

SUMMER SPECIALS

Prices Effective July 4 to July 10, 2019.

100% BC Owned and Operated



16.99lb

Venison Leg Steaks
Free Range from New Zealand
raised without antibiotics
37.46kg



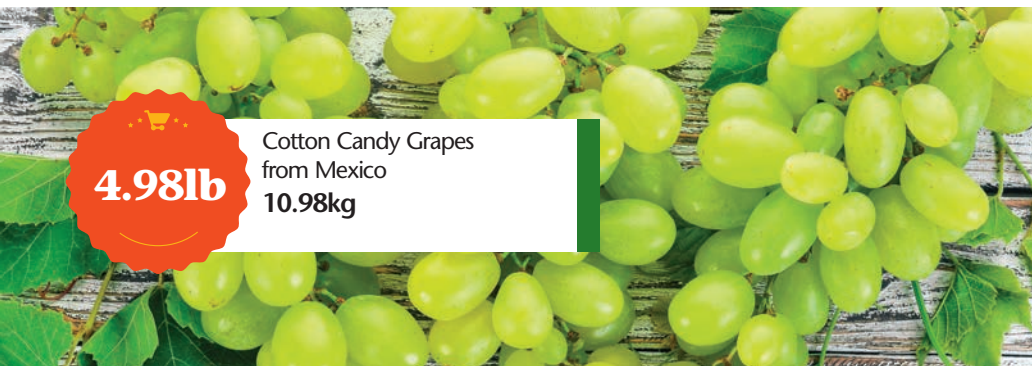
12.99lb

Wild Sockeye Salmon Fillets
value pack
previously frozen
28.64kg



4.98

BC Grown Organic Blueberries
170g package



4.98lb

Cotton Candy Grapes
from Mexico
10.98kg



Choices' Own Ready to Eat
Chicken Skewers or Breasts
assorted flavours

2.99/
100g

from Our Deli Dept.

Choices' Own
Fresh Sushi



20%
off



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

6.49



Barbara's Puffs and Bakes
assorted varieties 155-198g

2/5.00



Vega Sport Products
assorted varieties
assorted sizes
reg price 1.19-54.99

20%
off

GROCERY



Fentimans Craft Soda
assorted varieties
+deposit +eco fee

2/4.00 275ml

6.99 4 Pack

4.99 750ml



Made Good Products
assorted varieties
assorted sizes
reg price 1.19-8.99

30% off

Hornby Organic Energy Bars
assorted varieties 80g



LOCAL!

2/5.00



Flow Alkaline Spring Water
and Organic Flavoured Water
assorted varieties
+deposit +eco fee

4/5.00 500ml

3/6.00 1L

Lesley Stowe's Raincoast Crisps
assorted varieties 150g



4.99

Clif Energy Bars and Smoothie Filled Bars
assorted varieties



5.99

6 Pack Energy Bars

2/3.00

50g Smoothie Bars



Coconut Bliss Organic
Dairy-Free Dessert Bars
assorted varieties
3 & 4 Pack

5.49



Sonoma
Creamery Crackers
assorted varieties
64g

4.99

Nature's Bakery Fig Bars



assorted varieties

.89

56.6g Single

4.49

6 Pack



CoolWay
Frozen Dessert
assorted varieties
500ml

3.99



Old Dutch Restaurant
Tortilla Chips & Salsa
assorted varieties
assorted sizes

2/6.00

Mrs. Renfro's Salsa



assorted varieties
473ml

4.99



Sahale Nut Mixes
assorted varieties
113g

5.99



Udi's Breads, Bagels,
Buns and Pizza Shells
assorted varieties
assorted sizes
reg price 5.29-7.39

30% off

Stahlbush Island Farms Frozen Vegetables



assorted varieties
284-400g

2/5.00



Bragg Organic
Apple Cider Vinegar

3.99 473ml

5.49 946ml



Maison Orphée
Cooking Oils
assorted varieties
250-500ml
reg price 10.99-16.99

30% off



Cape Herb & Spice
Seasonings, Rubs and Salts
assorted varieties
40-130g
reg price 4.99-9.99

30% off

PRODUCE



Organic Girl
Salad Mixes
assorted
varieties
142g package

3.98

Love Beets all varieties

184-249g package



1.00 off

Organic Yellow Nectarines
from USA **6.57kg**



2.98lb

BC Grown Hot House Peppers
assorted colours
907g bag



2.98

BC Grown Organic Green Kale
from Myers Organic Farm



1.98

DELI



Choices' Own
Green Salads
assorted varieties

5.99 to 7.49



IndianLife
Vegetable Samosas

2/5.00

Halibut Steaks **44.07kg**



19.99lb

BC Fresh Duck
raised without antibiotics **8.80kg**



3.99lb

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



14.49lb

Organic Bone-In Chicken Legs
value pack **13.21kg**



5.99lb



Habibi's Hummus
and Dips
200g

3.99



Tre Stelle
Bocconcini Cheese
200g

5.99

BAKERY

Choices' Own Muffins
regular or mini, assorted varieties
includes alternative flour varieties
package of 3-4



2.99 to 4.49



Choices' Own
Country French Bread
white or 60% whole wheat
480-530g

4.99



Choices' Own Alternative
Flour Bars and Tarts
assorted varieties
assorted sizes

2.99 to 7.49

BC Marinated Butterfly Chicken made-in-store



12.99 each

The Keg Prime Rib Burgers, The Keg Prime Rib
Beef Sliders and The Keg BBQ Pork Back Ribs
assorted sizes



14.99 each

WELLNESS



Progressive Vitamins
and Supplements
assorted varieties
assorted sizes
reg price 15.79-74.99

20% off



Purica Extra Strength Recovery
and Complete 360
assorted varieties
assorted sizes
reg price 29.99-68.99

20% off

Andalou Hair, Face and Body Care Products



assorted varieties
assorted sizes
reg price 4.99-42.49

20% off



Natural Factors Minerals and
Magnesium Supplements
assorted varieties
assorted sizes
reg price 6.49-21.99

20% off



Sisu Ester-C
Energy Boost
assorted varieties

4/2.00

8-9.2g Single Sachet

14.49

Box of 30



New Chapter
Fermented Boosters
assorted varieties
assorted sizes

26.99 to 37.99

BULK

Candy
Assorted Varieties
Bins and Random Weight Bags

20% off

GROCERY

Silk Dairy-Free Beverages and Creamers
assorted varieties assorted sizes



2/5.00

473ml Creamers

3.99

1.89L Beverages

Rabbit River Free Run Large Eggs 1 dozen



4.29



Liberté Classic Yogurts
assorted varieties
750g

2/6.00



Uncle Luke's #1
Medium Maple Syrup

7.49

375ml

17.99

1L



Elias Honey
assorted varieties
500g
reg price 9.99-11.99

30% off



Silver Hills Sprouted
Power Breads
assorted varieties
assorted sizes

2/8.00

Armstrong Cheese
assorted varieties 600g



7.99 to 8.99



Parmela Creamery Nut Cheese
assorted varieties
198g

4.99

Plant Based!

Delverde Pasta
assorted varieties 450g



2/5.00



TruRoots Organic
Sprouted Lentils and
Sprouted Quinoa
227g & 283g

5.99

Have Nutrition Questions?

Our Choices Nutrition Team Has the Answers!

- Learn about specialized diets
- Get simple, healthy home cooked meal ideas
- Learn simple steps to improve your daily diet

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