

FATHER'S DAY

Prices Effective June 13 to June 19, 2019.

100% BC Owned and Operated

15% OFF
the entire store
including sale items
June 16th only!



16.99lb

Venison Leg Steaks
from New Zealand
raised without antibiotics
37.46kg



4.99lb

BC Boneless Skinless
Chicken Breasts
value pack
11.00kg



13.99

Farmcrest
Non-GMO
Roasted Chickens
from Deli Dept.

**1.19/
100g**

Choices' Own
Lemon Herb or Mexi
Potato Wedges
from Deli Dept.



**1.49/
100g**

Choices' Own Summer
Favourites Coleslaw,
Macaroni or Potato Salads
from Deli Dept.



BC Grown Organic Romaine
Lettuce from Myers Organic Farm

1.98
each

Organic Black and Red Seedless Grapes Imported
from Mexico
8.77kg



3.98lb



Choices' Own Bakery Buns Includes Keto
assorted varieties assorted sizes



**2.99 to
5.49**



Ben & Jerry's Ice Cream
assorted varieties
500ml

3.99
Regular

4.49
Dairy-Free



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

3/9.99



Every Man Jack Men's Face,
Hair and Body Care
assorted varieties
assorted sizes
reg price 2.99-27.49

30% off

GROCERY

Amy's Organic Frozen Burritos and Wraps



assorted varieties

2/5.00 170g Burritos & Wraps

2/6.00 156g Gluten Free Varieties

Daiya Dairy-Free Frozen Pizza



Plant Based!

assorted varieties
444-550g

6.99

Vij's Frozen Entrées



assorted varieties
400g

5.99 Vegetarian Varieties

7.99 Meat Varieties



Classico Pasta
Sauce and Pesto
assorted varieties
218-650ml

2/4.00



Earth's Choice
Organic Tomatoes
assorted varieties

2.99 398ml

3.99 796ml



Rao's Gourmet
Pasta Sauce
assorted varieties
680ml

8.99



Maison Orphée Vinegar,
Mustard and Dressing
assorted varieties
250 & 500ml
reg price 3.99-8.99

30% off



Lisc Sauerkraut, Horseradish, Dill
Cucumbers and Pickled Beets
assorted varieties
assorted sizes

2.29 to 2.99



Wildbrine Kimchi,
Sauerkraut and Probiotic Shots
assorted varieties
237-510ml
reg price 6.99-10.49

30% off



Earth's Choice Organic
Fair Trade Coffee
assorted varieties
400g

7.99



Traditional Medicinals
Organic Tea
assorted varieties
20 Tea Bags

4.49



Canadian Heritage
Organic Maple Syrup
assorted varieties
500ml

10.99

Maple Hill Organic Free Range Medium Eggs
1 dozen



4.49



Silk Fresh Organic
Almond Cashew Beverages
assorted varieties
1.4L

5.49



Nuts To You Organic
Peanut Butter
crunchy or smooth
500g

5.99

Daiya Dairy-Free Cheeze Cake and Yogurt
assorted varieties



1.49

150g Yogurt

4.99

454g Greek Yogurt

5.49

400g Cheezecake

Avalon Organic Cottage Cheese



1% & 2%
500g

5.49

Organic Meadow Butter
assorted varieties
454g



9.99

PRODUCE

Organic Broccolini Imported from USA



2.98

Fair Trade Organic Yellow
Peaches Imported from USA
8.77kg



3.98lb

BC Grown Organic Red Tomatoes
On the Vine from
Origin Organics
6.57kg



2.98lb

Green Asparagus Canadian Grown
8.77kg



3.98lb

DELI

Choices' Own 7 Layer Dip



7.99

Krinos Phyllo Twisters Spinach
or Feta and Ricotta Stuffed Phyllo



2/6.00

Bothwell Cheese



assorted varieties

**2.69/
100g**



Tre Stelle or
Dofino Cheese Slices

4.99



BAKERY

Choices' Own Muffins
regular and mini
includes alternative flour products
package of 3-4



2.99 to 4.49

Choices' Own Cupcakes and 5" Cakes
select varieties



4.99 to 8.99

MEAT



Old Country
Pasta Meals
assorted varieties

5.29



Beef Tenderloin
Steaks or Roasts
from Australia
44.07kg

19.99lb



Rack of Lamb
52.89kg

23.99lb



BC Spot
Prawn Tails
99.18kg

44.99lb



Extra Lean
Ground Bison
28.64kg

12.99lb



Pork Side Ribs
regular or sweet
and sour, raised
without antibiotics
13.21kg

5.99lb



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

7.99lb

WELLNESS



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

20% off

New Chapter Prostate and Herbal Supplements



assorted varieties
assorted sizes
reg price 29.99-49.99

25% off



Genuine Health Fermented Line
assorted varieties
assorted sizes
reg price 3.50-71.99

20% off



Kaizen Proteins 840g

31.99 Whey

36.99 Vegan

38.99 ISO Whey



Mega Foods Baby &
MegaFood Multivitamins
assorted varieties
assorted sizes
reg price 43.99-79.99

25% off



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

20% off

BULK



Candy assorted varieties
Bins and Random Weight Bags

20% off

GROCERY



Spread'Em Kitchen Vegan
Cashew Dips and Spreads
assorted varieties 183g

5.99 to 7.49



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

30% off



Plant Based!

Nadamoo Dairy-Free
Frozen Dessert
assorted varieties 473ml

6.99



Haribo Gummies
assorted varieties 175g

2/4.00



Oasis Fresh Juice
assorted varieties
1.65 & 1.75L
+deposit +eco fee

3.99



Happy Planet Fruit Smoothies
assorted varieties
900ml
+deposit +eco fee

3.99



Que Pasa Organic
Flavoured Tortilla Chips
assorted varieties 156g

2/6.00



Whole Alternatives
Organic Popcorn
2 varieties
3 Pack

2/6.00

Cascades Fluff Toilet Paper and Tuff Paper Towels
assorted varieties



6.49 6 Pack Paper Towels

7.99 12 Pack Toilet Paper



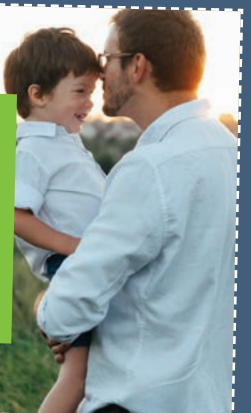
Granny's Ultra Liquid
Laundry Detergent
3.78L

6.49

Father's Day Savings!

15% OFF

Entire store including sale items,
Sunday June 16th 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.