

SPRING SAVINGS

Prices Effective April 25 to May 1, 2019.

100% BC Owned and Operated



6.99

Amsellem
Dried Beef
Sausage
assorted varieties
80g

from Deli Dept.

1.89/
100g

Choices' Own
Pesto Orzo and
Spinach Salad or
Pesto
Tortellini Salad
from Deli Dept.

NEW!



Kettle Brand Potato Chips
assorted varieties
170-220g

2/5.00



Love Good Fats Bars
assorted varieties • 39g



2/4.00



16.99lb

Fresh BC
Steelhead
Fillets
37.46kg

17.99lb

Organic BC
Sturgeon
Steaks
39.66kg



Rise Organic Kombucha
assorted varieties
414ml • +deposit +eco fee



3/9.99



3/3.00

BC Grown
Long English
Cucumbers

1.98

BC Grown
Red Grape
Tomatoes
1 pint package



Organika Enhanced Collagen



19.49
250g

35.99
500g

25% off

Organika Collagen
Vitality, Relax Marine
Collagen and Gelatin
250g
reg price 24.99-44.99

GROCERY



Barbara's Cheez Puffs & Bakes
assorted varieties
155-198g

2/5.00



Green & Black's Organic
Fair Trade Chocolate Bars
assorted varieties
100g

2/7.00

Calbee Harvest Snaps Snapea Crips



assorted varieties
85-93g

2/6.00



Blue Monkey Sparkling
Coconut Water
assorted varieties
330ml
+deposit +eco fee

2/3.00



Hungry Buddha
Coconut Chips
2 varieties
40g

2/4.00



Ben & Jerry's Ice Cream
and Frozen Dessert
assorted varieties
500ml

3.99 Regular

4.99 Dairy-Free



Phillips Craft Soda and Tonics
assorted varieties
+deposit +eco fee

2/3.00 355ml Soda

6.99 6 Pack Tonics

Sezme Sesame Snaps



assorted varieties

3/1.00
22.5g

5.99 16 Pack

Bremner's Frozen Organic Berry Blend
or Blueberries
1.5kg



19.99



Spectrum Mayonnaise
canola or eggless

4.49 473ml

6.99 946ml



Rockwell's Liquid
Coconut Oil and Spray

6.49 141ml Spray

7.99 250ml Liquid



Earth's Choice Organic
Apple Cider Vinegar

4.99 473ml

6.99 946ml



Tre Stelle Feta, Ricotta
and Arla Apetina Cheese
assorted varieties
assorted sizes

4.49 to 7.49

Daiya Dairy-Free Cheese Spreads, Blocks,
Shreds, and Slices



Plant Based!

assorted varieties
assorted sizes

3.99



Big Mountain Frozen
Veggie Food Products
assorted varieties
assorted sizes

Plant Based!

4.99

Dairyland Cottage Cheese
assorted varieties 500g



2.99

Simply Pure Cheese
assorted varieties 340g



6.99



Eco Max Laundry Wash and
Fabric Softener
assorted varieties

5.99 1.05L Fabric Softener

11.99 3L Laundry Wash

PRODUCE

Organic Navel Oranges from USA
1.81kg (4lb) bag



5.98

Organic Blueberries Imported from Mexico
1 pint package



4.98

BC Grown Organic Bunch Spinach from Olera Farm



2.98 bunch

**First
of the
Season!**

Organic Rio Red Grapefruit from USA
1.81kg (4lb) bag



4.98

DELI

NEW
Salmon or
Chicken
& Quinoa
Salad!



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

**4.49 to
7.49**



Choices' Own
Fresh Soup
assorted varieties

5.99



Rosstown
Roasted Chickens

9.99

Tre Stelle Bocconcini 200g



4.99

MEAT

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



8.99lb

100% Grass Fed Ribeye Steaks or
Roasts Aged 21+ Days from Australia
value pack 31.94kg



14.49lb

Choices' Own Ground Chicken
raised without antibiotics 24.23kg



10.99lb

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



5.49lb

BAKERY

Choices' Own Whole Wheat or
Sourdough Multiseed Bread
530-600g



4.99



Choices' Own Cookies
select varieties includes
alternative flour, keto & paleo
assorted sizes

**4.49 to
5.99**



Choices' Own Scones
assorted varieties
package of 2

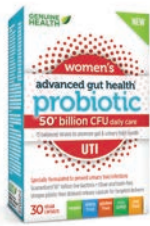
2.99

Venison Strip Loin Free Range
66.12kg



29.99lb

WELLNESS



Genuine Health Fermented Proteins, Bars, Greens+ and Supplements assorted varieties
assorted sizes
reg price 3.50-129.99

20% off



Brad King's Supplements
assorted varieties
assorted sizes
reg price 19.99-84.99

25% off



NutraSea Omega-3
Fish Oil Supplements
select flavours

19.99
200ml & 60 Soft Gels

39.99
500ml & 150 Soft Gels



Botanica Supplements, Superfoods and Herbal Tinctures & Liquids
assorted varieties
assorted sizes
reg price 18.99-99.99

20% off



Amazing Grass Organic Wheat Grass and Protein Superfood Powders
assorted varieties
assorted sizes
reg price 1.99-69.99

20% off



Platinum Naturals Activ-X Men's and Women's Multi-Vitamins

39.99
60 Soft Gels

69.99
120 Soft Gels

Platinum Naturals Relev-X

34.99
90 Soft Gels

BULK



Organic Frozen Blueberries
(see frozen foods isle)

25% off

GROCERY



Little Northern Bakehouse
Vegan Wide Slice Bread
white or whole grain
567g

5.79



Choices' Own
Gluten-Free Fluffy Bread
white and whole grain
454g

33% off

3.99



Crofter's Organic
Fruit Spreads
assorted varieties
235ml

2/7.00



Nuts To You Organic Almond Butter
assorted varieties

7.99
250g

12.99
365g



Ethical Bean Fair Trade Organic
Coffee Ground or Whole Bean

6.99
227g Ground

9.99
340g Whole Bean



Mighty Leaf Artisan Tea
assorted varieties
15 tea bags

8.99



Choices' Own
Organic Milk 2L

4.49
1, 2% & Skim Milk

4.99
3.8%



Choices' Own Hand Made
Fruit & Nut Granola

7.49
400g

13.99
908g

Riviera Goat Yogurt and Set Style Yogurt
assorted varieties



4.49
750g Set Style Yogurt

5.49
500g Goat Yogurt

Danone Oikos Yogurt & Creations
assorted varieties



2/7.00
4 Pack

3.99
500g



VEG EXPO

On May 5th we're celebrating Veg Expo! Veg Expo is a day of celebration where leaders in the vegan and vegetarian industries introduce new, innovative, inspiring products and services that you can implement into your lifestyle. Meet like-minded people, listen to passionate speakers, and have a fun time with the whole family. Check it all out at the Vancouver Convention Centre West.



Kitsilano 604.736.0009 Cambie 604.875.0099 Kerrisdale 604.633.2392 Yaletown 604.678.9665 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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