

# SUMMER SPECIALS

Prices Effective July 12 to July 18, 2018.



100% BC Owned and Operated

4.49

Buns  
assorted varieties  
380g  
from Bakery Dept.

5.99

Canyon Bakehouse  
Gluten Free Hamburger  
or Hot Dog Buns  
340g

La Croix Flavoured  
Sparkling Water  
assorted varieties  
+deposit +eco fee

.69

Singles 355ml

4.99

8 pack 355ml



Island Farms Ice Cream  
assorted varieties 1.65L

4.99 to  
5.99



4.99  
each

Tre Stelle or Dofino  
Cheese Slices  
165g  
from Deli Dept

.98lb

Jumbo Sweet  
Red Onions from California  
2.16kg

5.99lb

Choices 100%  
Grass Fed Beef Burgers  
made in-store  
13.21kg

4.49

Sol Cuisine Frozen  
Veggie Burgers  
assorted varieties 284g  
from Grocery Dept.

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

3/9.99



Vega Sport Products  
Protein, Hydrator,  
and Energizer  
assorted varieties  
assorted sizes  
reg price 1.19-69.99

20% off  
Regular  
Retail Price



# GROCERY

Bremner's Organic Frozen Fruit  
assorted varieties



**5.99 to 6.99** 300-600g  
**19.99** 1.5kg

Larabar Energy Bars  
assorted varieties • 45-48g



**2/3.00**

Suzie's Good Fats Bar  
assorted varieties



**2/4.00** 39g

**22.99** 12 pack



Gerolsteiner  
Carbonated Mineral Water  
750ml  
+deposit +eco fee

**2/4.00**



Seattle Chocolates  
Chocolate Bars  
assorted varieties  
70g

**3.99**



Haribo Gummy Candy  
assorted varieties  
160-175g

**2.19**



Bucha Organic  
Kombucha Beverages  
assorted varieties  
473ml  
+deposit +eco fee

**2/5.00**



Sensible Portions Veggie  
Sticks and Chips  
assorted varieties  
141-142g

**2/6.00**



Boulder Canyon Potato Chip  
assorted varieties  
128-142g

**2/5.50**

Organic Traditions Superfoods



select varieties  
assorted sizes  
reg price 5.99-66.99

**30% Off**  
regular retail price



Prana Organic Trail  
Mix, Nut Mix and  
Sesame Squares  
assorted varieties  
150g

**2.79 to 5.99**

Lorissa's Kitchen Natural Jerky



assorted varieties  
63g

**5.99**



Bragg Organic  
Apple Cider Vinegar

**3.99** 473ml

**5.99** 946ml



Brianna's Salad Dressing  
assorted varieties  
355ml

**5.99**



Sunpic Mayonnaise  
and Sauces  
assorted varieties  
450ml

**3.99**



Eco Max Natural  
Laundry Detergent

assorted varieties  
3L

**12.99**



Eco Max Natural  
Dish Detergent  
assorted varieties  
740ml

**3.99**



Cascades Fluff  
Bathroom Tissue  
or Tuff Paper Towels

**7.99**

Bathroom Tissue 12 Roll

**5.99**

Paper Towel 6 Roll

# GROCERY



Silk Alternative Beverages  
Almond, Cashew, Coconut,  
or Soy assorted varieties

**2/8.00** 1.89L Fresh

**2/4.00** 473ml Creamers

Gold Egg Free Run Eggs  
1 Dozen



**3.99**



Choices Organic Milk

skim, 1%, 2%, or 3.8%  
2L

**4.49**



Terra Breads Premium  
Original Granola

**6.99** 454g

**12.99** 1Kg



Olympic Yogurt  
assorted varieties

**2/6.00**

Krema 500g / Natural 650g

**2/8.00**

Organic 650g / Krema 650g



Liberté Organic Kefir  
assorted varieties

**2/7.00** 454ml

**2/8.00** 1L



Avalon Organic  
Cottage Cheese  
1% or 2%  
500g

**5.79**



L'Ancetre Organic Cheese  
slices or grated  
125/180g

**4.99**

Sunrise Tofu



soft, firm, extra firm  
and medium firm  
300-454g

**1.19 to 2.29**

# WELLNESS



AOR Advanced B Complex

**39.99** 90 Capsules

**54.99** 180 Capsules



Flora Non-GMO Organic Flax Oils

**8.49** 250ml

**13.99** 500ml

**21.99** 940ml



Organika Enhanced Collagen

**19.99** 250g

**37.99** 500g

Organika Enhanced Collagen Relax

**27.99** 250g

Divine Essence Organic Essential  
Oils and Body Oils

select varieties select sizes  
reg price 7.49-55.99



**20% off**  
Regular  
Retail Price



Sisu Integris Probiotics  
30 capsules

**35.99** 20 Billion

**49.99** 30 Billion



Alba Botanica Products  
Hair, Face and Body Care  
assorted varieties  
assorted sizes  
reg price 5.49-20.99

**25% off**  
Regular  
Retail Price

**JULY 14 & 15 2018**

**Tour de WHITE ROCK**

**Festival de Tour WEEKEND**

PRESENTED BY LANDMARK PREMIERE PROPERTIES

**SATURDAY JULY 14**

**CHOICES markets**

**CRITERIUM**

- 3:00pm (Kids Bike Parade & Bike Race)
- 3:30pm (Kids U12 Criterium)
- 4:00pm (U-15 Criterium)
- 4:30pm (Men's Cat 3/4)
- 5:30pm (Women)
- 6:30pm (Men)

**YOUTH CRITERIUM**

**SUNDAY JULY 15**

**Westminster Savings**

**ROAD RACE**

- 9:00am (Youth)
- 10:00am (Men)
- 10:05am (Women)

**+ DON'T MISS THE ACTION AT FIVE CORNERS**

**Family Fun Zone**  
2:30-6:30pm  
Saturday

**Post-race Concert**  
8pm Saturday  
featuring  
**Big City Soul**

**WHITE ROCK**  
*City by the Sea!*

TOURDEWHITEROCK.CA

# BULK



Nuts  
assorted varieties,  
bins and bags

**20% off** regular retail price



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.



# PRODUCE

Organic Salad Kits  
from Earthbound Farm  
assorted varieties  
241g package



**3.98**

BC Grown Organic Green  
Cabbage from Lina's Garden  
2.16kg



**.98lb**

BC Grown Organic Apricots  
907g package



**7.98** each

BC Grown Organic Sweet Red  
Cherries from Elams Organics  
13.18kg



**5.98lb**

BC Grown Blueberries  
2.27kg (5lb) box



**14.98** each

# MEAT

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

Organic Chicken Wings  
value pack **18.72kg**



**8.49lb**

Free Range Venison raised without antibiotics



**10% off**

Boneless Pork Chops raised without antibiotics  
value pack **12.10kg**



**5.49lb**

Fresh Sockeye Salmon Fillets **28.64kg**



**12.99lb**

BC Free Range Bison raised without antibiotics



**10% off**

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



**10.99lb**

# DELI

Farmcrest NON-GMO Roasted Chicken,  
Lemon Herb or Savoury Potato Wedges  
and Family Size Salad



**25.00**

Choices' Own Summer Favourites  
Coleslaw, Macaroni or Potato Salad



**1.29/100g**



Solecito Salsa  
red or green  
230g

**4.99**



Saputo  
Bocconcini Cheese  
assorted varieties  
200g

**4.99**

# BAKERY

Alternative Flour Recipes  
assorted varieties • assorted sizes



**4.49 to 13.49**

Scones  
assorted varieties • package of 2



**2.99**