

SUMMER SAVINGS

Prices Effective July 18 to July 24, 2019.

100% BC Owned and Operated



16.99lb

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



KETO

2.99 to 8.99

Choices' Own Keto Baked Goods
assorted varieties
assorted sizes



4.99lb

BC Boneless Skinless Chicken Breasts
value pack
11.00kg



Choices' Own Family Size Salads
assorted varieties

7.99

9.99

Greek Salads

from Our Deli Dept.



24.98

BC Grown Organic Blueberries
from Myers Organic Farms
2.27kg (5lb)



NEW!

Morgan's Harbour Jamaican Patties
assorted varieties

3.49

from Our Deli Dept.



3.98

BC Grown Organic Vista Bella Apples
1.36kg (3lb) bag

1st of the Season!



Olympic Yogurt
assorted varieties 500-650g

2/6.00

Natural & Crema

2/8.00

Organic & Greek



Silk Dairy-Free Beverages and Creamers
assorted varieties

2/5.00

473ml Creamers

3.99

1.89L Beverages

GROCERY



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

6.99

Hornby Organic Energy Bars
assorted varieties 80g



2/5.00



Choices' Own
Organic Rice Cakes
assorted varieties
185g

2/7.00



Santa Cruz
Organic Lemonade
assorted varieties
946ml
+deposit +eco fee

2/5.00



Late July Tortilla Chips
assorted varieties
156-170g

2/7.00

Las Margaritas Fresh Salsa
assorted varieties 500g



5.49



Happy Planet Smoothies
assorted varieties
325ml
+deposit +eco fee

2/4.00

Nature's Bakery Fig Bars



assorted varieties

.89 56.6g

4.49 6 Pack

Calbee Harvest Peas and Lentil Snaps



assorted varieties
85-95g

2/5.00



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

2/3.00 355ml Soda

2/2.50 237ml Tonic

6.99 6 Pack Tonic

Praeventia and Leclerc Cookies
assorted varieties
100-240g



3.99

Rj's Licorice
assorted varieties
40-180g



.99 to 2.79



Ice Age Water
+deposit +eco fee

2/2.00 500ml

2/3.00 1L



Gerolsteiner Mineral Water
750ml
+deposit +eco fee

2/4.00

CoolWay Frozen Desserts



assorted varieties
500ml

3.99



Earth's Choice
Organic Coconut Milk,
Flour and Chips
assorted varieties assorted sizes
reg price 2.79-5.99

30% off



Kuehne Sauerkraut,
Dressing and Condiments
assorted varieties
assorted sizes
reg price 3.99-6.29

30% off



Uncle Dougie's BBQ Sauce,
Hot Sauce and Ketchup
assorted varieties

3.49 148ml Hot Sauce

5.49 474ml BBQ Sauce and Ketchup

PRODUCE

BC Grown Organic Rainier
Cherries from Sproules **19.58kg**



8.88lb

BC Grown Organic Green Zucchini
4.37kg



1.98lb

BC Grown Green, Red, and
Romaine Lettuce from RGR



3/3.00

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



1.48lb

MEAT

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



3.99lb

Sirloin Tip BBQ Steaks or Roasts
value pack **15.41kg**



6.99lb

DELI

Farmcrest Roasted Non-GMO Chickens



13.99

Choices' Own Deli Salads



20% off

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



5.99lb

Castelvetro Olive



1.99/100g

Tre Stelle or Dofino Cheese Slices



4.99 each

Cod Loin Steaks from Iceland **41.87kg**



18.99lb

Free Range Lamb Loin Chops from New Zealand
raised without antibiotics **30.84kg**



13.99lb

BAKERY

Choices' Own Sourdough Bread
levain style sliced and unsliced 530g



4.99

Choices' Own Scones
assorted varieties package of 2



2.99

Extra Lean Ground Bison **28.64kg**



12.99lb

WELLNESS



Sisu Ester-C Energy Boost

4/2.00 Singles

14.49 30 Pack



MegaFood Multi-Vitamins assorted varieties assorted sizes reg price 38.49-71.99

20% off



Garden of Life Proteins

41.99 Raw Fit and Raw Organic 396-664g

49.99 All in One and Sport 652-1017g



Green Beaver Hair Care, Body Care and Sun Care assorted varieties assorted sizes reg price 6.79-21.99

20% off



Thinksport Suncare assorted varieties assorted sizes reg price 15.99-38.99

20% off

Viva Organics Facial Care assorted varieties assorted sizes

reg price 9.99-48.99

20% off

BULK

Organic Frozen Blueberries

25% off



GROCERY



Adams Natural Peanut Butter assorted varieties 500g

2/7.00



Silver Hills Sprouted Power Bread assorted varieties assorted sizes

2/8.00



St. Dalfour Spreads assorted varieties 225ml

4.49



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

30% off

Made Good Granola, Cookies, Bars and Cereal assorted varieties assorted sizes

reg price 1.19-8.99

30% off



Capilano Honey 375g

5.99 Conventional

6.99 Organic



Parmela Creamery Nut Cheese assorted varieties 198g

4.99

Lesley Stoves Raincoast Crisps assorted varieties 150g



4.99



Bio-Vert Natural Cleaning Products assorted varieties assorted sizes reg price 4.29-16.99

30% off

Caboo Bamboo Paper Products



assorted varieties assorted sizes reg price 1.99-26.99

30% off

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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