

BUY ONE GET ONE FREE

Prices Effective September 19 to September 25, 2019.

100% BC Owned and Operated



BUY 1 GET 1 FREE
Organic Pork Back Ribs
previously frozen
reg price 8.16lb/17.99kg

BUY 1 GET 1 FREE
Grimm's Garlic Coil Sausages
reg price 8.29 each

BUY 1 GET 1 FREE
Earthbound Farm Organic
Frozen Fruit & Vegetables
assorted sizes
reg price 4.49-6.79

FREE
of Equal or Lesser Value

BUY 1 GET 1 FREE
BC Grown Organic Red
Bunch Beets from Myers
Organic Farm
reg price 3.98

BUY 1 GET 1 FREE
BC Grown Bi-Colour
Corn on the Cob
reg price .98

BUY 1 GET 1 FREE
Ben & Jerry's Ice Cream
assorted varieties
regular or non-dairy 500ml
reg price 6.99-7.99

FREE
of Equal or Lesser Value

BUY 1 GET 1 FREE
Tre Stelle or Dofino Cheese Slices
assorted varieties assorted sizes
reg price 6.99
from Our Deli Dept.

BUY 1 GET 1 FREE
Vega Sport Protein Powder
assorted varieties
assorted sizes
reg price 54.99

BUY 1 GET 1 FREE
Choices' Own Country
French Bread 480g
reg price 5.99

BUY 1 GET 1 FREE
Every Man Jack Face,
Hair and Body Care
assorted varieties
assorted sizes
reg price 2.99-16.49

FREE
of Equal or Lesser Value

GROCERY



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

5.99



Blue Monkey 100%
Watermelon Juice
1L
+deposit +eco fee

3.99



Que Pasa Organic
Tortilla Chips and Salsa
assorted varieties
assorted sizes

2/7.00



Greenhouse Cold Pressed
Juice and Kombucha
assorted varieties
300ml
+deposit +eco fee

3.49 to 5.49



Well Juicery Cold Pressed
Juice and Lemonade
assorted varieties
333ml
+deposit +eco fee

4.49



Edward & Sons Rice
Toast and Rice Snaps
assorted varieties

2/5.00 65g Rice Toast

2/7.00 100g Rice Snaps



Haribo Candy
assorted varieties
175g

2/4.00



Seattle Chocolates
Chocolate Bars
assorted varieties
70g

2/7.00

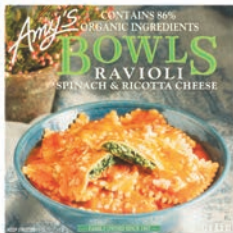
Daiya Dairy-Free Cheezy Mac
and Dairy-Free Dressings



assorted varieties
assorted sizes

2/7.00

Amy's Organic Frozen Entrees



assorted varieties
assorted sizes

4.49



Pacific Organic Soup
assorted varieties
1L

4.99



Pearl's Frozen Perogies
assorted varieties
600g

5.49



Spectrum Cooking Oils
assorted varieties
assorted sizes
reg price 6.99-27.49

30% off



Bragg Soy Seasoning and
Organic Apple Cider Vinegar

3.99 473ml Apple Cider Vinegar

5.99 946ml Apple Cider Vinegar

4.99 473ml Soy Seasoning

7.99 946ml Soy Seasoning



Woolwich Chevre Goat Cheese
assorted varieties

3.49 113g

7.99 300g



Eco Max Natural Laundry
Detergent and Cleaning Products
assorted varieties
assorted sizes
reg price 5.69-17.99

30% off

Fluff Toilet Tissue and Tuff Paper Towels



assorted varieties

6.99 6 Pack
Paper Towel

16.99
15 Pack Toilet Paper



Nature Babycare Diapers
and Training Pants
assorted varieties
assorted sizes
reg price 10.99-19.99

30% off

PRODUCE

BC Grown Organic Red Grape Cherry Tomatoes
assorted varieties 1 pint "go green" package



3.98

BC Grown Organic Honeycrisp Apples
6.57kg



2.98lb

BC Grown D'Anjou Pears
2.16kg



.98lb

BC Grown Wild Foraged Pine Mushrooms
200g package



5.98

DELI

Choices' Own Roast Beef,
Turkey or Ham Sandwiches



5.99 each

Choices' Own Individual Quiche
assorted varieties



3.99

Krinos Spinach and Feta or
Ricotta and Feta Twisters



2/5.00

Black Forest or Honey Ham
antibiotic free



2.49/100g

Choices' Own Salami



3.49/100g

BAKERY

Choices' Own Alternative Flour Cookies
chocolate almond, Paleo nut and
raisin spice or low carb chocolate chunk
package of 4 or 6



5.79

Choices' Own Handmade Alternative Flour Tarts
lemon, berry rhubarb, and pecan



2.99 2 pack

7.49 6 pack

MEAT

BC Extra Lean Ground Beef Grass Fed
raised without antibiotics
value pack **19.82kg**



8.99lb

100% Grass Fed Top Sirloin Steaks or Roasts
from Australia value pack **17.61kg**



7.99lb

Venison Leg Steaks Free Range from New Zealand
raised without antibiotics **41.87kg**



18.99lb

BC Organic Sturgeon Steaks **39.66kg**



17.99lb

Wild Sockeye Salmon Fillets
value pack **31.94kg**



14.49lb

WELLNESS



Platinum Naturals Vitamin D

7.99 90 Softgel

18.99 360 Softgel

Oregano 8

38.99 60 Caps



Garden of Life
Dr. Formulated Probiotics
assorted varieties
assorted sizes
reg price 38.99-57.99

20% off



Sisu Sleep and Stress
Support Supplements
assorted varieties
assorted sizes
reg price 15.29-52.49

25% off

Gabriel Natural Cosmetics and

Gabriel Kids Body Care

assorted varieties
assorted sizes
reg price 10.99-48.79

20% off



Natracare Natural
Feminine Hygiene Products
assorted varieties
assorted sizes
reg price 3.49-8.99

20% off



Alba Botanica Hair Care
assorted varieties

6.99 355ml

GROCERY



Uncle Luke's Organic Maple Syrup
assorted varieties
1L

20.99



Silk Fresh Dairy-Free Beverages
and Creamers assorted varieties

2/5.00 473ml Creamers

3.99 1.89L Dairy-Free Beverages



Made Good Snacks,
Cereal and Granola
assorted varieties assorted sizes
reg price 1.19-8.99

30% off



Dairyland Organic Milk
assorted varieties
1L

2/5.00



Level Ground Fair Trade
Organic Coffee and Tea
assorted varieties

4.99 70g Tea

11.99 454g Coffee



Stash Organic Tea
assorted varieties
18 tea bags

2/6.00



Bonne Maman Jam
assorted varieties
250ml

4.99



Riviera Petit
Style Pot Yogurt
assorted varieties
4 pack

3.99

Country Golden Yolk Large Free Range Eggs
1 dozen



4.99



L'Anctre Organic Cheese
assorted varieties
200g
reg price 6.99-9.89

30% off

North Vancouver's 3rd Anniversary

Saturday, September 21st | 801 Marine Drive

Come and join us in celebrating our 3rd Anniversary. We will be serving cake and coffee and offering many in-store specials. See you there!

10% OFF

The Entire Store including sale items
Saturday, Sept. 21st only!

BULK

Assorted Seeds and Snacks
Bins and Random Weight Bags

20% off



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

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.