

WEEKLY SPECIALS

Prices Effective September 5 to September 11, 2019.

100% BC Owned and Operated



8.99lb

Organic Lean
Ground Beef
value pack 19.82kg



9.99lb

Fresh Ocean Wise
Rockfish Fillets
22.02kg



3.98

Organic
Strawberries Imported
454g



.98lb

BC Grown Gala Apples
2.16kg

**First
of the
Season!**



NEW!

Choices' Own Beyond Meat Vegan Wraps
breakfast, corn chili
and shepherd's pie

**5.99 to
6.99
each**

from Our Deli Dept.



Summer Fresh Snack'n go

assorted varieties
from Our Deli Dept.

2/4.00



**MADE
GOOD**
Chocolate Chip Crispy Squares
*cholesterol and sodium free
*organic *100% whole grain

Made Good Squares, Bars,
Cookies and Granola
assorted varieties
assorted sizes
reg price 1.19-8.99

**30%
off**



Amy's Organic Canned Soup

assorted varieties
398ml

2/6.00



HOST DEFENSE
MyCommunity
A 10 Species Multi Mushroom Complex
COMPREHENSIVE
IMMUNE SUPPORT
SOUTHERN IMMUNITAIRIE
EXTENSIF

Host Defense Medicinal
Mushroom Supplements
assorted varieties
assorted sizes
reg price 29.99-69.99

**20%
off**

GROCERY

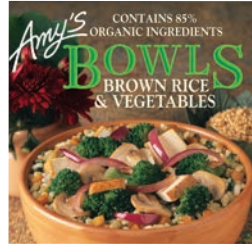
Earthbound Farm Organic
Frozen Fruit and Vegetables



assorted varieties
assorted sizes
reg price 4.49-6.79

30% off

Amy's Organic Frozen Entrees and Bowls



assorted varieties
241-284g

4.49

Gusta Vegan Sausages and Grating Blocks
assorted varieties



4.49 227g
Grating Blocks

4.99
350g Sausages

Daiya Dairy-Free Cheezy Mac
and Dairy-Free Dressings



assorted varieties
assorted sizes

2/7.00



New Packaging!

Earth's Choice
Organic Beans
assorted varieties
398ml and gram

3/6.00



Raincoast Skipjack Tuna
and Sockeye Salmon
assorted varieties
74-160g

2.49 to 5.99

Prairie Harvest Organic Pasta
assorted varieties 454g



2/5.00



Cucina Antica Pasta Sauces
assorted varieties
670ml

5.99



Quesava Frozen Vegan
Poppers, Samosas, Perogies
and Quejos Ravioli
assorted varieties
400g

8.99

Bragg Organic Apple Cider
Vinegar and Soy Seasoning



3.99 473ml
Apple Cider Vinegar

5.49 946ml
Apple Cider Vinegar

5.49 473ml
Soy Seasoning

7.99 946ml
Soy Seasoning



Nutiva Organic Virgin
Coconut Oil

8.99 444ml

13.99 860ml

21.99 2L



Earth's Choice Organic
Lemon and Lime Juice

3.49 250ml

7.99 1L

Vegetarian Gourmet Burgers
assorted varieties 400g



5.99



Rumble Protein Shakes
assorted varieties
330ml

3.79

Halo Top Frozen Dessert



assorted varieties
473ml

5.49

Rise Organic Kombucha
assorted varieties
1L

+deposit +eco fee

5.99



Greenhouse Cold Pressed Juice,
Lemonade and Kombucha

assorted varieties
300ml
+deposit +eco fee

3.49 to 5.49



Taste Nirvana Coconut Water
assorted varieties
+deposit +eco fee

1.99 280ml

3.49 700ml

GROCERY

Rabbit River Organic Free Range
Large Eggs 1 dozen



5.49

Armstrong Natural Cheese Slices
assorted varieties
320-360g



6.99

Happy Planet Organic Grass Fed Milk
assorted varieties
2L



5.49 2%

5.79 3.5%

6.49 Cream Top



Capilano Honey
assorted varieties
375g

5.99 Conventional

6.99 Organic



Mogiana Coffee
assorted varieties
340g

10.99



Silk Dairy Free
Beverages and Creamers
assorted varieties
assorted sizes

2/5.00 473ml

2/8.00 2L



Little Northern Bakehouse
Gluten-Free Vegan Bread
seeds and grain, millet chia
and cinnamon raisin
454 & 482g

