

# VEGAN CHOICES

Prices Effective May 2 to May 8, 2019.



100% BC Owned and Operated



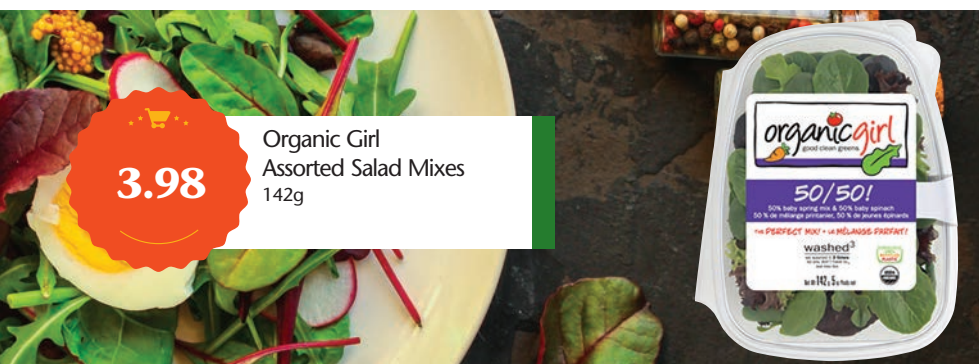
3/6.99

Organic Green, Rainbow and Red Chard Imported from USA



2.98

BC Grown Heirloom Medley Tomatoes  
1 pint package



3.98

Organic Girl Assorted Salad Mixes  
142g



4.99

Choices' Own Vegan Sprouted Cookies  
312g

Come sample our cookies at the Veg Expo May 5th!

**Vegan Choices from our Deli Dept.**

Happy Planet Soup assorted varieties  
500-650ml

**4.99**

Choices' Own Plant Based Vegan Bowls assorted varieties

**6.49**

IndianLife Vegetable Samosas

**2/5.00**

Featured at Veg Expo!

Gardein Frozen Vegan Meatless Products assorted varieties  
205g - 390g

**Plant Based!**

**3.99**

Parmela Creamery Nut Based Cheese Slices and Shreds assorted varieties  
198g

**Plant Based!**

**4.99**



# GROCERY



Que Pasa Organic  
Tortilla Chips & Salsa  
assorted varieties  
assorted sizes

**2/7.00**



Hardbite Potato Chips  
assorted varieties  
128-150g

**2/5.00**



Sensible Portions  
Veggie Chips and Straws  
assorted varieties  
141-142g

**2/7.00**



Rumble Protein Shakes  
assorted varieties

**3.99** 330ml

**45.99** 12 Pack



Made Good Cookies,  
Granola, Bites and  
Chocolate Chips  
assorted varieties  
assorted sizes  
reg price 1.19-8.99

**30% off**



FreeYumm Gluten-Free  
Bars and Cookies  
assorted varieties  
135-154g

**2/7.00**



Roar Organic  
Natural Energy Drink  
assorted varieties  
532ml  
+deposit +eco fee

**2/5.00**

Clif Nut Butter Filled Bars and Whey  
Protein Bars assorted varieties



**2/3.00** 50g Nut  
Butter Filled

**2/4.00** 56g Whey Protein

**14.99** 8 Pack Whey Protein



Alter Eco Fair Trade  
Chocolate Bars  
assorted varieties  
80g

**2/7.00**

Loop Cold Pressed Juice

assorted varieties  
355ml  
+deposit +eco fee

**3.99**



Fiasco Gelato and Sorbetto



assorted varieties  
562ml

**6.99**

Applesnax Apple Sauce Cups  
assorted varieties 6 pack



**2/6.00**  
Conventional

**2/7.00**  
Organic



Blue Monkey Organic  
Coconut Water  
+deposit

**2.49** 500ml

**4.49** 1L



Born 3 Omega-3  
Large White Eggs  
1 dozen

**3.49**

GluteNull Bakery Bars and Cookies

assorted varieties  
assorted sizes

Try  
our **Keto**  
and **Paleo**  
options!



