

FAMILY DAY FEBRUARY 18TH

Prices Effective February 14 to February 20, 2019.

100% BC Owned and Operated



All Stores

10% off

Monday, February 18th only!

Entire store including sale items.



13.99
each

Farmcrest Non-GMO
Roasted Chickens
from Deli Dept.

8.99 to 9.99

Choices' Own
Family Size Salads
assorted varieties
from Deli Dept.



NEW!

Beyond Meat Burgers

from our Deli Department

8.99
package of 2



8.99lb

Organic Lean Ground Beef
value pack
19.82kg



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

7.99

NutraSea Omega 3+ Vitamin D
Fish Oil Supplements
select varieties
assorted sizes
reg price 29.99-62.99



20% off



4/5.00

Yellow Ataulfo
Mangoes
Imported
from Mexico



7.99 to 8.99

5" Cakes
including keto
and alternative
flour baked goods
assorted varieties



Vega Sport Protein

39.99
801-837g

Vega Sport Products
assorted varieties
assorted sizes
reg price 1.19-69.99

20% off

GROCERY



Boulder Canyon Kettle Cooked Potato Chips
assorted varieties
128-142g

2/5.00



Old Dutch Restaurant Tortilla Chips and Salsa
assorted varieties
assorted sizes

2/6.00



Choices' Own Gourmet Small Batch Salsa
assorted varieties
750ml

5.99



Hardbite Family Sized Natural Potato Chips
assorted varieties
625g

7.99

While Stocks Last!

Loop Cold Pressed Juice



assorted varieties
355ml
+deposit +eco fee

4.49



Ice Age Glacial and Alkaline Water
assorted varieties +deposit +eco fee
reg price 2.29 500ml / 3.29 1L

BUY 1 GET 1

FREE



Plum-M-Good Organic Rice Cakes
assorted varieties
185g

3.99

La Croix Natural Sparkling Water



assorted varieties
+deposit +eco fee

.79 355ml

4.99 8 Pack



Silly Cow Hot Chocolate
assorted varieties
480g

5.49



Earth's Choice Organic Fair Trade Chocolate Bars
assorted varieties
80g

2/7.00



Patience Organic Coconut Crunch Bites
assorted varieties
95g

3.99



Kind Pressed Bars and Breakfast Bars

3.99 Breakfast 200g

3/5.00 Pressed 35g

18.99 Pressed 12 pack

Thrive Tribe Paleo Bites and Cookies
assorted varieties 170-217g



5.99



Go Raw Organic Sprouted Cookies and Snacks
assorted varieties
85g

5.99

Glutenull Paleo Bars, Square Cookies and Keto Cookies



assorted varieties
assorted sizes

6.99

Breyers Creamery Style Ice Cream
assorted varieties 1.66L



5.99

Pulse Kitchen Cookies and Spreads



assorted varieties
56-100g
reg price 3.29 -9.99

30% off



Blue Diamond Artisan Nut Thins
assorted varieties
120g

2/5.00

GROCERY



Explore Cuisine Organic Pasta Alternatives assorted varieties 200g

4.99



Mia's Kitchen Gourmet Pasta Sauce assorted varieties 710ml

5.99



Saputo Shredded Cheese assorted varieties 170-320g

3.49 to 4.99



Prairie Harvest Organic Semolina Pasta select varieties 454g

2/5.00



Classico Pasta Sauce assorted varieties 218-650ml

2/4.00



L'Ancre Organic Cheese assorted varieties 200g

5.99



Quesava Gluten Free Poppers, Perogies and Dough assorted varieties assorted sizes

6.99 Dough

8.99 Poppers & Perogies



CauliPower Frozen Pizza assorted varieties 330-340g

8.99



Mama Mary's Pizza Shells and Sauce assorted varieties assorted sizes reg price 3.69-9.99

30% off

Gold Rush Organic Frozen French Fries, Hashbrowns and Wedges assorted varieties 454g



4.49



Pacific Foods Organic Soup assorted varieties 1L

4.99



Eden Organic Beans assorted varieties 398ml

2.79

Earthbound Farm Organic Frozen



Fruit and Vegetables assorted varieties 300-400g reg price 4.69-8.49

30% off

Gusta Cheese Grating Block, Sausages and Seitan Roasts or Loafs



4.49 Grating Block 227g

5.49 Sausages 350g

6.99 Seitan 400g



Casbah Side Dishes assorted varieties assorted sizes reg price 3.89-9.79

30% off

Ginger People Candy, Juice and Cooking Sauce assorted varieties assorted sizes reg price 2.59-9.99



30% off



Caboo Bathroom Tissue 12 Roll

8.99



VIP Liquid Laundry Soap and Dish Soap assorted varieties

2/4.00 Dish Soap 740ml

6.99 Laundry Detergent 2.95L

DELI

Choices' Own Pumpkin Seed Hummus

NEW!



