

HAPPY THANKSGIVING

Prices Effective October 10 to October 16, 2019.

100% BC Owned and Operated



3.49lb

Choices Free Range
Whole Turkeys
raised without antibiotics
7.69kg



2/4.00

Organic Cranberries
Grown in Canada
227g package



.98lb

BC Grown Organic
Winter Squash
assorted varieties
2.16kg



Choices' Own Pumpkin Pies

5.99

6" Alternative
Flour

6.99

8" Regular

8.99

9" Vegan

Thanksgiving Meal

From Our Deli Dept.

Choices' Own
Turkey Dinners
10.99

Cranberry Sauce
250g
4.49

Shiitake Mushroom
Gravy 500ml
5.99

Turkey Gravy
500-710ml
5.99 to 7.99



From Our Grocery Dept.



Tofurky Vegan Roasts or Gravy
Plant Based
assorted varieties
assorted sizes

4.99
Gravy

11.99
Roasts



Earthbound Farm Organic
Frozen Fruit & Vegetables
assorted varieties 300-400g

2/6.00
Vegetables

2/8.00
Fruit

GROCERY



Earth's Choice Organic
Cranberry Sauce
and Pumpkin
assorted varieties

2/5.00

348ml Cranberry Sauce

2/6.00

398ml Pumpkin



Simply Organic Bottled Spices
assorted varieties
assorted sizes
reg price 7.99-13.99

30% off



Simply Organic
Gravy Mixes
assorted varieties
24-28g

2/4.00

Gardein Vegan Meat Alternatives



Plant Based!

assorted varieties
205-390g

4.49

Yves Vegetarian Meat Alternatives



assorted varieties
240-380g
reg price 3.79-6.79

30% off

Choices' Own Gluten-Free Stuffing Mix and
Bread Cubes
240g



9.99



Ian's Gluten-Free
Bread Crumbs
198g

4.49



Gay Lea Whipped Cream
assorted varieties

3.49 236g
Whipped Cream

4.29 225g Dairy-Free
Coconut Whipped Cream

Choices' Own Gluten-Free Pumpkin Pies



6.99 6" Pies

7.99 8" Pies

Lesley Stowe's Raincoast Crisps
assorted varieties
150g



4.99

Daiya Dairy-Free Cheese Shredded,
Sliced, Blocks and Cream Cheese Spread



assorted varieties
assorted sizes

3.99



Mezzetta Olives,
Peppers and Relish
assorted varieties
assorted sizes
reg price 4.39-9.69

30% off

Bluebird Provisions Bone Broth



chicken or beef
750ml

10.99

Better Than Bouillon



assorted varieties
227g
reg price 8.69-11.49

30% off

Pearl's Frozen Perogies



assorted varieties
600g

3.99



Simply Natural
Organic Salad Dressings
assorted varieties
354ml

4.49



Suzie's Organic Condiments
assorted varieties
assorted sizes
reg price 4.99-8.99

30% off

Choices' Own Gourmet Salsa Sauce
assorted varieties 750ml



5.99

GROCERY



Silk Dairy-Free Beverages
assorted varieties

2/5.00
473ml Creamers

3.99
1.89L Beverages

Rabbit River Organic Free Range Large Eggs
1 dozen



5.49



Liberté Classique Yogurt
assorted varieties
650g

2/6.00



Doi Chaang Organic Coffee
select varieties
340g

10.99 to 11.99



Stash Premium Tea
assorted varieties
18-20 Tea Bags

2/6.00



Elias Honey
select varieties
500g
reg price 9.99-11.99

30% off

Glutino Gluten-Free Bread and English Muffins
assorted varieties
assorted sizes



4.49 Breads

4.99 English Muffins

Arla Organic Cream Cheese
assorted varieties
200g



3.99



Canadian Heritage
Organic Maple Syrup
assorted varieties
500ml

10.99



Dairyland Lactose-Free Milk
assorted varieties
2L

3.99



Dairyland Egg Nog
assorted varieties
946ml

1.99 Original & Light

2.79 Classic



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

2.99 to 4.79

Fraser Valley Butter
salted & unsalted 454g



4.99



Lakanto Monk Fruit
Sweeteners
assorted varieties
assorted sizes
reg price 10.99-22.99

