

# SUMMER SPECIALS

Prices Effective August 8 to August 14, 2019.

100% BC Owned and Operated



7.99/lb

Organic Lean Ground Beef  
value pack  
17.61kg



19.99/lb

Beef Tenderloin Steaks  
or Roasts from Australia  
44.07kg



4/5.00

BC Grown Organic  
Yellow Corn on the Cob  
from Crisp Organics

7.98

BC Grown Organic  
Santa Rosa Plums from  
Direct Organics Plus  
907g package



Choices' Own  
Greek Salad 440g  
or Krinos Twisters

6.99  
Greek Salad

2/6.00  
Krinos Twisters

from Our Deli Dept.



Choices' Own Ready-to-Eat  
Vegan Salad Bowls

5.99

from Our Deli Dept.



Hardbite Potato Chips  
assorted varieties  
128-150g

2/5.00



Brew Doctor Organic Kombucha  
assorted varieties 946ml  
+deposit +eco fee

6.49



**PRODUCE SPECIAL!**  
**15% OFF**

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

BC Grown Organic Green Dirt Salads  
assorted varieties • 142g



BioSil for Skin, Hair and Nails  
assorted varieties  
assorted sizes  
reg price  
23.99-66.99

25% off



# GROCERY

Amy's Organic Frozen Burritos and Wraps



assorted varieties  
156-170g

**2/5.00**  
Regular Varieties

**2/6.00**  
Gluten Free Varieties



Casa Fiesta  
Mexican Products  
assorted varieties  
assorted sizes  
reg price 1.99-6.49

**30% off**



Earth Island  
Veganaise and Spreads  
assorted varieties  
355-473ml

**4.99 to 5.99**

Big Mountain Foods Vegetable Crumble,  
Breakfast Patties, Bites and Burgers  
assorted varieties 280-360g



**5.49**



McClure's Pickles  
assorted varieties  
750ml

**5.99**



Maille Mustards  
assorted varieties  
200-235ml

**2.99**

Better Blends Burgers 678g



**7.99**



Udi's Gluten-Free Hamburger  
and Hot Dog Buns  
assorted varieties

**3.49**

4 Pack Hamburger Buns

**4.79**

6 Pack Hot Dog Buns



Chosen Foods Oil,  
Dressings and Mayonnaise  
assorted varieties  
assorted sizes  
reg price 7.59-24.99

**30% off**



Nuts to You Organic  
Almond Butter  
assorted varieties  
365g

**10.99**



Nature's Path Love  
Crunch Granola  
assorted varieties  
325g

**4.49**



Mighty Leaf Artisan Tea  
assorted varieties  
15 tea bags

**7.99**



Tree Island Cream  
Top Grass Fed Yogurt  
assorted varieties

**3.99** 500g

**7.99** 1.5kg



Born 3 Large White Eggs  
1 dozen

**3.49**

Faith Farms Cheese

assorted varieties 360-380g



**5.49**



Seventh Generation  
Natural Dish Soap  
assorted varieties  
739ml

**2/6.00**



Seventh Generation  
Paper Towels  
1 roll

**2/4.00**



Echoclean Natural  
Laundry Detergent  
assorted varieties  
2.95L

**10.99**



# PRODUCE

BC Grown Nectarines  
5.47kg



2.48lb



BC Grown Baby Cucumbers  
454g package

1.98



B C Grown Organic Cantaloupe  
Melon From Secrest Organics  
3.26kg

1.48lb

# DELI

Choices' Own Specialty Grilled, Mediterranean  
or Cilantro Almond Chicken Breast



2.99/100g



Happy Days  
Soft Goat Cheese  
140-150g

4.99

Castello Aged Havarti,  
Tickler, Carmelized Onion  
or Black Pepper Wedges  
200g



6.99



Greek House  
Tzatziki or Hummus

4.49

# BAKERY

Choices' Own Bakery Buns  
assorted varieties  
includes Keto friendly buns



4.49 to 5.49



Choices' Own Tarts  
made with  
alternative flour  
package of 2 & 6

2.99 to  
7.49



Choices' Own Muffins  
regular or mini  
includes alternative flour  
package of 3 & 4

2.99 to  
4.49

# MEAT

Choices' Own Whole Chicken  
raised without antibiotics 8.80kg



3.99lb

Fresh Oceanwise Tilapia Fillets  
26.43kg



11.99lb

Boneless Leg of Lamb Steaks or Roasts  
from New Zealand 28.64kg



12.99lb

Fresh BC Steelhead Fish  
value pack 37.46kg



16.99lb

Wild-Caught Ahi Tuna Steaks, Sashimi Grade  
average weight 6 oz



5.99 each

Johnston's No Nitrate Added Bacon 24.23kg



10.99lb



# WELLNESS



Vega One All-in-One  
Nutritional Shakes **49.99**

All Other Vega One, Smoothies  
and Proteins and Greens  
assorted varieties  
assorted sizes  
reg price 3.79-58.99

**20% off**



Amazing Grass Green Superfood  
Powders and Protein Superfood Powders  
assorted varieties assorted sizes  
reg price 1.79-63.99

**25% off**



Organika Enhanced Collagen

**19.49**  
250ml

**36.99**  
500ml

Organika Plant Based  
Collagen Booster

**33.99**  
150g



Assured VitaDay Multi-Vitamins  
assorted varieties  
60 capsules

**23.99**



Natural Factors Probiotics  
assorted varieties  
assorted sizes  
reg price 14.99-50.49

**20% off**



Oneka Shampoo and  
Conditioners  
assorted varieties  
500ml

**11.29**



**Hot Deal!**

Bio-K Plus Probiotics  
dairy, rice or soy  
assorted varieties  
12 pack

**39.99**

# BULK

Assorted Nuts  
Bins and Random Weight Bags

**20% off**

# GROCERY



G.H. Cretors Popcorn  
assorted varieties  
113-255g

**2/7.00**



Annie's Homegrown Crackers  
and Gummy Fruit Snacks  
assorted varieties

**3.49** 213g Crackers

**4.49** 115g Fruit Snacks

Simply Protein Bars



assorted varieties  
40g

**2/4.00**



Hail Merry Snack Cups  
assorted varieties  
38-50g

**2/5.00**



Efferve Sparkling Lemonade  
assorted varieties  
750ml  
+deposit +eco fee

**3.99**



Old Dutch Restaurant  
Tortilla Chips and Salsa  
assorted varieties  
assorted sizes

**2/6.00**



Blue Monkey  
Watermelon Beverages  
assorted varieties 330ml  
+deposit +eco fee

**2/3.00**



Tofutti Dairy Free Frozen Dessert, Cheese and  
Sour Cream assorted varieties assorted sizes

**2.99**  
Sour Cream & Cheese

**3.49** Frozen Dessert



Vita Coco Coconut Water  
assorted varieties +deposit +eco fee

**2/5.00** 500ml

**2/7.98** 1L



Made in Nature Raisins

**4.99** 6 Pack

**7.49** 425g Bag

## 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

**Book a FREE Personalized Store Tour:**  
[nutrition@choicesmarkets.com](mailto:nutrition@choicesmarkets.com) or [choicesmarkets.com](http://choicesmarkets.com).



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