

SPRING SAVINGS

Prices Effective March 28 to April 3, 2019.

100% BC Owned and Operated



5.99/lb

BC Boneless, Skinless
Chicken Breasts
value pack
13.21kg



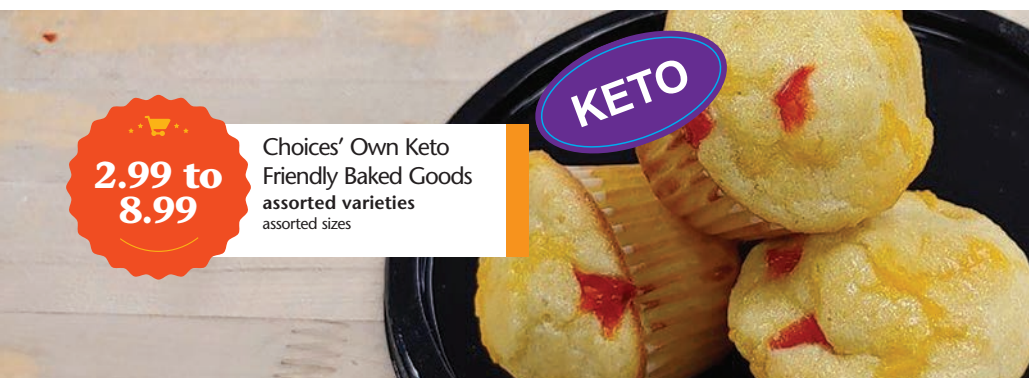
5/5.00

Yellow Corn on
the Cob from USA



2.98

BC Grown
Cameo and Tango
Cherry Tomatoes
1 pint package



2.99 to
8.99

Choices' Own Keto
Friendly Baked Goods
assorted varieties
assorted sizes



Rosstown Roasted Chickens
assorted varieties

9.99

from Deli Dept.



Happy Planet Soup
assorted varieties
500-650ml

4.99

from Deli Dept.



Maple Hill Organic Free Range Extra Large Eggs
1 dozen

5.49



Nature's Path
Organic Eco Pac Cereal
assorted varieties 650-907g

7.99



Loma Vanderhaeghe
Vitamins and Supplements
assorted varieties
assorted sizes
reg price
9.99-109.99

20% off

GROCERY



Spectrum Cooking Oil
and Mayonnaise
assorted varieties
assorted sizes
reg price 6.29-27.49

30% off



Earth's Choice Organic
Coconut Products
assorted varieties
assorted sizes
reg price 2.79-21.99

30% off



San-J Cooking Sauces
assorted varieties
296ml
reg price 4.99-6.79

30% off



Simply Natural Organic Ketchup
575ml
reg price 7.89

**BUY 1
GET 1**

FREE



Omega Nutrition Organic
Apple Cider Vinegar

2.99 355ml

4.99 946ml

Raincoat Wild Tuna, Salmon,
Sardines and Dipping Sauces
assorted varieties assorted sizes
reg price 4.49-9.99



25% off

Gusta Vegan Sausages, Grating
Blocks and Seitan assorted varieties



3.99

Block 227g

4.99

Sausages 350g

6.49

Seitan 400g



Kaslo Sourdough
Fermentata Pasta
assorted varieties
560g

6.99 to 9.99



Annie's Homegrown
Macaroni & Cheese
select varieties 170g

2/4.00

Mac & Cheese

2/6.00

Organic Grass Fed

Vij's Frozen Indian Entrées



assorted varieties
400g

**5.99 to
7.99**

Tasty Bite Ready-To-Eat Meals



assorted varieties
250-285g

2/4.00



Pacific Organic Soups and Broths
assorted varieties

3.99 472ml

4.79 946ml & 1L

Rocky Mountain Artisan Frozen Pizza



select varieties
405-430g

8.99

Pearl's Frozen Perogies



assorted varieties
600g

3.79



Karthein's Organic
Sauerkraut and Kimchi
assorted varieties
375-750ml
reg price 6.99-14.49

30% off



The unBun
Keto Friendly Buns
350g

8.99

Armstrong Natural Cheese Slices
assorted varieties 320-360g



6.49

La Chaudière Organic Bingo Cheese

assorted varieties 168-340g
reg price 7.49-12.99



25% off

GROCERY



Kettle Brand Potato Chips
assorted varieties
170-220g

2/5.00



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

6.99



Loop Cold Pressed Juice
assorted varieties
355ml
+deposit +eco fee

4.49



Zazubean Organic
Fair Trade Chocolate Bars
assorted varieties
85g

2/7.00

Hornby Organic Energy Bars
assorted varieties 80g



LOCAL!