30% off

Wholly Wholesome Organic Frozen Pie Shells
assorted varieties
2 pack



4.49 Regular

4.99 Gluten-Free

Choices' Own Organic Cheese
assorted varieties 235g



6.99

If You Care Kitchen and Household Products



assorted varieties
assorted sizes
reg price 2.99-12.99

30% off

Seventh Generation Toilet Paper



3.49 4 Pack

8.99 12 Pack

DELI



Choices' Own Specialty
Stuffed Turkey Breast

3.99/100g

Dijon Maple Glazed Ham

2.19/100g



Choices' Own Butternut
Squash, Carrot Ginger or
Yam & Sweet Potato Soup
710ml

5.99



Castelvetrano Olives

2.99/100g



Vitale Italian
Prosciutto and Salami

7.99 each



Summer Fresh Dips
and Hummus
assorted varieties
227g

3.99



Alexis de Portneuf Brie
and Camembert Cheese

9.99



La Panzanella Crackers
assorted varieties

5.99



Imported Swiss
Gruyere or Cave Aged
Gruyere Cheese

**4.99 to
5.49/100g**

Boursin Cheese



assorted varieties

6.49



Tre Stelle
Mascarpone Cheese
275-475ml

**7.99 to
12.99**

PRODUCE

BC Grown Organic
Green Bartlett Pears **4.37kg**



1.98lb

Sweet Celebration Red Seedless
Grapes Imported from USA **4.37kg**



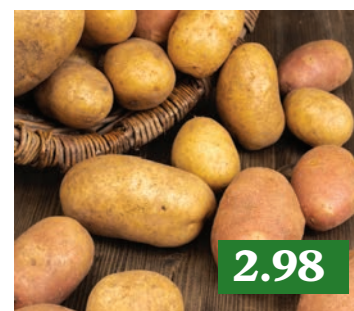
1.98lb

Organic Brussel Sprouts
from Mexico **6.57kg**



2.98lb

BC Grown Organic Red, Russet
and Yellow 'Pugly' Potatoes from
Fraserland Farm **2.27kg (5lb bag)**



2.98

MEAT



Choices Whole Chickens
raised without antibiotics
8.80kg

3.99lb



BC Boneless Pork
Shoulder Roasts or Steaks
14.31kg

6.49lb



Organic BC Sturgeon Steaks
39.66kg

17.99lb



Fresh Boneless Thigh
Roasts or Turkey Breast
and Thigh Roasts
19.82kg

8.99lb



100% Grass Fed Beef
Tenderloin Roasts or
Steaks from Australia,
Aged 21+ Days
44.07kg

19.99lb



Boneless Duck Breast
33.05kg

14.99lb



New Zealand Spring
Lamb 100% Grass Fed,
Frenched Rack of Lamb
39.66kg

17.99lb



Duck Legs
24.23kg

10.99lb



Choices' Own
Turkey Drumsticks
4.39kg

1.99lb



Shorba Chicken
or Beef Bone Broth

11.99 each

BAKERY

Choices' Own Sourdough Bread Levain Style
sliced or unsliced 530g



4.99

Choices' Own 6" Keto
Pumpkin Cheesecake



17.99

Choices' Own Bread Crumbs 180g
Dried White or Whole Wheat Bread Stuffing 336g



3.99

WELLNESS



Viva Organics
Facial Care
assorted varieties
assorted sizes
reg price 9.99-48.99

20% off



Curelle Shampoo, Conditioners,
Body Wash and Lotions
assorted varieties

7.99 250ml

13.99 500ml



Santevia Alkaline Water
Pitchers, Filters and More
assorted varieties
reg price 13.99-199.99

20% off



The Kelowna Candle
Factory Beeswax Candles
assorted varieties assorted sizes
reg price 1.79-38.99

20% off



A. Vogel Echinaforce Throat
Spray, Tincture and Tablets
assorted varieties assorted sizes
reg price 15.49-49.99

20% off



Genuine Health Vitamins
and Supplements
assorted varieties assorted sizes
reg price 7.00-71.99

20% off



AOR Vitamins and Supplements
assorted varieties assorted sizes
reg price 29.99-122.99

20% off

BULK



Assorted Nuts
and Baking Ingredients
Bins and Random Weight Bags

20% off



GROCERY



Hardbite Potato Chips
assorted varieties
128-150g

2/5.00



Spread'Em Dairy-Free
Dips and Spreads
assorted varieties 183g

5.99 to 6.99



Whittaker's
Chocolate Bars
assorted varieties
200-220g

4.49



Cocoa Camino
Organic Hot Chocolate
assorted varieties
275-336g

5.49



Schar Gluten-Free
Cookies and Crackers
assorted varieties
110-210g

4.49 to 6.99



Patience Fruit & Co
Organic Dried Fruit
assorted varieties 85-283g
reg price 3.99-6.99

30% off



R.W. Knudsen Sparkling Juice
assorted varieties 750ml
+deposit +eco fee

4.99 Conventional

5.49 Organic



San Pellegrino
Sparkling Beverages
assorted varieties
6 pack • +deposit +eco fee

4.99

Breyers Creamery Ice Cream



assorted varieties
1.66L

6.99



Chasers Fresh Juice
assorted varieties
500ml
+deposit +eco fee

5.99

THANK YOU CHOICES CUSTOMERS



Heart and Stroke Foundation

Thanks to you we raised
\$10,000.00 for our Heart and
Stroke Fundraiser held in August.

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.