4.49



Barbara's Puffins Cereal
assorted varieties
285-312g

2/7.00



Dairyland Cream
and Whipping Cream
assorted varieties
946ml-1L

2.99 to 4.79



Nuts to You Almond
and Hazelnut Butter
select varieties 365g

7.99 Almond and
Hazelnut Butter

8.99 Hazelnut Butter



SunButter Sunflower
Seed Spreads
454g

6.49 Conventional

7.99 Organic



Santa Cruz
Organic Fruit Spreads
assorted varieties
215ml

3.99

Liberté Skyr Yogurt and Organic Kefir
assorted varieties



3.99

500g Skyr

3.49

454ml
Organic Kefir

İÖGO Protein Yogurt and Yogurt Tubes
assorted varieties assorted sizes



2/6.00

Olympic Organic Sour Cream
500ml



3.99

Earth Balance Dairy-Free Spreads



select varieties
369-454g

4.49 to 4.99

Meadowvale Creamery Butter
454g



4.19



Anita's Organic Flour
assorted varieties
1 & 2kg
reg price 7.39-13.49

30% off

DELI

Choices' Own Breakfast Bagels,
English Muffins or Parfaits



2/6.00

Freshly Baked Beef or
Spicy Chicken Sausage Rolls



2/3.00

Black Forest or Old Fashioned Ham



5.00/300g

Choices' Own Ready to Eat Wraps



6.99

Indianlife Vegetable or Spinach Pakora



2.49/100g

Smoked Turkey Breast



5.00/300g

Summer Fresh Hummus Toppers
assorted varieties 283g



4.99

Dofino Havarti Cheese
assorted varieties



2.49/100g

Babybel Cheese
assorted varieties package of 6



5.99

Bothwell Cheese
assorted varieties



2.99/100g

PRODUCE



BC Grown Organic
Green Bartlett Pears
4.37kg

1.98lb



BC Grown Wild Foraged
Cauliflower Mushrooms
100g package

7.98



BC Grown Bunch Carrots,
Green, Red and Romaine
Lettuce from RGR Farms

1.00 each



BC Grown Organic Green
Peppers from Lina's Garden
6.57kg

2.98lb

MEAT



Boneless Leg of Lamb
Steaks/Roasts, New
Zealand Spring Lamb,
100% Grass Fed
22.02kg

9.99lb



BC Fresh Steelhead
value pack
37.46kg

16.99lb



100% Grass Fed
Ribeye Steaks or
Roasts Aged 21+ Days
value pack 28.64kg

12.99lb



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

5.99 each



BC Marinated
Butterfly Chicken
raised without antibiotics
made in-store

14.99 each



Soup Etc
assorted varieties
700ml

5.99



Boneless Duck Breast
33.05kg

14.99lb



Fort Hardy
Heat N Serve Ribs
583g

10.99



Choices' Own
Ground Chicken
raised without antibiotics
22.02kg

9.99lb



Harvest Bacon
assorted varieties
500g

10.99

BAKERY

Choices' Own Multigrain
or 100% Whole Wheat Bread
530g



4.99

Choices' Own Regular Size Cupcakes:
chocolate with white buttercream or
alternative flour chocolate
vegan cupcake package of 4



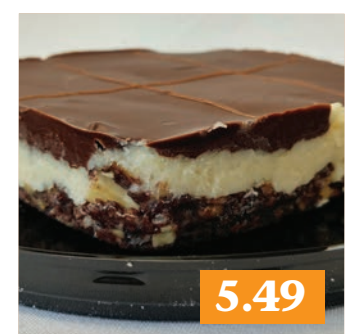
5.49

Choices' Own Cookies
chocolate chunk, whole wheat bird's
nest, oatmeal chocolate chunk,
sugared ginger, double chocolate
chunk & oatmeal cranberry package of 12



4.99

Choices' Own Alternative
Flour Bars: Paleo Fudgy
Brownies or Nanaimo Bars



5.49

WELLNESS



Organika Curcumin and
Bee Propolis Supplements
select varieties
assorted sizes
reg price 13.99-48.49

25% off



Suro Organic Elderberry Syrup Breathe
and Chaga Mushroom Supplements
assorted varieties assorted sizes
reg price 11.79-25.49

25% off



Hero Yummi Bear Multi Vitamins
Regular, Organic or Sugar Free
assorted varieties
assorted sizes
reg price 21.49-46.99

20% off



Everyone Natural Hand Soap

6.99 377ml

Everyone Natural
Hand Soap and Lotion

13.99 946ml

Tom's Toothpaste
assorted varieties

5.49 85-90ml



Tom's Deodorant
assorted varieties

7.49 60g

NOW Essential Oils and Bodycare Products
Regular, Organic and Blends



select varieties
assorted sizes
reg price 7.19-77.99

20% off

BULK

Assorted Nuts
Bins and Random Weight Bags

20% off

GROCERY

Ritter Sport Chocolate Bars



assorted varieties 100g

2/5.00 Regular

2/6.00 Nut



FreeYumm Bars and Cookies
assorted varieties
135-154g

2/7.00



Hippie Snacks Avocado
and Cauliflower Crisps

Plant Based!

assorted varieties
70g

3.99



Sahale Nut Mixes
assorted varieties
113g

5.99



Angie's Boomchickapop
Popcorn

assorted varieties
125-142g

2/7.00



Lundberg Rice Chips
assorted varieties
170g

2/6.00



Glutino Gluten Free
Snacks, Crackers and Wafers
assorted varieties assorted sizes
reg price 3.99-9.79

30% off



GimMe Organic
Roasted Seaweed Snacks
assorted varieties

2/3.00 5g

2/4.00 10g



Old Dutch Restaurant
Chips and Salsa
assorted varieties
assorted sizes

2/6.00



Seventh Generation
Natural Household Cleaners
assorted varieties assorted sizes
reg price 5.29-18.49

30% off

South Surrey 14th Anniversary

Saturday, September 7th | 3248 King George Boulevard

Come and join us in celebrating our 14th 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. 7th only!**



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.