

SUMMER CHOICES

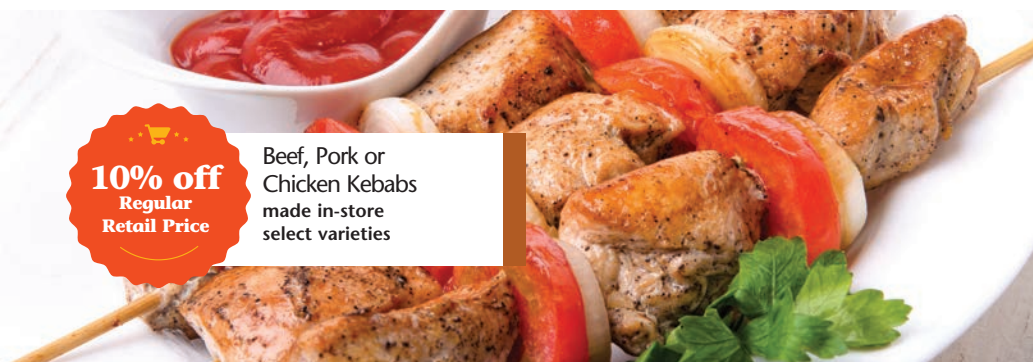
Prices Effective July 19 to July 25, 2018.

100% BC Owned and Operated



8.99lb

BC Extra Lean
Ground Beef Grass Fed
raised without antibiotics
value pack 19.82kg



10% off
Regular
Retail Price

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



3.98

BC Grown Organic
Vista Bella Apples
1.36kg (3lb) bag

**New
crop**



1.98lb

BC Grown Peaches
4.37kg

**New
crop**



Choices' Own Ready to Eat
Deli Wraps
assorted
varieties

1.00 off
Regular
Retail Price

Choices' Own
Individual
Green Salads

**4.49 to
7.49**

from Deli Dept.



Fresh is Best Tortilla Chips,
Taco Shells and Salsa

assorted
varieties
assorted sizes

4.49

Brew Dr. Organic
Kombucha Beverages

assorted
varieties
414ml
+deposit +eco fee

2/7.00



9" Fruit Pies
assorted varieties

10.99



Thinksport
Sunscreen Products
assorted varieties
assorted sizes
reg price 15.99-38.99

20% off
Regular
Retail Price

GROCERY



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

2/5.00



Neal Brothers
Organic Snacks:
chips, popcorn,
cheese pops & salsa
assorted varieties
assorted sizes
reg price 3.59-6.99

30% Off
regular retail price



Terra Potato Chips
assorted varieties
170g

3.99



Coco5 Coconut
Electrolyte Beverages
assorted varieties
500ml
+deposit +eco fee

2/4.00



Angie's
Boomchickapop
Popcorn
2 varieties
142g

3.99



Denman Island
Organic Chocolate Bars
assorted varieties
44-46g

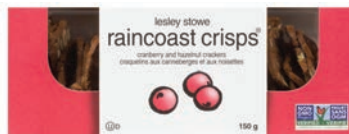
2/6.00



Happy Planet
Smoothies
assorted varieties
900ml
+deposit +eco fee

3.99

Lesley Stowe Raincoast Crisps
assorted varieties 150g



4.99

Made Good Granola Bars and Granola Minis
assorted varieties
4-5 pack and 100g

Gluten Free



2/7.00



Buderim Ginger Beer
assorted varieties
+deposit +eco fee

1.49 Singles 250ml

5.79 4 pack/250ml



Sambazon Frozen
Fruit Acai Purée
2 varieties
400g

7.99



Mapleton's Organic
Ice Cream
assorted varieties
473ml

5.99

Farmhouse Culture Organic Kraut & Gut Shots
assorted varieties



6.99

Gut Shots 473ml
+deposit +eco fee

8.99

Kraut 454g



Amano Miso
and Tamari Sauce
assorted varieties
assorted sizes
reg price 5.79-15.49

