

# SPRING BREAK

Prices Effective March 21 to March 27, 2019.

100% BC Owned and Operated



**16.99/lb**

Premium Wild  
Sockeye Salmon Fillets  
value pack, previously frozen  
37.46kg

**2.99 to  
6.99**

Choices' Own  
Alternative  
Flour Tarts  
and Cookies  
assorted varieties  
assorted sizes

**11.99**

BC Marinated Non-Gmo  
Butterfly Chickens  
made in-store

Choices' Own Hot Soup or Chili assorted varieties  
assorted sizes  
from Deli Dept.

**3.49 to  
10.49**

**3/9.99**

GT's Organic  
Raw Kombucha  
assorted varieties  
480ml • +deposit +eco fee

**Extra  
Savings!**

**First  
of the  
Season!**

BC Grown Organic Long English  
Cucumbers from Origin Organics in Delta

**2.98**

**3/9.99**

GT's Organic  
Raw Kombucha  
assorted varieties  
480ml • +deposit +eco fee

**Extra  
Savings!**

Organic Strawberries Imported  
454g (1lb)

**3.98**

**2/6.00**

Que Pasa Organic  
Tortilla Chips  
assorted varieties  
300-350g

**Extra  
Savings!**

**2/7.00**

Que Pasa  
Organic Salsa  
assorted varieties  
420ml



Host Defense Medicinal  
Mushroom Supplements  
assorted varieties  
assorted sizes  
reg price 29.99-65.99

**20%  
off**



Everyone Natural Hand Soap  
and Body Care Products  
assorted varieties  
assorted sizes  
reg price 4.99-17.79

