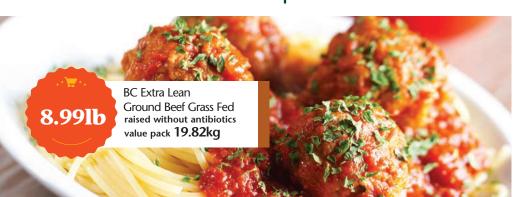
Prices Effective February 28 to March 6, 2019.

100% BC Owned and Operated











Maple Hill Organic Free Range Large Eggs



from Deli Dept.



New Chapter Vitamins and Supplements assorted varieties assorted sizes reg price 25.99-87.99





GROCERY



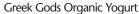
Nature's Path Organic Hot Cereal assorted varieties 6-8 pack

2.99 to 4.49



Nuts To You Almond Hazelnut and Hazelnut Butter 250-365g

5.99 to 8.99





assorted varieties 500a

3.99



Stash Tea assorted varieties 18-20 tea bags

2/6.00



BC Mogiana Organic Fair Trade Whole Bean Coffee assorted varieties 340g

10.99

Liberte Méditerranée Yogurt



assorted varieties 500g

2/6.00

Cows Creamery Butter sea salt or unsalted 250g



Silk

Silk True Fresh Almond Beverages assorted varieties

2/3.00 _{236ml} 2/5.00 _{946ml} Daiya Cheezecake and Yogurt



assorted varieties

3/3.99 150g Greek Yogurt

4.49 454g Yogurt

.99 Cheezecak



Hippie Snacks Avocado and Cauliflower Crisps assorted varieties 70g

3.99

Kraft Philadelphia Cream Cheese assorted varieties 227-250g



Mainland Grass Fed Cheese



assorted varieties 198g reg price 6.99-9.49

30% off

McVitie's Cookies and Biscuits assorted varieties 300-400q



CONTROL CONTRO

Seattle Chocolates Chocolate Bars assorted varieties

2/7.00



Our Little Rebellion Bean Crisps assorted varieties

2/7.00



The GFB Gluten-Free Bites assorted varieties 113g

5.99

Oatmega Grass Fed Whey Protein Crisp Bars assorted varieties 50q



2/4.00



Old Dutch Potato Chips assorted varieties 220-255g

2/6.00

PRODUCE



Organic Blood Oranges from California **4.37kg**

1.98



Organic Salad Kits from Earthbound Farm assorted varieties 241g package

3.98



Green Zucchini from Mexico **2.16kg**

.98lb



Mini Seedless Red Watermelon from Mexico

3.98

DEL

Choices' Own Specialty Roasted Turkey Breast



Choices' Own Ready To Eat Green Salads assorted varieties





Morgan's Harbour Jamaican Patties assorted varieties

3.49



BAKERY

Choices' Own Cookies assorted varieties includes keto, paleo and alternative flour and sweeteners assorted sizes





Choices' Own 6" Pies and Crisps assorted varieties includes sweetened with xylitol assorted sizes

6.49 to 7.49



Choices' Own Sourdough Bread levain style sliced or unsliced 530g

4.99

MEAT

BC Organic Sturgeon Steaks 39.66kg



BC Fresh Steelhead 37.46kg



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



100% Grass Fed Top Sirloin Steaks or Roasts from Australia value pack **17.61kg**



Clear Ocean Wise Bacon Wrapped Scallops 2 varieties 340g **44.07kg**



BC Boneless Skinless Chicken Breasts value pack **11.00kg**





Botanica Perfect Protein Vanilla or Chocolate

42.99 780-840g

Greens Superfood Powders

Nutiva Organic MCT Oil

Joy of the Mountains Oil of Oregano



Bio-K Plus Probiotics

assorted varieties 6 packs and capsules reg price 11.99-40.99



Bach Flower Remedies assorted varieties assorted sizes reg price 5.29-18.99



Weleda Body Care assorted varieties assorted sizes reg price 14.99-39.99

Nuts and Nut Mixes **Select Varieties** Bins and Random Weight Bags

GROCERY



Kaslo Fermentata Sourdough Pasta assorted varieties 560a

6.99 to 9.99



Rao's Gourmet Pasta Sauce and Pizza Sauce assorted varieties

4.99 370ml Pizza Sauce

680ml Pasta Sauce



Choices' Own Extra Virgin Olive Oil 500ml

5.99



Casa Fiesta Products assorted varieties assorted sizes reg price 1.99-6.49



Amy's Organic Soup assorted varieties

2/6.00



Bar Harbor Canned Seafood, Juice, Bisque and Chowder assorted varieties assorted sizes

3.99



Anita's Organic Flour assorted varieties 1-2kg bags reg price 5.99-11.69



Wholesome Organic Sweeteners assorted varieties assorted sizes reg price 6.79-23.99



Echoclean Liquid and Powder Laundry Detergent assorted varieties 1.5L & 3kg

6.99 Liquid

7.99 Powder



Purex Bathroom Tissue assorted varieties 15 pack

6.99





Kitsilano 604.736.0009 604.875.0099 604.263.4600 604.633.2392 604.678.9665

Cambie Kerrisdale

Yaletown

Commercial Drive

250.862.4864 604.541.3902

604.522.0936

South Surrey Burnaby Crest Burnaby Marine Way Abbotsford North Vancouver 778.379.5757

604.744.3567

604.770.2868