

# LONG WEEKEND SPECIALS BACK TO SCHOOL

Prices Effective August 29 to September 4, 2019.

100% BC Owned and Operated



7.99lb

New York Steaks 100%  
Grass Fed Aged 21+ Days  
from Australia value pack  
17.61kg



8.99

Rosdown  
Roasted Chickens  
from Our Deli Dept.



7.98

BC Grown Wild Foraged  
Fresh Lobster Mushrooms  
200g package



2/4.00

Organic Hass Avocados

Earth's Choice Rainforest Alliance Certified Coffee



New  
Packaging!

assorted varieties  
assorted sizes



8.99

Nuts to You Organic Peanut Butter



crunchy or smooth  
500g



5.49

Choices' Own Bakery Buns  
white or whole wheat 380g

Vegan!



Slider Buns 12 pack  
Hamburger or Hot Dog  
Buns 6 pack

4.49

Genuine Health Kid's Vitamins



18.49

Fermented  
Superfoods 88g

21.99

Omega-3  
150ml

21.99

Probiotics  
30tbs



# GROCERY

Love Good Fats Bars  
assorted varieties



**2/4.00** 39g Bar

**21.99** 12 Pack



Smart Sweets Low  
Sugar Candy  
assorted varieties  
50g

**2/6.00**



Que Pasa Organic  
Tortilla Chips and Salsa  
assorted varieties  
assorted sizes

**2/7.00**

Kind Fruit and Nut Bars  
assorted varieties



**2/3.00** 40g Single Bar

**16.99** 12 Pack Bars



Chasers Cold Pressed Juice  
assorted varieties  
1L  
+deposit +eco fee

**9.99**



Seasnax Organic Seaweed Snacks  
assorted varieties  
5g

**2/3.00**



Seattle Chocolates  
Chocolate Bars  
assorted varieties  
70g

**2/7.00**



Ice Age Glacial Water and  
Alkaline Electrolyte Glacial Water  
+deposit +eco fee

**2/3.00** 500ml

**2/4.00** 1L



Leclerc Celebration  
and Praeventia Cookies  
assorted varieties  
210-240g

**3.99**

Sunflower Kitchen Dips and Spreads



assorted varieties  
227-300g  
reg price 3.99-6.99

**30% off**

Ben & Jerry's Ice Cream



assorted varieties  
500ml

**3.99** Regular

**4.49** Dairy-Free



Old Dutch Potato Chips  
and Double Dutch Ridges  
assorted varieties  
220-255g

**3/8.00**

Rocky Mountain Frozen Artisan Pizza



select varieties  
405-430g

**8.49**

Wholly Veggie! Frozen Vegan Bites and Patties



assorted varieties  
216-300g

**4.99**

Earth's Choice Salmon, Sardines and Tuna

assorted varieties 124-170g



**2.79 to 5.49**

Pacific Organic Soup



assorted varieties  
1L

**4.49**

Earth's Choice Organic Extra Virgin Olive Oil



**10.99** 500ml

**15.99** 1L

GoGo Quinoa Cookies and Organic Pasta  
assorted varieties



**3.49** 227g Pasta

**4.99** 198g Cookies



# PRODUCE

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

BC Grown Organic  
Green Dirt Salads  
assorted varieties • 142g



**15% off**

BC Grown Organic Field  
Tomatoes from Secrest Farm  
**2.16kg**



**.98lb**

BC Grown Organic Himrod  
Grapes from Secrest Farm  
2 litre package



**5.98**

BC Grown Organic Yellow Corn



**4/5.00**

Red Seedless Personal Sized  
Watermelon from California



**2.98**

# DELI

Choices' Own Green Salad  
assorted varieties



**4.49 to 7.49**

Choices' Own Smoked  
or Cooked Turkey Breast  
antibiotic free



**4.49/100g**

Dofino Havarti Cheese



**2.89/100g**

Fontaine Santé Organic Hummus  
assorted varieties 227g



New to Choices

**4.99**

Choices' Own Ham, Turkey  
or Roast Beef Sandwiches



**6.49**

# BAKERY

Choices' Own Regular Size Muffins  
bran raisin, oatmeal carrot walnut, oatmeal blueberry  
lemon and banana chocolate chip package of 4



**4.49**

Choices' Own Alternative Flour Muffins  
apple cinnamon, blueberry lemon, cranberry  
orange, paleo banana package of 4



**4.49**

# MEAT

New Zealand Spring Lamb 100%  
Grass Fed Rack of Lamb **55.09kg**



**24.99lb**

Beef Burgers Grass Fed from Australia  
**11.00kg**



**4.99lb**

Cervena Venison Leg Steaks Free Range  
from New Zealand **41.87kg**



**18.99lb**

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



**5.99 each**

Halibut Steaks **44.07kg**



**19.99lb**

Pinty's Chicken Strips, Nuggets and Fillets  
810g



**13.99 each**



# WELLNESS



MegaFood Vitamins  
and Supplements  
select varieties  
assorted sizes  
reg price 27.99-79.99

**25% off**



withinUs TruMarine Collagen, Matcha  
Misto, Coconut Creamer & Rehydrate  
assorted varieties  
assorted sizes  
reg price 26.99-79.99

**20% off**



Bach Flower Remedies  
assorted varieties  
assorted sizes  
reg price 5.49-18.99

**25% off**

Amazing Grass Raw Reserve Superfood



**1.99** Singles  
**28.99** 15 Pack  
**37.99** 240g



New Chapter  
Herbal Supplements  
assorted varieties  
assorted sizes  
reg price 29.99-49.99

**20% off**



Salus Red Beet Crystals

**19.99** 200g

# BULK



Assorted Candies  
Bins and Random Weight Bags

**20% off**

# GROCERY



Choices Organic Milk  
4L

**8.29** 1%, 2% & Skim

**8.99** 3.8%



Choices Fruit  
and Nut Granola

**6.49** 400g

**11.99** 908g



Bonne Maman  
Jam and Jelly  
assorted varieties  
250ml

**4.99**



Silver Hills Organic Bagels  
assorted varieties  
400g

**3.99**

Gold Egg Large Free Run Eggs 1 dozen



**3.99**



Earth's Own So Fresh  
Dairy-Free Beverages  
assorted varieties  
1.89L

**3.79**



Danone Activia Yogurt  
assorted varieties

**3.49** 650g

**4.49** 8 Pack



Happy Days Goat Yogurt and Kefir  
assorted varieties

**3.49** 475g Yogurt

**3.99** 1L Kefir

Organic Meadow Butter  
salted & unsalted 454g



**9.49**



Granny's Natural Laundry Detergent  
3.78L  
reg price 10.49

**BUY 1  
GET 1  
FREE**

## Laud for Labour Day!

For many Canadians, Labour Day means the last hurrah of summer and a return to school and studies. Labour Day has a long history, however. Originally celebrated in the 1800's, Labour Day honours the fight for the rights of workers that we enjoy and take for granted today. It wasn't that long ago that our standard eight hour days and five day work weeks were nothing but wishful thinking. We now know that balance is the key to a happy and sustainable life. So whether you're taking it easy on the beach, enjoying an outdoor meal with family and friends, or just relaxing at home, take a moment to reflect on the people who fought for fairness on this holiday that every hard worker deserves.



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

Abbotsford  
604.744.3567

North Vancouver  
604.770.2868

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