.99/100g

Choices' Own Family Size Shepherd's Pie



12.99

Choices' Own Family Size Pot Pies



13.99

Choices' Own Ham, Turkey or Roast Beef Sandwiches



may not be exactly as shown

5.99

Choices' Own Hot Soup assorted varieties



2.99
Small

4.99 Medium

7.99 Large

Indianlife Vegetable Samosas



2/5.00



Habibi's Family Size Hummus 450g

6.99

Freybe Hickory Smoked Bacon or Back Bacon



2.49 to 2.99/100g



Cows Creamery Cheddar Cheese 1, 2 & 3 Years 200g

6.99 to 8.99

PRODUCE

BC Grown Pugly Potatoes from Fraserland Farm Red, Russet and Yellow

2.27kg (5lb) bag



2.98

Organic Celery Imported from Ecocompos in Mexico

2.16kg

.98lb



BC Grown Organic Juicing Carrots from Fountainview Farm

11.34kg (25lb) bag

19.98



BC Grown Gala Apples

2.16kg

Fresh Product!



.98lb

Green Asparagus Imported from Mexico

10.98kg



4.98lb

MEAT

Organic Boneless Skinless Chicken Breasts
value pack 30.84kg



13.99lb

100% Grass Fed Beef Stewing Meat
from Australia value pack 15.41kg



6.99lb

Organic Bone-In Chicken Legs
value pack 13.21kg



5.99lb

Free Range Venison
66.12kg



29.99lb

Boneless Pork Shoulder Roasts or Steaks
13.21kg



5.99lb

Chicken Wings value pack
raised without antibiotics 11.00kg



4.99lb

BC Local Fresh Steelhead 37.46kg



16.99lb

Icelandic Cod Loin Steaks 41.87kg



18.99lb

Whole Rainbow Trout 24.23kg



10.99lb

Choices' Own Organic Chicken Sausages
2 varieties 24.23kg



10.99lb

Choices' Own Frozen Pasta
assorted varieties 500g



5.99

Georels Bone Broth
Chicken or Beef
700g



11.99

BAKERY

Alternative Flour Cookies
assorted varieties package of 6



2.99 to 3.99

White or 100% Whole Wheat Bread
500-530g



2.99 to 4.99

9" Fruit Pies assorted varieties



10.99

WELLNESS



Renew Life Vitamins and Supplements
assorted varieties assorted sizes
reg price 16.49-72.99

25% off

Botanica Organic Turmeric Golden Mylk and Reishi Hot Chocolate



16.99 110g

Botanica Herbal Tinctures and Liquids
assorted varieties
assorted sizes
reg price 19.79-40.99



20% off

Allimax for Immune Health



23.99 30 Capsules

54.99 90 Capsules

79.99 180 Capsules

Hero Yummi Bear Multivitamins
regular, organic or sugar free
select varieties
assorted sizes
reg price 19.49-40.99



20% off

DoMatcha Matcha Tea
assorted varieties
assorted sizes
reg price 1.99-44.99



20% off

BULK

Beans or Rice
Assorted Varieties
Bins and Random Weight Bags

20% off

GROCERY



Nuts to You Organic Almond Butter
assorted varieties
365g

11.99



Crofter's Just Fruit Organic Spreads
assorted varieties
235ml

2/7.00



Canadian Heritage Organic Maple Syrup
assorted varieties
1L

20.99



Elias Organic Creamed Honey

10.99 500g

19.99 1Kg



Nature's Path Organic Frozen Waffles
assorted varieties
210g

2/7.00



Bob's Red Mill Organic Oats
assorted varieties

2.99 454g

3.99 567-680g



Riviera Petit Goat Milk and Organic Yogurt
assorted varieties
4 pack

5.49

Liberté Méditerranée Yogurt



assorted varieties
500g

2/6.00



Celestial Seasonings Tea
assorted varieties
18-20 tea bags

2/6.00

Rabbit River Free Range Large Eggs
1 dozen



4.79

ALL CHOICES STORES FAMILY DAY SPECIAL

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10% Off

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Monday, February 18th only!



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

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.