.00 4 Pack



Nature's Path Organic Love Crunch Granola assorted varieties 325q

4.49



Salt Spring Organic Fair Trade Coffee assorted varieties 400g

10.99



Oasis Health Break, Fresh Juice and Smoothies assorted varieties 1.64-1.75L +deposit +eco fee

3.99



Silk True Almond Beverages assorted varieties

2/3.00 236ml 2/5.00 946ml



Happy Planet Smoothies assorted varieties 325ml +deposit +eco fee

2.29



Earth's Choice Organic Nut Butters assorted varieties 500q

4.99Peanut Butter

18.99
Almond Butter

Maple Hill Free Range Medium Eggs



3.99

Daiya Non-Dairy Vegan Cheezecake



assorted varieties 400g

5.99



Ben & Jerry's Ice Cream and Non-Dairy Dessert assorted varieties 500ml

4.99 Ice Cream

5.99 Non-Dairy

FUI

Fiji Natural Artesian Water +deposit +eco fee

2/4.00 1L

2/5.00 1.5L

Choices Organic Cheese assorted varieties 235g



6.99



Frozen Coconut Dessert assorted varieties 473ml

5.49



Vita Coco Coconut Water assorted varieties +deposit +eco fee

2/5.00 500ml

2/8.00 1L

Spread'em Cashew Based Vegan



Spreads & Dips assorted varieties 183g

5.49 to 6.99



The Daily Crave Veggie Chips or Lentil Chips assorted varieties 142-170g

3.99

EFruiti Fruit Juice Gummies



assorted varieties

2/3.00

PRODUCE

Organic Broccolini Bunch from Earthbound Farm USA



BC Grown Organic Red and Green Dandelion from 2EE Farm



BC Grown Campari Tomatoes 454g (1lb) package



BC Grown Red, Green and Romaine Lettuce from RGR Farms



DEL

Choices' Own Summer Favourites Coleslaw, Macaroni or Potato Salads



Choices' Own Veggies and Dip Trays



Choices' Own Salmon Lox Bagels and Wraps



Tre Stelle

MOZZARELLA

STORM ASSAULTING

150-116 ASSAULTING

Tre Stelle or Dofino Cheese Slices

4.99



BAKERY

Scones assorted varieties package of 2



Cupcakes and Vintage Cakes assorted varieties includes alternative flour recipe assorted sizes



MEAT

Beef BBQ Sandwich Steaks with Veggies in Teriyaki Marinade **33.05kg**

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



Grass Fed Beef Burger: Blue Cheese and Blueberries or Feta and Spinach **24.23kg**



Marinated Duck BBQ Cuts raised without antibiotics, made in-store



Icelandic Cod Loin Steaks 41.87kg



Fresh Halibut Steaks 39.66kg



Choices Chicken Bone In Breast or Thighs raised without antibiotics **14.31kg**



NEWCHAPTER.

PROSTATE



New Roots Strong Bones

90 Capsules

180 Capsules



New Chapter Prostate 5LX

29.99



Natural Factors Probiotics assorted varieties assorted sizes reg price 14.99-50.49

20% off Regular **Retail Price**



Green Beaver Natural Sunscreens assorted varieties assorted sizes reg price 21.99

20% off Regular **Retail Price**



Boiron Arnicare

11.99 60 Tablets

13.99 70-75g Gel or Cream



The Soap Works Bar Soap select varieties

BULK

Candv

assorted varieties, bins and bags

 $20\%~{
m off}$ regular retail price

GROCERY



Red Duck Ketchup & BBQ Sauce assorted varieties

5.99 Ketchup 384g

BBQ Sauce 482g



Suzie's Organic Mustard assorted varieties 237 and 355ml

2.99



The Ojai Cook Mayonnaise, Lemonaise & Tartar Sauce assorted varieties 355-473ml

5.49



Primal Kitchen Avocado Oil Based Dressing and Mayonnaise assorted varieties

6.99 Dressing 237ml



Simply Natural Organic Ketchup

3.99



Eden Organic Canned Beans assorted varieties 796ml reg price 6.49-7.39

30% Off regular retail price



Daiya Frozen Non-Dairy Vegan Pizza assorted varieties 444-550g

6.99



Lucky Foods Natural Frozen Spring Rolls assorted varieties



Granny's Ultra 2X HE Liquid Laundry Soap 3.78L

4.99

Cascades Fluff Bathroom Tissue and **Tuff Paper Towels**



5.99 Bathroom Tissue 8 Roll

6.99





604.736.0009 604.875.0099

Kerrisdale 604.263.4600 604.633.2392

Commercial Drive 604.678.9665

South Surrey 250.862.4864 604.541.3902

604.522.0936

778.379.5757

Abbotsford 604.744.3567

North Vancouver 604,770,2868