2/5.00

Nature's Bakery Fig Bars



assorted varieties

.99 56.6g

3.99 6 pack



Old Dutch Potato
Chips and Ridges
assorted varieties
220-255g

2/6.00



Haribo Candy
assorted varieties
175g

3/6.00



Choices' Own
Organic Rice Cakes
assorted varieties
185g

2/6.00

Sunflower Kitchen Spreads and Dips



assorted varieties
227-300g
reg price 3.99-6.99

30% off

Pulse Kitchen Nut-Based Spreads



assorted varieties
100g

6.99

Mary's Organic Gluten Free Crackers



assorted varieties
155-184g

5.49

Cuisine Camino Baking Chocolate & Cocoa



assorted varieties
200-225g

4.99 to 5.99



Anita's Organic Flour,
Pancake Mixes and Oats
assorted varieties
assorted sizes
reg price 5.99-13.49

30% off



Glutino Gluten Free Snacks,
Crackers and Cookies
assorted varieties
assorted sizes
reg price 3.99-9.79

30% off

Caboo Bamboo Products



select varieties
assorted sizes
reg price 1.99-26.79

30% off



Boulder Clean Natural
Cleaning Products
assorted varieties
assorted sizes
reg price 5.99-21.99

30% off



Navitas Naturals
Superfood Products
assorted varieties
113-227g
reg price 7.99-16.99

30% off

DELI

Choices' Own Pumpkin Seed
or Golden Boost Hummus



1.29/100g

Choices' Own Ready-To-Eat Green Salads
assorted varieties



**4.49 to
7.49**



Morgan's Harbour
Jamaican Pattie
assorted varieties

3.49

BOTHWELL



Bothwell Non-GMO
Medium or Aged
Cheddar Cheese
250g

**6.99 to
7.99**

Coombe Castle Cave Aged or Billie Goat Cheese
190g



10.99

IndianLife Vegetable or Spinach Pakoras



2.49/100g



Kalamata Olives

**1.19/
100g**



Grimm's Black Forest
or Honey Ham

**1.79/
100g**



Tartine Tarts
Savoury
Quiche Tarts
assorted varieties

9.99



Montreal
Smoked Meat

**2.79/
100g**

PRODUCE



Choices' Own
Dried Fruit
all varieties

**20%
off**



Organic Large Ruby
Grapefruit from California

2/3.00



Organic Blood
Oranges Imported
907g (2lb)

2.98



Organic Cut Vegetables
from Taylor Farms
assorted varieties
255-340g

4.48

MEAT



BC Extra Lean
Grass Fed Ground Beef
19.82kg

8.99lb



New Zealand Lamb Company
Boneless Leg of Lamb
Steaks or Roasts
28.64kg

12.99lb



100% Grass Fed Ribeye
Steaks or Roasts Aged
21+ days from Australia
value pack
28.64kg

12.99lb



BC Organic Sturgeon Steaks
39.66kg

17.99lb



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

5.49lb



BC Fresh Steelhead
44.07kg

19.99lb



Venison Strip Loin
Free Range from
New Zealand
66.12kg

29.99lb



Georels Bone Broth
Chicken or Beef
700g

11.99



Extra Lean Ground Bison
28.64kg

12.99lb



Choices' Own Pasta Frozen
assorted varieties
500g

6.49

BAKERY

Choices' Own Party Size Cakes
select varieties 600g



10.99

Choices' Own Scones
assorted varieties package of 2



2.99

Choices' Own Sourdough
Bread Levain Style Sliced or Unsliced
530g



4.99

WELLNESS



AOR Vitamins and Supplements
assorted varieties
assorted sizes
reg price 29.99-122.99

20% off



SISU Kids U-Cubes,
Vitamins and Supplements
assorted varieties
assorted sizes
reg price 6.79-29.99

20% off



Ecoideas Superfoods Organic
Chia Seeds, Organic Baobab
and Organic Moringa Powder
assorted varieties assorted sizes
reg price 9.99-22.99

20% off



Botanica Perfect Protein
vanilla or chocolate

42.99 780-840g

Greens Superfood Powders

33.99 154-216g



Flora Organic Non-GMO Flax Oils

8.49 250ml

14.49 500ml

21.99 941ml



Thursdays Plantation Tea Tree Products
assorted varieties
assorted sizes
reg price 4.99-20.99

20% off

BULK

Candy
Select Varieties
Bins and Random Weight Bags

20% off

GROCERY



Salt Spring Organic
Fair Trade Coffee
assorted varieties
400g

10.99



Celestial Seasonings Herbal Tea
assorted varieties
18-20 tea bags

2/7.00



Elias Honey
assorted varieties 1kg
reg price 14.99-21.29

30% off



Earth's Choice
Organic Fruit Spreads
assorted varieties
320g

4.99



Nuts To You Almond Butter
assorted varieties
365g

7.99



Fatso High Performance
Peanut Butter
500g

6.99

Danone Oikos Yogurt and Creations
assorted varieties



2/7.00 4 pack

2/8.00 500g

Yoso Dairy Free Coconut or Almond Yogurt
assorted varieties 440g



3.99 Coconut

4.99 Almond

Van's Gluten-Free Frozen Waffles
assorted varieties 255g



3.99

Organic Meadow Butter
salted or unsalted 454g



8.99

Saturday, March 30th | 11am-3pm
8683 10th Ave. Burnaby

Celebrating 12 years in the community
Choices Crest

Help us celebrate our 12th Anniversary on Saturday, March 30th.
We'll be serving cake and coffee and offering many in-store specials.

10% Off

The Entire Store
including sale items March 30th 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

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