

BC DAY SPECIALS

Prices Effective August 1 to August 7, 2019.

100% BC Owned and Operated



16.99lb

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



Choices' Own Bakery Buns
assorted varieties assorted sizes

4.49 to 5.49



BC Rosstown Roasted Chickens
from Our Deli Dept.

8.99



3.98

BC Grown Strawberries
1 open pint



Choices' Own 7 Layer Dips
from Our Deli Dept.

7.99

4.99
Calavo
Guacamole



5/3.50

BC Grown Bi-Colour
Corn from RGR



Nature's Path Organic Eco Pack Cereals
assorted varieties

650-907g

7.99



Ethical Bean Organic Fair Trade Coffee
assorted varieties

6.99
227g Ground

9.99
340g Whole Bean



PRODUCE SPECIAL!
15% OFF

BC Produced Organic Little Creek Dressings
assorted varieties • 295ml and 750ml

BC Grown Organic Green Dirt Salads
assorted varieties • 142g



Flora Probiotics
assorted varieties
assorted sizes
reg price 15.99-63.99

20% off

GROCERY



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

3/9.00



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

2/7.00

Organic Traditions Superfood Products



assorted varieties
assorted sizes
reg price 5.99-66.99

30% off



Flow Naturally
Alkaline Spring Water
+deposit +eco fee

2/3.00 500ml

3/6.00 1L

Hot Kidd and Want Want Rice Crisps
assorted varieties 100g



2/5.00

Hot Kidd Rice Crisps

2/6.00

Want Want Super Slim Crisps



Beanfields Chips
assorted varieties
156g

3.79



Blue Monkey Organic
Coconut Water
+deposit +eco fee

2/4.00 500ml

3.49 1L



Deebee's Organic
Fruit Pops
assorted varieties
4 pack

3.99

So Delicious Dairy-Free Frozen Dessert and Bars
assorted varieties



3.99 4 Pack
Dairy-Free Bars

4.99 500ml
Frozen Dessert

Eden Organic Beans



assorted varieties
398ml

2/5.00



La Tortilla Factory
Wraps and Tortillas
assorted varieties
240-496g
reg price 4.29-7.29

30% off

Tre Stelle Feta Cheese
assorted varieties



4.49
200g Feta Cubes

6.99
400g Feta Tub

Amy's Organic Frozen Pizza



assorted varieties
340-403g

7.49 to 8.49

Field Roast Vegan Sausages and Cheese



select varieties
assorted sizes

4.99
Vegan Sausages

5.49
Vegan Cheese

Hilary's Eat Well Organic Frozen Veggie Burgers



assorted varieties
181g

2/5.00

Beyond Meat Burgers



226g

6.99

Zevia Sugar Free Sodas, Teas and Energy

assorted varieties +deposit +eco fee



2/3.00 355ml
Tea & Energy Drinks

.79 355ml Soda

3.99 6 Pack Soda



Choices' Own Small
Batch Gourmet Salsa
assorted varieties
750ml

5.49

PRODUCE

BC Grown Organic Peach
from Natures First Fruits 907g bag



3.98



BC Grown Organic Blueberries from Westberry Farms 454g package

6.98



BC Grown Organic Field Tomatoes from Secret Organics 5.47kg

2.48lb

DELI

Choices' Own Green Salads
assorted varieties



4.49 to 7.49

Specialty Imported Vitale Italian Sliced Cured Meats
assorted varieties 100g



7.99



Dofino Havarti Cheese



2.89/100g

Summer Salad Toppers Apetina Feta in Oil
assorted varieties 100g



2/5.00

BAKERY

Choices' Own 9" Pies
assorted varieties



10.99

Choices Own' Banana Bread and Chocolate Pecan Loaf 300-454g



5.99

MEAT

100% Grass Fed Lean Ground Beef from Australia
12.10kg



5.49lb

Halibut Steaks **44.07kg**



19.99lb

Grimm's Sizzlin' Smokies and Wieners
assorted varieties



5.99

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



5.99lb

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



14.49lb

Rack of Lamb **44.07kg**



19.99lb

WELLNESS



Boiron Arnica

13.79 70-75g Gel or Cream

11.79 60 Tablets



Everyone Natural Hand Soap and Body Care Products
assorted varieties assorted sizes
reg price 8.99-17.49

25% off



New Chapter Wholemega, Turmeric and Bone Strength
assorted varieties assorted sizes
reg price 25.99-82.99

20% off

Nutiva Organic MCT Oil and MCT Powder



19.99 473ml

33.99 946ml

23.99 300g Powder
(Unflavoured, Chocolate, Vanilla, Matcha)



Goddess Garden Natural Sunscreens, Essential Oils and Bracelets
assorted varieties assorted sizes
reg price 18.49-33.99

25% off



Desert Essence Hair Care 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

Mixed Nuts and Snacks
Bins and Random Weight Bags

20% off

GROCERY

Choices' Own Organic Cheese



assorted varieties
235g

6.79



Choices' Own Organic Rice Cakes
assorted varieties
185g

2/6.00



Nature's Path Organic Frozen Waffles
assorted varieties
210g

2/7.00



Fatso High Performance Nut Butters
assorted varieties
500g

7.99

Liberte Mediterranée Yogurt



assorted varieties
500g

2/6.00



Silk Organic Almond Cashew Beverages
assorted varieties
1.4L

5.99



Prana Organic Dried Fruit
assorted varieties 150-300g
reg price 7.99-11.99

30% off



Kind Pressed Fruit Bars
assorted varieties

2/3.00 35g Bars

16.99 12 Pack

Seventh Generation Bathroom Tissue



2.99 4 Pack

7.99 12 Pack



Glutino Gluten Free Sandwich Loaf and English Muffins
assorted varieties

4.49 369g Sandwich Loaf

4.99 485g English Muffins



Be Proud!

Choices is proud to support the members of our LGBTQ2A community this year with our delicious Rainbow Sprinkle Cupcakes. \$1 from each sale between August 1st and 7th will be donated to Saige Community Food Bank, an organization dedicated to being a safe space where transgender and gender non-conforming or queer individuals can gain access to healthy food.



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.