

# HAPPY CHINESE NEW YEAR

## FEBRUARY 5TH YEAR OF THE PIG

Prices Effective January 31 to February 6, 2019.

100% BC Owned and Operated



### Chinese New Year Meal Ideas

from our Deli Department

Choices' Own Entrées



5.49 to 7.99

Choices' Own Pot Stickers

**.35 to .45** each



Choices' Own Spring Rolls

**1.09** each



Gai Lan, Yue Choy Sum, Baby Bok Choy, Shanghai Bok Choy Imported  
567g (1.25lb) bag

**1.98 to 2.98** each



Blue Jay Brand Large Navel Oranges from California  
2.82kg

**1.28lb**



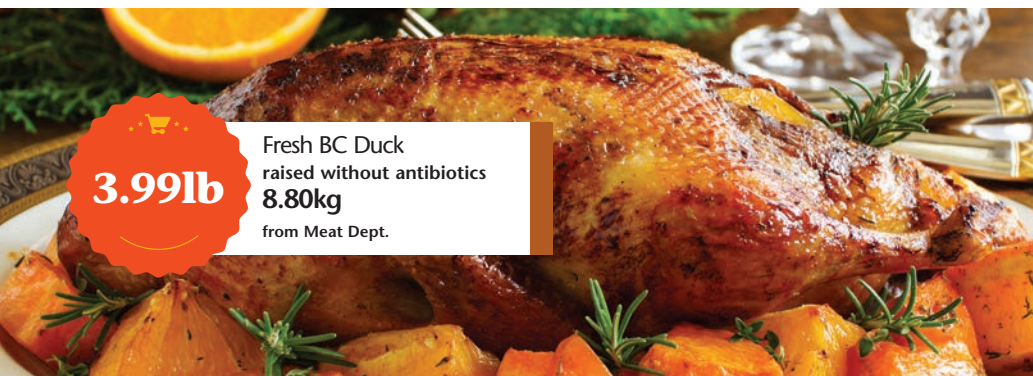
**4.99lb**

Choices' Own Whole Organic Chicken  
**11.00kg**  
from Meat Dept.



Hass Avocados

**5/5.00**



**3.99lb**

Fresh BC Duck raised without antibiotics  
**8.80kg**  
from Meat Dept.



Lundberg Organic Rice assorted varieties  
907g  
reg price 8.99-10.99

**40% off**



# GROCERY

## Thai Kitchen Noodle Bowls and Instant Noodles



**3/3.99**  
Instant Noodles 45g

**2/5.00**  
Bowls 68g



Earth's Choice Organic  
Coconut Based Products  
assorted varieties  
assorted sizes  
reg price 2.79-21.99

**30% off**



Spectrum Oils,  
Mayonnaise and Vinegar  
assorted varieties  
assorted sizes  
reg price 6.29-27.49

**30% off**



Cucina Antica Pasta Sauce  
assorted varieties  
670ml

**6.99**



Nature's Farm Organic Pasta  
assorted varieties  
454g

**2/7.00**

## Amy's Frozen Pizza



assorted varieties  
340-403g

**7.99 to 9.99**



Tre Stelle Shredded Cheese  
assorted varieties  
170-200g

**3.99**



Tofurky Slow  
Roasted Chick'N  
assorted varieties  
227g

**3.99**



Life Choices Frozen  
Chicken and Fish Products  
assorted varieties  
345-600g

**8.99**

## Dairyland Sour Cream and Cottage Cheese



**2.29**  
Sour Cream

**2.99**  
Cottage Cheese



Native Forest Organic  
Canned Fruit and Veggies  
assorted varieties  
assorted sizes  
reg price 4.49-5.99

**30% off**

## Raincoast Trading Wild Salmon and Albacore Tuna



**25% off**



Way Better Tortilla Chips  
assorted varieties  
156g

**2/6.00**



Simply Natural Organic Salsa  
assorted varieties  
470ml

**3.99**



Lily's Stevia Sweetened  
Chocolate Bars  
assorted varieties  
85g

**3.99**



Hippie Snacks Coconut  
Clusters and Granola  
assorted varieties  
assorted sizes

