

ORGANIC CHOICES

Prices Effective July 5 to July 11, 2018.



100% BC Owned and Operated



8.99lb

Organic Lean
Ground Beef
value pack
19.82kg

4.99lb

Whole Organic
Non-GMO Chicken
11.00kg

Organic Sourdough Levain Style Bread
sliced or unsliced
530g



4.99

Dairyland Organic Milk
skim, 1%, 2% or 3.25%
4L



7.99



3.98
each

BC Organic Blueberries
Hand Picked at Warkentin
Farm 170g package

3.98
each

BC Organic Raspberries
Hand Picked at Olera Farm
1/2 dry pint package

Simply Natural Organic
Dressing or Ketchup
assorted varieties



3.99
Dressing 354ml

4.99
Ketchup 575ml

MegaFood Blood Builder



23.99
30 Tablets

39.99
72 Tablets

49.99
90 Tablets



8.49

Perron Organic
Cheddar Cheese
170g
from Deli Dept.

6.49

Perron Swiss and
Medium Cheddar
Cheese 170g
from Deli Dept.

New to
Choices



Organic Traditions Superfoods
assorted varieties
assorted sizes
reg price 10.29-35.99



25% off
Regular
Retail Price

GROCERY



Barbara's Cheez Puffs and Bakes
assorted varieties
155-198g

2/5.00



Kettle Brand Avocado Oil Potato Chips
assorted varieties
170g

3/7.98



Calbee Snapea Crisps and Snaps
assorted varieties
85-93g

2/5.00

Nature's Bakery Fig Bars



assorted varieties

.89 Singles 56.6g

4.69 6 Pack



Clif Energy Bars, Nut Butter Filled Bars or Luna Bars
assorted varieties

10/10.00

Luna Bars 48g

5.99 Nut Butter Filled
4 Pack or Clif Energy 6 Pack



Coconut Bliss Organic Frozen Bars
assorted varieties
3 & 4 pack

5.99



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

2/5.00



Rise Organic Kombucha
assorted varieties
1L
+deposit +eco fee

7.99

Breyers Classic Ice Cream



assorted varieties
1.66L

4.99



Blue Monkey Cobalt Coconut Water
assorted varieties
+deposit +eco fee

2.49 500ml

4.49 1L

Zevia Sparkling Flavoured Water



assorted varieties
+deposit +eco fee

.49 Singles 355ml

2/6.00 8 Pack of 355ml



Happy Planet Fruit Smoothies
select varieties
900ml
+deposit +eco fee

3.99



Elias Honey
assorted varieties
500g

6.99 to 8.99



Nuts To You Organic Peanut Butter
smooth or crunchy
500g

5.99



Happy Planet Organic Grass Fed Milk
1.5L

5.39 2%

5.99 3.5%

6.49 Cream Top



Uncle Luke's Organic Maple Syrup
assorted varieties
500ml

10.99



Crofter's Organic Premium Fruit Spread
assorted varieties
235ml

2/7.00

Riviera Petit Pot Set Style Yogurt
assorted varieties 4 pack



4.49

PRODUCE

BC Grown Organic Bunch Green and Black Kale from Myers Farm



2/5.00



BC Grown Organic White Nugget Potatoes from Fraserland Farm new crop

1.98lb



BC Grown Yellow and Green Zucchini

.98lb

DELI

Choices' Own Sushi assorted varieties



5.49 to 7.99



Habibi's Lebanese Style or Herb and Garlic Hummus 200g

2/7.00

Choices' Own Breakfast Bagels, English Muffins or Parfaits



2/6.00

Natural Praga Ham



2.49/100g

BAKERY

Granola Bars 2 varieties package of 2



2.99

Cookies includes alternative sweetener and alternative flour recipe assorted varieties assorted sizes



4.49 to 5.99

MEAT

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

Beef, Pork or Chicken Kebabs select varieties, made in-store



10% off

BC Organic Beef select varieties



10% off

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



7.99lb

Organic Bone-in Chicken Breast and Thighs **19.82kg**



8.99lb

Cod Loin Steaks from Iceland **41.87kg**



18.99lb

Fresh Sockeye Salmon Fillets see in-store for details



WELLNESS



Natural Factors CoQ10 and Herbal Supplements
assorted varieties assorted sizes
reg price 8.49-72.99

20% off
Regular Retail Price



Viva Organic Face Care
assorted varieties assorted sizes
reg price 9.99-48.99

20% off
Regular Retail Price



Avalon Shampoo, Conditioner, Shower Gel, Lotion and Vitamin C Face Care
assorted varieties assorted sizes
reg price 9.49-29.99

30% off
Regular Retail Price



Botanica Perfect Protein
Vanilla or Chocolate

43.99 780-820g



Think Sport Sunscreens
assorted varieties assorted sizes
reg price 15.99-38.99

25% off
Regular Retail Price



Incrediwear Socks, Braces and Wraps
assorted varieties, assorted colours
assorted sizes
reg price 18.99-112.99

20% off
Regular Retail Price

BULK

Candy assorted varieties, bins and bags

20% off regular retail price

GROCERY



Lundberg Organic Rice
assorted varieties 907g
reg price 8.99-11.79

30% Off
regular retail price



Udi's Frozen Gluten Free
Hamburger and Hot Dog Buns
assorted varieties

3.79 Hamburger 4 Pack
4.99 Hot Dog 6 Pack



TruRoots Organic
Rice or Quinoa
assorted varieties assorted sizes
reg price 8.49-15.99

30% Off
regular retail price



Tofurky Brats and Sausages
assorted varieties 397g

3.99



Cape Herb & Spice
Table Top Spices
assorted varieties assorted sizes

Enter to win a BBQ

4.99 to 6.99



Earth's Choice Organic
Coconut Products
assorted varieties assorted sizes
reg price 2.29-21.99

30% Off
regular retail price



Saputo Shredded Cheese
assorted varieties 170-320g

3.99 to 4.99



Dairyland Sour Cream
assorted varieties 500ml

2.29



VIP Natural
Biodegradable Dish Liquid
assorted varieties 740ml

2.29

Caboo Bamboo Bathroom Tissue, Paper Towels, Facial Tissue and Baby Wipes
select varieties select sizes



reg price 1.99-7.29

30% Off
regular retail price

Visit us at the
Abbotsford Berryfest!

July 7th | 10am-10pm
Montrose & Essendene Ave. Abbotsford
Fun activities for the whole family, local artisans and everything berry!



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

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