

WEEKLY SPECIALS

Prices Effective May 30 to June 5, 2019.

100% BC Owned and Operated



4.99lb

Whole Organic Chickens
11.00kg



19.99lb

Beef Tenderloin Steaks
and Roasts from Australia
44.07kg



.98lb

BC Grown White
Nugget Potatoes
2.16kg

**First
of the
Season!**



**2.98
Bunch**

BC Grown Organic
Bunch Spinach from
Myers Organic Farm



Choices' Own Cookies
assorted varieties including
alternative flour & sugar products
assorted sizes

**4.49 to
5.99**



Rosstown
Roasted Chickens
from Deli Dept.

9.99



**Plant
Based!**

Coconut Bliss Organic
Frozen Dessert
assorted varieties 473ml

5.99



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

2/7.00



SISU

Buy Sisu No. 7
90 caps for 51.99
and get Spectrum
Curcumin 30's
for

FREE

GROCERY



Ethical Bean Organic
Fair Trade Coffee
assorted varieties

6.99 227g Ground

9.99 340g Whole Bean



Silk Fresh Organic
Almond Cashew Beverages
vanilla & unsweetened
1.4L

5.49



Canadian Heritage
Organic Maple Syrup
assorted varieties
500ml

10.99

Gold Egg Free Run Large Eggs
1 dozen



3.99



Granola Girl Cereal
454g

6.99



Fatso High Performance Peanut
Butter and Cocoa Peanut Butter
500g

7.99



Tree Island
Cream Top Yogurt
assorted varieties

3.99 500g

7.99 1.5kg

Daiya Cheezecake and Greek Yogurt
assorted varieties



2/3.00

150g Yogurt

4.49

454g Yogurt

4.99

400g Cheezecake



Iögo Yogurt Tubes, Protein Yogurt
and Drinkable Nano Yogurts
assorted varieties
4-8 pack

2/6.00



Happy Planet Fruit Smoothies
assorted varieties
900ml

+deposit +eco fee

3.99

Daiya Dairy-Free Frozen Pizza



assorted varieties
444-550g

Plant Based!

6.99

Earth's Choice Organic Canned Tomatoes
assorted varieties



2.99 398ml

3.99 796ml

Amy's Organic Frozen Burritos and Wraps
assorted varieties



2/5.00

170g Burritos

2/6.00

156g
Gluten-Free Burritos & Wraps



Primal Kitchen
Dressings and Mayonnaise
assorted varieties

6.99 237ml Dressing

10.99 355ml Mayo

Gusta Vegan Sausages,
Grating Blocks and Seitan Loaf



assorted varieties
227-400g
reg price 6.49-8.49

30% off



Go Go Organic Quinoa Pasta
assorted varieties
227g

2/6.00



Premium Quality! Less Than .05% Acidity!

5.99

Choices' Own Extra
Virgin Olive Oil
500ml



V.I.P. Dish and Laundry Liquid
assorted varieties

1.99 740ml Dish Liquid

6.49 2.95L Laundry Liquid

PRODUCE

Organic Blackberries Imported
170g package



2/5.00

Organic Lemons Imported from USA
907g (2lb) bag



4.98

BC Grown Long Seedless Cucumbers



3/3.00

BC Grown Red Tomatoes on the Vine **3.26kg**



1.48lb

DELI

Choices' Own Potato
and Coleslaw Salads
assorted varieties



1.49/100g

Summer Fresh Dips and Hummus
227g



3.99

Indianlife Naan Bread and Tortillas



5.99

Saputo Bocconcini 200g



5.49

Castello Tickler
Cheddar, Aged Havarti,
Caramelized Onion or
Pepper Cheese
200g



6.49

BAKERY

Choices' Own Sourdough Multiseed
or Multigrain Bread 530-600g



4.99

Choices' Own Party Size Cakes
assorted varieties 600g



10.99

MEAT



Organic Chicken
Bone-In Breast
and Thighs
value pack
19.82kg

8.99lb



BC Spot
Prawn Tails
66.03kg

29.95lb



Cod Loin Fillets
from Iceland
41.87kg

18.99lb



Choices' Own
Pork Sausages
assorted varieties
made in-store
17.61kg

7.99lb



Organic Pork
Back Ribs
previously frozen
11.00kg

4.99lb



Organic BC
Sturgeon Steaks
39.66kg

17.99lb



Ocean Mama
Raw Organic Black
Tiger Prawns

13.99

WELLNESS

Natren Probiotics



assorted varieties
assorted sizes
reg price 26.99-99.99

25% off



Garden Of Life mykind Organics
Vitamins and Supplements
assorted varieties assorted sizes
reg price 12.99-52.99

25% off

Nutiva Organic MCT Oil



19.99 473ml

33.99 946ml

23.99 300g Powder
Unflavoured, Chocolate, Vanilla, & Matcha



Salus Red Beet Crystals

19.99 200g



Soapworks Bar Soap
select varieties

3/5.00



Desert Essence Hair
and Body Care Products
assorted varieties assorted sizes
reg price 3.99-20.29

25% off



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

20% off

BULK

Organic Dried Mangoes
Bins and Random Weight Bags

30% off

GROCERY



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

3/9.99

Clif & Luna Energy Bars



assorted
varieties
48-68g

10/10.00



Prana Nut Mixes
assorted varieties
150g
reg price 4.99-9.49

30% off



Deebee's Fruit Freezies
12 pack

5.99



R.W. Knudsen Sparkling Juice
assorted varieties 750ml
+deposit +eco fee

4.99 Conventional

5.49 Organic



Spread' Em Vegan
Dips and Spreads
assorted varieties 183g

5.49 to 6.99

Simply Protein Bars



assorted
varieties
40g

2/4.00



Hippie Snacks Organic Sesame Snacks
and Coconut Clusters assorted varieties

2/1.50 16g Sesame Snacks

2/7.00 56g Coconut Clusters

Dandies Gluten-Free Vegan Marshmallows



assorted varieties
283g

4.99



Old Dutch Restaurant
Tortilla Chips and Salsa
assorted varieties
assorted sizes

2/6.00

Choices Cambie 21st Anniversary

Saturday, June 1 | 3493 Cambie Street, Vancouver

Help us celebrate our 21st Anniversary on Saturday, June 1.
We'll be serving cake and coffee and offering many in-store specials.

10% OFF

The Entire Store including sale items June 1 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.