

HAPPY VALENTINE'S DAY

Prices Effective February 7 to February 13, 2019.

100% BC Owned and Operated



29.98

Two Stem
Orchid Plant
assorted colours
6" Pot

may not be exactly as shown



3.49 to
7.99

Valentine's Cakes,
Cookies and Cupcakes
assorted varieties
assorted sizes



2.99 to
13.49

Alternative Flour
Baked Goods
assorted varieties
assorted sizes



6.98

Organic Strawberries
Imported from California
454g (1lb) package



Choices' Own
Valentine's Pasta Entrées
assorted varieties
from Deli Dept.

5.49 to
7.99



Beef Tenderloin Steaks
or Roasts from Australia
33.05kg

14.99lb



R.W. Knudsen Sparkling Celebration Juice
assorted varieties
750ml
+deposit +eco fee

4.99



Zazubean Organic
Fair Trade Chocolate Bars
assorted varieties 85g



2/7.00

New Chapter Turmeric Force and
Wholemega Supplements
assorted varieties
assorted sizes
reg price 25.99-73.99



25%
off



Manitoba Harvest
Hemp Hearts

2/9.98
227g

20%
off

All other Hemp Hearts
and Hemp Yeah! Proteins
assorted varieties assorted sizes
reg price 2.99-99.99

GROCERY



Barbara's Cheez Puffs
assorted varieties
155-198g

2/5.00



Hardbite Root Chips
assorted varieties
150g

2/7.00



Rise Organic Kombucha
assorted varieties
1L
+deposit +eco fee

6.99



Spokes Gluten-Free
Puffed Potato Crisps
assorted varieties
80g

2/6.00



Laiki Black and Red
Rice Crackers
100g

2/7.00



Taste Nirvana Coconut Water
assorted varieties
+deposit +eco fee

2/4.00 280ml

2/7.00 700ml



Sahale Gourmet Nut Mixes
assorted varieties
113g

5.99

Bounce Energy Balls
assorted varieties



2/4.00
40g

22.99
12 Pack



Enjoy Life Gluten-Free
Cookies and Baking Chips
assorted varieties
170-283g

3.99 Cookies

4.49 Baking Chips

Choices' Own Organic Milk 4L



7.99

Skim, 1%, 2%

8.99

3.8%

Coconut Bliss Organic Non-Dairy
Frozen Dessert
assorted varieties
473ml



5.99



Taylors Tea
assorted varieties
20 Tea Bags

4.69



Born 3 Large Eggs
1 dozen

2/7.00

Earth's Choice Organic Fruit Spreads



assorted varieties
320g

4.99

Wedderspoon Honey



assorted varieties
assorted sizes
reg price 29.99-53.49

30% off

Danone Drinkable Yogurt



assorted
varieties
8 Pack

3.99

Danino

4.99

DanActive

Nature's Path Organic Granola or



Love Crunch Granola
assorted varieties
325g boxes
350g bags

4.49



So Nice Fresh Organic Beverages
assorted varieties
1.75L

3.99 Organic Almond

3.49 Organic Soy

PRODUCE

Imported Blueberries
and Blackberries
170g package



2/5.00

Organic Romaine
Hearts Imported
package of 3



2.98

BC Grown Ambrosia Apples
2.16kg



.98lb

Organic Grape Cherry Tomatoes
Imported 1 pint



1.98

Organic Green Kiwi Fruit Imported
454g (1lb) bag



2.98

DELI

Spinach and Feta or Feta
and Ricotta Phyllo Pastry



2/5.00



Castello Ticklers
Cheddar, Aged
Havarti, Caramelized
Onion or Pepper
Cheese 200g

6.99

Happy Days Soft Okanagan
Goat Cheese



4.99

Tre Stelle Bocconcini Cheese
assorted varieties



5.99

Alexis De Portneuf Imported
French Brie Cheese 340g



9.99

BAKERY

Choices' Own Multigrain Bread or
Wholesome Country Sourdough Bread
530-575g



4.99

Choices' Own Lemon Chia Loaf
and Marble Pound Cake 300g



5.49 to 5.99

MEAT

BC Boneless Skinless Chicken Breasts
value pack **13.21kg**



5.99lb

Wild-Caught Ahi Tuna Loin Steaks Sashimi Grade
44.07kg



19.99lb

Frenched Rack of Lamb from New
Zealand Lamb Co. **50.68kg**



22.99lb

Pork Side Ribs raised without antibiotics
regular or sweet & sour **11.00kg**



4.99lb

Boneless Leg of Lamb Steaks or Roasts
28.64kg



12.99lb

BC Marinated Butterfly Chicken
raised without antibiotics, made in-store



9.99 each

WELLNESS



Prairie Naturals Vitamins,
Supplements or Body Care Products
assorted varieties assorted sizes
reg price 1.89-77.99

20% off



Genuine Health Fermented
Organic Gut Superfoods and
Greens+ Superfood Greens
assorted varieties assorted sizes
reg price 29.99-129.99

20% off

Curelle Shampoo and Conditioners,



Body Wash and Lotions
assorted varieties

12.99 500ml

7.99 250ml



Lorna Vanderhaeghe
Collagen Supplements

47.99 120 capsules

42.99 104g



Garden of Life mykind Organics
Vitamins and Supplements
assorted varieties assorted sizes
reg price 12.99-52.99

20% off

Anne Marie Borlind Facial Care and



Natural Cosmetics

assorted varieties
assorted sizes
reg price 8.99-109.99

20% off

BULK



Valentine's Candy
assorted varieties
Bins and Random
Weight Bags

20% off

GROCERY



Daiya Vegan Frozen Pizza
assorted varieties
444-550g

6.99



Amy's Frozen
Meals and Bowls
assorted varieties
assorted sizes

4.99



Imagine Organic Broth
select varieties
946ml

2/7.00



Dumet Olives
assorted varieties
150-200g

2.69 to 3.99



Eco Max Dish, Laundry,
and Household Cleaners
assorted varieties assorted sizes
reg price 5.69-17.99

30% off



Gardein Meatless Products
assorted varieties
assorted sizes

4.49



Pearl's Frozen Perogies
assorted varieties
600g

5.49



Simply Natural Organic Pasta Sauce
assorted varieties
739ml

5.49



Amano Miso, Soy or Tamari Sauce
assorted varieties
assorted sizes
reg price 5.89-14.99

30% off



Cascades Fluff Bathroom Tissue
or Tuff Enviro Paper Towels

6.99 Paper Towel 6 Roll

8.99 Bathroom Tissue 12 Roll

Have Nutrition Questions?

The Choices Nutrition Team Has the Answers!

- Learn about specialized diets
- Get simple, healthy home cooked meal ideas
- Learn how to make simple steps to improve your daily diet.
- See your Nutritionist during the tour for Free Nutrition Bucks.

Book a FREE one-on-one consult with our team today.

Email nutrition@choicesmarkets.com or
visit our website at choicesmarkets.com/nutrition



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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