**6.99**



Choices' Own Glacial Water  
500ml-9.5L  
+deposit +eco fee

**.79 to 4.99**



Nuts To You Peanut Butter  
crunchy or smooth  
750ml

**5.99**



Silver Hills Fresh Breads  
assorted varieties  
assorted sizes

**2/7.98**



# PRODUCE

BC Grown Baby Cucumbers  
454g package



**2/5.00**



Organic Red Seedless  
Grapes from Chile  
15.39kg

**6.98lb**



Organic Valencia  
Oranges from Mexico  
1.81kg (4lb)

**4.98**

# DELI

Choices' Own Tofu Salads  
assorted varieties



**1.99/100g**



Habibi's Hummus and Dips  
assorted varieties  
200g

**3.99 to 5.99**



L'Ancêtre Organic  
Spreadable Goat Cheese

**6.49**

# BAKERY

Choices' Own Multigrain Bread  
regular or half loaf  
260 & 530g



**3.49 to 4.99**



Choices' Own  
9" Fruit Pies  
assorted varieties

**10.99**



Choices' Own Alternative  
Flour Vegan Options  
including Keto and Paleo  
assorted sizes

**5.49 to 7.49**

# MEAT

Local Fresh Duck  
raised without antibiotics 8.80kg



**3.99lb**

Whole Organic Chicken  
11.00kg



**4.99lb**

100% Grass Fed Top Sirloin Steaks or Roasts  
from Australia 17.61kg



**7.99lb**

Choices' Own Turkey Sausages 17.61kg



**7.99lb**

Catfish 33.05kg



**14.99lb**

Halibut Steaks 44.07kg



**19.99lb**



# WELLNESS



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

**20% off**



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

**20% off**



Vega One All-in-One  
Nutritional Shakes

**48.99**  
827-876g

All Vega Sports  
Nutrition Supplements  
and Smoothies

Vega Sport  
Protein

**39.99**  
801-837g

**20% off**



Botanica Organic Golden  
Mylk, Reishi Hot Chocolate,  
Turmeric Lemonade, and  
Lion's Mane Iced Tea

**16.99** 80-150g



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

**20% off**



Goddess Garden Natural Sunscreens,  
Essential Oils and Bracelets  
assorted varieties assorted sizes  
reg price 18.49-33.49

**25% off**



Oneka Shampoo and Conditioners  
assorted varieties

**10.99** 500ml

# BULK

Organic Dried Mango  
Bins and Random  
Weight Bags

**30% off**



# GROCERY



Tre Stelle Shredded Cheese  
assorted varieties  
170-200g

**4.49**



O'Dough's Gluten-Free  
Bread and Bagels  
assorted varieties 300-700g  
reg price 5.79-6.99

**30% off**

Choices' Own Small Batch Gourmet



Pasta Sauce  
assorted varieties  
750ml

**7.99**



Rizopia Organic  
Gluten-Free Rice Pasta  
assorted varieties 340-454g  
reg price 3.19-4.99

**30% off**

La Preferida Organic Refried Beans, Salsa,  
Chili and Nacho Slices  
assorted varieties 118-492ml  
reg price 2.79-6.99



**30% off**



Rocky Mountain  
Artisan Frozen Pizza  
assorted varieties  
405-430g

**8.99**

Raincoast Salmon, Albacore Tuna, Dipping  
Sauces and Marinades assorted varieties  
assorted sizes  
reg price 4.49-9.99



**30% off**



Tru Roots Grains and Beans  
assorted varieties 227-907g  
reg price 9.19-15.99

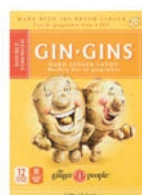
**30% off**



Wild Planet Albacore  
Tuna and Sardines  
assorted varieties

**2.99**  
125g Sardines

**4.99** 142g  
Albacore Tuna



The Ginger People Products  
assorted varieties  
assorted sizes  
reg price 2.59-9.99

**30% off**



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.