**2/7.00** Clusters

**6.49** Granola



SeaSnax Organic  
Seaweed Snacks  
assorted varieties

**4/5.00** 5g

**2/4.00** 10g



Green & Black's Organic  
Fair Trade Chocolate Bars  
assorted varieties  
100g

**2/7.00**



# PRODUCE

Organic Cauliflower Imported from USA



4.98

Organic Ruby Red Grapefruit from USA  
1.81kg (4lb) bag

4.98



Organic Rainbow Mini Peeled Carrots from Cal Organics  
340g bag



1.98

# DELI

Choices' Own Chicken Wings Tray  
350g

6.99



Choices' Own Large Caesar Salad

7.99



Choices' Own 12" Pizza  
assorted varieties

7.99



Choices' Own Lemon Potato Wedges

1.19/100g



Choices' Own Fresh Chili  
assorted varieties 710ml



7.99

Rosstown Roasted Chickens



8.99

Summer Fresh Hummus and Dips  
227g



3.99

# BAKERY

Party Size Cakes  
assorted varieties  
includes no egg and dairy 540-600g



10.99



Cookies  
assorted varieties  
includes alternative sweetener and  
flour recipes, keto and paleo friendly  
assorted sizes

4.49 to 5.99



Sourdough Bread Levain Style  
sliced and unsliced  
530g

4.99

# MEAT

Duso's Dinner in a Dash Fresh Pasta & Sauce Kit  
assorted varieties  
400-500g



NEW!

5.49

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



8.99lb

100% Grass Fed New York Steak Aged 21+  
Days from Australia value pack 22.02kg



9.99lb

Pork Centre Cut Boneless Chops or Roasts  
raised without antibiotics, value pack  
12.10kg



5.49lb

Organic BC Sturgeon Steaks 39.66kg



17.99lb

# WELLNESS



New Roots Vitamins & Supplements  
assorted varieties  
reg price 9.49-101.99

**20% off**



Green Beaver Face Care,  
Body Care and Sunscreens  
assorted varieties  
reg price 6.79-20.99

**25% off**



Pure Potent WOW: Pure Essential  
Oils and Body Care Products  
assorted varieties  
reg price 2.49-31.99

**20% off**



Loma Vanderhaeghe  
Vitamins and Supplements  
assorted varieties  
reg price 9.99-109.99

**20% off**

Jason Toothpaste assorted varieties  
reg price 6.79-10.29



**BUY 1  
GET 1**

**FREE**



Alba Botanica Hair Care  
assorted varieties  
reg price 10.29

**BUY 1  
GET 1**

**FREE**



Naturint Natural  
Permanent Hair Colour  
assorted colours  
1 Kit

**15.99**

## BULK

Seeds and Snacks  
Bins and Random Weight Bags

**20% off**

# GROCERY

Nature's Farm Free Run Omega-3 Eggs 1 dozen



**4.49**

Large

**4.99**

Extra Large

Liberté Classic Yogurt and Skyr



Icelandic Style Yogurt  
assorted varieties 500-750g

**2/6.00**

Classics

**3.99**

Skyr



Four O'Clock Organic Tea  
assorted varieties  
16 tea bags

**3.99**



Califia Cold Brew Coffee Beverage  
assorted varieties  
295ml

**2/6.00**



Elias Honey  
assorted varieties  
assorted sizes  
reg price 6.69-51.99

**25% off**



Nuts To You Organic  
Almond Butter  
smooth or crunchy  
365g

**11.99**



Choices' Own  
Gluten Free Fluffy Bread  
2 varieties  
454g

**3.99**



Canadian Heritage  
Organic Maple Syrup  
assorted varieties  
1L

**20.99**



La Tortilla Wraps and Tortillas  
assorted varieties  
assorted sizes  
reg price 4.29-7.29

**30% off**



Echoclean Biodegradable Dish Liquid  
assorted varieties  
740ml

**2.79**

**Saturday, February 2**

**1888 West 57th Avenue, Vancouver.**

**Choices Kerrisdale  
19th Anniversary**

Help us celebrate our 19th Anniversary on Saturday, February 2.  
We'll be serving cake and coffee and offering many in-store specials.

**10% Off**

**The Entire Store**

including sale items February 2nd only.



Kitsilano

Cambie

Kerrisdale

Yaletown

Commercial Drive

Kelowna

South Surrey

Burnaby Crest

Burnaby Marine Way

Abbotsford

North Vancouver

604.736.0009

604.875.0099

604.263.4600

604.633.2392

604.678.9665

250.862.4864

604.541.3902

604.522.0936

778.379.5757

604.744.3567

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.