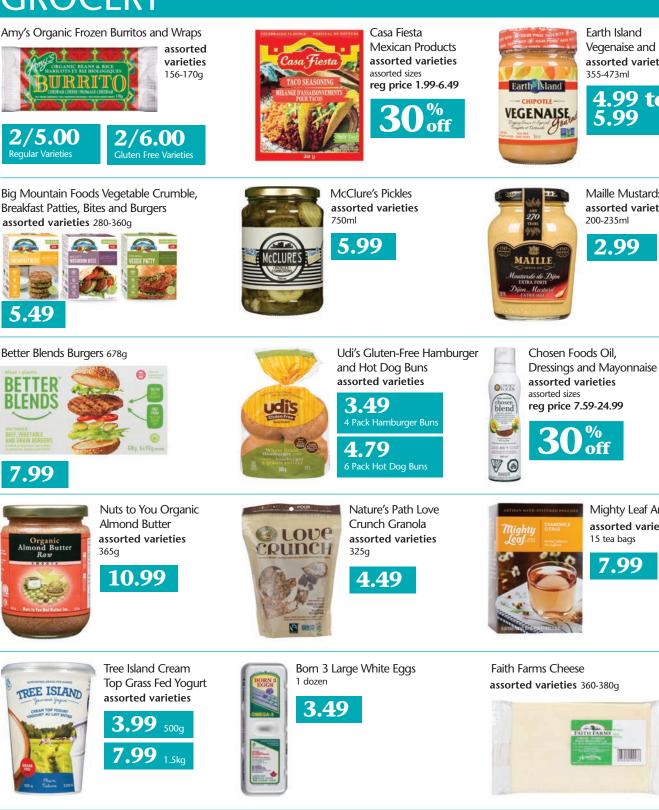


BC Grown Organic Green Dirt Salads assorted varieties • 142g

GROCERY



assorted varieties 200-235ml 2.99

Mighty Leaf Artisan Tea

assorted varieties

15 tea bags

7.99

Earth Island

355-473ml

5.99

Maille Mustards

Vegenaise and Spreads

assorted varieties

4.99 to





2/6.00



Seventh Generation Paper Towels 1 roll





Echoclean Natural Laundry Detergent assorted varieties 2.951

5.49



PRODUCE

BC Grown Nectarines 5.47kg







DE

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





Happy Days Soft Goat Cheese 140-150g



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



BAKERY

Choices' Own Bakery Buns assorted varieties includes Keto friendly buns

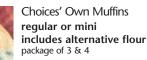






Choices' Own Tarts made with alternative flour package of 2 & 6







MEAT

Choices' Own Whole Chicken raised without antibiotics 8.80kg



Fresh Oceanwise Tilapia Fillets 26.43kg



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



Fresh BC Steelhead Fish value pack 37.46kg



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



Johnston's No Nitrate Added Bacon 24.23kg







Vega One All-in-One 49.99 Nutritional Shakes All Other Vega One, Smoothies and Proteins and Greens assorted varieties assorted sizes off reg price 3.79-58.99



ORGANIKA

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







Assured VitaDay Multi-Vitamins assorted varieties 60 capsules

1500





Oneka Shampoo and



Conditioners





Assorted Nuts Bins and Random Weight Bags



GROCERY



Simply Protein Bars



Efferve Sparkling Lemonade assorted varieties 750ml +deposit +eco fee 3.99

> Blue Monkey Watermelon Beverages assorted varieties 330ml +deposit +eco fee 2/3.00

Vita Coco Coconut Water assorted varieties +deposit +eco fee





(2)

Old 🕉

RESTAURANTE

ORIGINA

Annie's Homegrown Crackers and Gummy Fruit Snacks assorted varieties

3.49 213g Crackers 115g Fruit Snacks

> Hail Merry Snack Cups assorted varieties



Old Dutch Restaurante Tortilla Chips and Salsa assorted varieties assorted sizes 2/6.00

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



Sour Cream & Cheese 3.49 Frozen Dessert

Made in Nature Raisins 4.99 6 Pack II TANA RAISING 7.49 425g Bag SUPERSNACKS

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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