

WINTER SPECIALS

Prices Effective February 28 to March 6, 2019.



100% BC Owned and Operated



8.99lb

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



Rosstown
Roasted Chickens

8.99

from Deli Dept.



2/6.99

Grimm's Sliced Deli Meat
125-175g package
assorted varieties



Maple Hill Organic Free Range Large Eggs
1 dozen

5.49



L'Ancetre Organic Cheese
assorted varieties
325g

8.99



5.98

Organic Raspberries
Imported from Mexico
170g package



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

20% off



3.98

Hot House Grown
Peppers Imported
907g (2lb) package



withinUs
TruMarine
Collagen

42.99

20 pack

64.99

250g

55.99

withinUs
TruMarine Matcha
Misto +Collagen

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**

Greek Gods Organic Yogurt



assorted varieties
500g

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



4.99



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

5.99 Cheezecake



Hippie Snacks Avocado
and Cauliflower Crisps
assorted varieties
70g

3.99

Kraft Philadelphia Cream Cheese
assorted varieties 227-250g



2/7.98

Mainland Grass Fed Cheese



assorted varieties
198g
reg price 6.99-9.49

30% off

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



2.99



Seattle Chocolates
Chocolate Bars
assorted varieties
70g

2/7.00



Our Little Rebellion Bean Crisps
assorted varieties
170g

2/7.00



The GFB
Gluten-Free Bites
assorted varieties
113g

5.99

Oatmega Grass Fed Whey Protein Crisp Bars
assorted varieties 50g



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

DELI

Choices' Own Specialty Roasted Turkey Breast



3.99/100g

Choices' Own Ready To Eat Green Salads
assorted varieties



4.49 to 7.49



Morgan's Harbour
Jamaican Patties
assorted varieties

3.49



Choices' Own Cheese

**3.49 to
4.99/100g**

BAKERY

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



4.49 to 5.99



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



17.99lb

BC Fresh Steelhead 37.46kg



16.99lb

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



5.49lb

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



7.99lb

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



19.99lb

BC Boneless Skinless Chicken Breasts
value pack 11.00kg



4.99lb

WELLNESS



Botanica Perfect Protein
Vanilla or Chocolate

42.99 780-840g

Greens Superfood Powders

33.99 154-216g



Nutiva Organic MCT Oil

19.99 473ml

33.99 946ml

23.99 300g Powder

Joy of the Mountains Oil of Oregano



12.99 10ml

16.99 15ml

24.99 30ml

30.99 90 Capsules



Bio-K Plus Probiotics

assorted varieties
6 packs and capsules
reg price 11.99-40.99

20% off



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

25% off



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

25% off

GROCERY



Kaslo Fermentata
Sourdough Pasta
assorted varieties
560g

6.99 to 9.99



Rao's Gourmet Pasta Sauce and
Pizza Sauce assorted varieties

4.99 370ml Pizza Sauce

7.99 680ml Pasta Sauce



Premium Quality!
Less Than
.05% Acidity

Choices' Own
Extra Virgin Olive Oil
500ml

5.99



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

30% off



Amy's Organic Soup
assorted varieties
398ml

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

30% off



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

30% off



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

Free Skin Care Analysis

With Jessie Gill, Viva Organic Skincare

Want to get to know your skin on the inside out?
Viva Organic Skincare's Analysis machine can
measure dark spots, pores, wrinkles, skin texture
and UV photography that measures UV damage.

Register with the Wellness Department in-store to
book your time.

•Saturday, March 2nd
11am to 4pm
3248 King George Blvd.
South Surrey

•Saturday, March 9th
11am to 4pm
2627 W. 16th Ave.
Vancouver

BULK

Nuts and Nut Mixes
Select Varieties
Bins and Random Weight Bags

20% off



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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