**30%  
off**



# GROCERY



Canadian Heritage  
Organic Maple Syrup  
assorted varieties  
1L

**Extra Savings!**

**20.99**

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



**5.99 to 8.99**



**Extra Savings!**

Granola King Granola  
assorted varieties

**6.99** 454g

**9.99** 750g

**24.99** 2kg



Anita's Organic Pancake  
and Cookie Mixes  
assorted varieties  
428g & 1kg

**4.99 to 6.99**

Country Golden Yolks  
Free Range Large Eggs 1 dozen



**4.99**



Blue Diamond Almond Breeze  
assorted varieties

**Extra Savings!**

**2/4.00**

946ml Tetra

**3.79**

1.89L Tetra



Level Ground Organic  
Fair Trade Coffee  
assorted varieties  
454g

**Extra Savings!**

**12.99**

Wedderspoon Manuka Honey Products



**Extra Savings!**

assorted  
varieties  
assorted sizes  
reg price  
10.99-53.49

**25% off**



Ethical Bean Organic  
Fair Trade Coffee  
assorted varieties

**Extra Savings!**

**6.99**

Ground 227g

**9.99**

Whole Bean 340g

Liberté Organic Butter  
salted and unsalted 454g



**6.99**

Stahlbush Island Farms Frozen Vegetables  
and Fruit



**Extra Savings!**

assorted  
varieties  
284-400g

**2/5.00** Vegetables

**4.99** Fruit

Dairyland Cottage Cheese  
assorted varieties 500g



**2.99**



Omega Nutrition  
Organic Coconut Oil

**Extra Savings!**

**8.99** 454g

**14.99** 908g

**39.99** 3.17kg

Caulipower Frozen Pizza



assorted varieties  
330-340g

**Extra Savings!**

**7.99**



Earth's Choice Organic Beans  
assorted varieties  
398ml

**Extra Savings!**

**2/4.00**



Lucini Pasta Sauce  
assorted varieties  
720g

**Extra Savings!**

**9.99**



Nature's Farm Organic Pasta  
assorted varieties  
454g

**Extra Savings!**

**2/6.00**



Earth's Choice Organic Canned Tomatoes, Paste  
and Sauce assorted varieties

**Extra Savings!**

**1.69** Paste

**2/5.00**

398ml

**2/7.00**

796ml



# PRODUCE



Organic Gold and Red  
Bunch Beets from California  
reg price 2.98

**BUY 1  
GET 1  
FREE**



Gold Pineapples  
from Hawaii

**3.98**



Red Cara Cara Navel Oranges  
Imported from California

4.37kg

**1.98lb**

Organic Green Asparagus Imported  
from Mexico



**5.98lb**

# DELI

Choices' Own Quesadillas, Burritos and Fajitas



**4.49 to 5.99**

Choices' Own Salads  
assorted varieties  
assorted sizes



**20% off**

Choices' Own Ready-To-Eat Wraps  
made in-store



**6.99**

Imported Swiss Emmental, Gruyere  
and Cave Aged Gruyere Cheese



**4.49 to 5.99/100g**

# BAKERY

Choices' Own Country French Bread  
white or 60% whole wheat  
480-530g



**4.99**

Choices' Own Muffins  
regular or mini includes  
alternative flour recipe  
assorted varieties  
assorted sizes



**2.99 to  
4.49**

# MEAT

Canada Grade A Beef Stewing Meat  
value pack



**15.41kg**

BC Pork Whole Tenderloin



**19.82kg**

Freybe Rhineland Side Bacon 375g



**6.99**

Frenched Rack of Lamb from New Zealand  
Lamb Co.



**55.09kg**

BC Boneless Chicken Breasts  
value pack, raised without antibiotics



**22.02kg**

**9.99lb**



# WELLNESS



Nutiva Organic MCT Oil

**19.99** 473ml

**33.99** 946ml

**23.99** 300g Powder



Garden of Life Proteins  
assorted varieties

**41.99** Raw Fit  
and Raw Organic 396-664g

**49.99** All in One  
and Sport 652g-1017g



Flora Probiotics  
assorted varieties  
assorted sizes  
reg price 15.99-63.99

**20% off**



Progressive Vitamins and  
Sports Nutrition Supplements  
assorted varieties  
assorted sizes  
reg price 15.69-69.99

**20% off**



A. Vogel Herbal Remedies  
assorted varieties  
assorted sizes  
reg price 15.49-62.99

**20% off**

Whole Earth & Sea Vitamins and Supplements



assorted varieties assorted sizes  
reg price 16.49-69.99

**20% off**

# BULK

Seeds and Snacks  
Select Varieties  
Bins and Random Weight Bags

**20% off**

# GROCERY

Spread 'Em Vegan Dips and Spreads



assorted varieties  
183g

**5.49  
to 6.99**

**Extra Savings!**



Blue Diamond Artisan Nut Thins

assorted varieties  
120g

**2/7.00**

**Extra Savings!**



Rumble Protein Shakes  
assorted varieties

330/350ml  
+deposit +eco fee

**3.99**

**Extra Savings!**



Hardbite Potato Chips

assorted varieties  
128-150g

**2/5.00**

**Extra Savings!**



Santa Cruz Organic Apple Juice

2.84L  
+deposit +eco fee

**9.99**

**Extra Savings!**



Galerie Au Chocolat Fair Trade

Chocolate Bars  
assorted varieties  
100g

**3.99**

**Extra Savings!**



Coco Libre Organic  
Coconut Water

1L  
+deposit +eco fee

**3.79**

GimMe Organic Roasted Seaweed Snacks

assorted varieties



**4/5.00** 5g

**2/4.00** 10g

**Extra Savings!**



Natrell Lactose Free Ice Cream  
assorted varieties

473ml

**2/6.00**



Happy Planets Energy Bites

2 varieties  
42g

**1.79**

# Congratulations

to the Women of Distinction Awards Winners

## ABBOTSFORD

Carol Powell  
Krystal Barlett-Stuart  
Judy Flevey

## THE CREST

Pat Irvine  
Robyn Murrell  
Fay Monkman  
Melody Dingley  
Melody Khamsi

## YALETOWN

Maureen Wilson  
Erin Millar  
Brielle Morgan

## KERRISDALE

Susan How  
Katrina Prescott

## KITSILANO

Lauren Gehlen  
Cathy Morrison

## NORTH VANCOUVER

Symentha Holmes  
Jeanell Bilgera

## KELOWNA

Deb Monaghan  
Shannon Christianson  
Dale Lynchart

## CAMBIE

Laurie Case



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.