30% Off
regular retail price



Nutiva Organic
Virgin Coconut Oil
860ml
reg price 23.99

**Buy One
Get One Free**



Newman's Own
Salad Dressing
assorted varieties
350ml

3.99



French's Ketchup
1L

2.99

Earth's Choice Organic Coconut Products



assorted varieties
assorted sizes
reg price 2.79-21.99

30% Off
regular retail price

PRODUCE

BC Grown Organic Bunch Green Onions from Olera Farm

New crop

2/3.00



Organic Red Seedless Grapes Imported 8.77kg

3.98lb



New crop

BC Grown Organic Red Bunch Beets from Myers Organic Farm

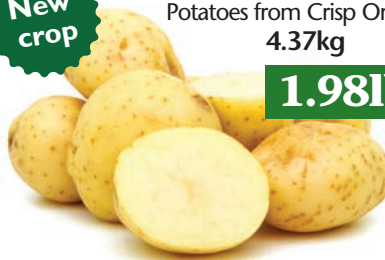
2/4.00



New crop

BC Grown Organic Yellow Potatoes from Crisp Organics 4.37kg

1.98lb



DELI

AIC French Brie Cheese



3.99/100g

Black Forest Ham

1.79/100g



krinos

Krinos Traditional Cow Feta Cheese

1.69/100g



BAKERY

Sourdough Multiseed Bread or Organic Multigrain Bread 530-600g



4.99

Sponge Cake or Loaf Cakes 300g



4.99 to 5.49

MEAT

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

Choices' Own Pork Sausage made in-store 17.61kg



7.99lb

Choices' Own Ground Chicken raised without antibiotics 24.23kg



10.99lb

100% Grass Fed Ribeye Steaks Aged 21+ Days from Australia value pack 31.94kg



14.49lb

Boneless Leg of Lamb Steaks or Roasts 28.64kg



12.99lb

Marinated Duck BBQ Cuts raised without antibiotics, made in-store 9.90kg



4.49lb

Fresh Halibut Steaks 39.66kg



17.99lb

GROCERY



Earth's Choice Organic
Fair Trade Coffee
assorted varieties
400g

7.99



Crofter's Organic
Premium Fruit Spreads
assorted varieties
235ml

2/7.00

Olympic Yogurt Multipacks
organic or krema • assorted varieties
8x100g



4.99



Elias Honey
assorted varieties
500g

6.99 to 8.99



Saugeen Organic
Yogurt or Kefir
1kg

4.99



Edelweiss Granola
premium or hazelnut & maple
300g

6.99

19.99 3lbs



Well Juicery Cold Pressed Juice
assorted varieties
333ml
+deposit +eco fee

4.99 to 5.99



Natur-a Almond
Beverages
assorted varieties
946ml tetra

2/5.00



Tropicana Pure
Premium Orange Juice
assorted varieties
2.63L
+deposit +eco fee

6.49



Stahlbush Island Farms Sustainable
Frozen Vegetables
assorted varieties
284-400g

2/5.00

WELLNESS



Renew Life Probiotics
assorted varieties
reg price 19.99-72.99

25% off
Regular
Retail Price



Progressive Vitamins and
Sports Nutrition Supplements
assorted varieties
reg price 15.69-74.99

20% off
Regular
Retail Price



MegaFood Blood Builder

23.99 30 Tablets

39.99 72 Tablets

49.99 90 Tablets



Natural Factors Digestive
Support and Enzymes
assorted varieties
reg price 5.49-45.99

20% off
Regular
Retail Price



Botanica Perfect Protein
Vanilla or Chocolate

43.99 780-840g

Greens Superfood Powders

33.99 154-216g



Andalou Naturals Hair Care
select varieties
assorted sizes
reg price 12.99-38.49

25% off
Regular
Retail Price

BULK



Dried Fruit
assorted varieties,
bins and bags

20% off regular retail price

Summer Block Party

Choices South Surrey

and participating Alder Crossing Businesses
Choices South Surrey, 3248 King George Boulevard

Help us fundraise for the Surrey SPCA with
a sunny day of family fun!

Featuring:

- Outdoor Local Produce Market!
- Fresh Berries!
- Popcorn!
- Kids Activities!
- A Real Live MERMAID!

BCSPCA

SPEAKING FOR ANIMALS

Sat July 21st

11-2pm



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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