

# WEEKLY SPECIALS

Prices Effective October 17 to October 23, 2019.

100% BC Owned and Operated



**4.99lb**

Centre Cut Boneless  
Pork Chops or Roasts  
value pack  
11.00kg



**1.98lb**

BC Grown Organic  
Ambrosia Apples from  
Clapping Chimp  
4.37kg



**1.98lb**

BC Grown Red  
Vine Tomatoes  
4.37kg



**KETO**

**5.99**

Choices' Own  
Low Carb Chocolate  
Chunk Cookies  
package of 4

**7.49**

Choices' Own  
Chocolate Coconut  
Fat Bombs  
package of 6



*From Our Deli Dept.*

Farmcrest Non-GMO Roasted  
Chicken, Choices' Own Potato  
Wedges and Caesar Salad

**24.99**

Choices' Own Roasted  
Red Potato Provance

**1.69/  
100g**



Nature's Path Organic Granola  
assorted varieties  
assorted sizes  
reg price 6.39

**BUY 1  
GET 1**

**FREE**

Maple Hill Organic Extra Large Free Range Eggs  
1 dozen



**5.49**



Choices Organic Milk  
assorted varieties  
2L

**4.49**  
1%, 2% & Skim

**4.99**  
3.8%



Alaffia Everyday Fair Trade  
Shampoo, Conditioner,  
Body Wash or Lotion  
assorted varieties

**12.99**  
950ml

# GROCERY

Crofter's Organic Jams and Spreads



assorted varieties  
235ml  
reg price 4.79-5.39

**30% off**

Nuts to You Organic Fair Trade



Sesame Tahini Butter

**3.99** 250g

**6.99** 500g

Nature's Nuts Organic Peanut and Almond Butter



**4.99**  
500g Peanut Butter

**10.99**  
340g Almond Butter

Mighty Leaf Artisan Tea



assorted varieties  
15 tea bags

**7.99**



Uncle Luke's Organic Maple Syrup

assorted varieties  
250ml

**5.99**

Celestial Seasonings Tea



assorted varieties  
18-20 tea bags

**2/6.00**

Daiya Dairy-Free Cheezecake and Yogurt

assorted varieties



**2/3.00**  
150g Yogurt

**4.99**  
454g Greek Yogurt

**5.49**  
400g Cheezecake

Liberté Greek Yogurt and Kefir

assorted varieties assorted sizes



**3.99**

iögo Nano Drinkable and Protein Yogurt

assorted varieties assorted sizes



**2/7.00**

Armstrong Cheese Slices

assorted varieties

320 & 360g



**6.99**

Thornloe Grass Fed Butter

salted and unsalted

250g



**3.99**



Once Upon A Farm

Fresh Baby Food

assorted varieties

85ml

**2/5.00**

Food For Life Frozen Bread, Tortillas

and English Muffins

assorted varieties  
assorted sizes  
reg price 4.99-9.99



**30% off**

Udi's Gluten-Free Frozen Bread, Pizza and Meals



assorted varieties  
assorted sizes  
reg price 5.99-8.99

**30% off**

Bremner's Organic Frozen Fruit

assorted varieties assorted sizes

reg price 7.99-25.99



**30% off**

Dempster's Bagels

assorted varieties

package of 6



**2/8.00**

Kiju Organic Juice



assorted varieties

1L

+deposit +eco fee

**2/5.00**

Annie's Cookies, Crackers and Fruit Snacks



assorted varieties

115-213g

reg price 4.99-6.49

**30% off**

# GROCERY

## Kettle Brand Potato Chips



assorted varieties  
170-220g

**2/5.00**

## Angie's Boomchickapop Popcorn



assorted varieties  
125-142g

**2/7.98**

## Hardbite Root Chips



assorted varieties  
150g

**2/6.00**

## Alter Eco Organic Fair Trade Chocolate Bars



select varieties  
75-80g

**2/6.00**

## Nature's Bakery Fig Bars



assorted varieties  
6 Pack

**3.99**

## Coconut Bliss Organic Frozen Dessert



assorted varieties  
473ml

**5.99**

## Think! Energy Bars



**2/5.00**  
60g Single

**21.99**  
10 Pack

## Good To Go Snack Bars



assorted varieties  
40g

**2/4.00**

## Simply Protein Bars



**2/4.00**

## Rumble Protein Drinks



assorted varieties  
330ml

**3.99**

## Health-Ade Organic Kombucha



assorted varieties  
473ml  
+deposit +eco fee

**2/7.00**

## Zevia Sugar Free Soda, Teas and Energy Drinks



assorted varieties  
+deposit +eco fee

**2/3.00** 355ml  
Teas & Energy Drinks

**4.49** 6 Pack Soda

## Daya Dairy-Free Frozen Pizza and Burritos



assorted varieties  
assorted sizes

**3.99** Burritos

**6.99** Pizza

## Annie's Homegrown Pasta and Cheese



assorted varieties  
149-170g

**2/4.00**

## Sunflower Kitchen Dips and Spreads



assorted varieties  
227-300g  
reg price 3.99-6.99

**30% off**

## Earth's Own So Fresh Cold Brew Coffee



2 varieties  
946ml

**2/7.00**

## Cascades Fluff Toilet Tissue and Tuff Paper Towels



assorted varieties

**8.99**  
12 Pack Toilet Paper

**6.99**  
6 Pack Paper Towels

## Boulder Clean Natural Cleaning Products



assorted varieties  
assorted sizes  
reg price 5.99-27.99

**30% off**

# DELI

Zorbas Falafels



Freybe Sundried Tomato or Dijon Turkey Breast



Choices' Own Tourtiere



Happy Planet Soup  
assorted varieties  
650ml

5.99

Habibi's Lebanese or Basil Garlic Hummus  
450g



6.99

Castello Cheddar or Aged Havarti Cheese



assorted varieties  
200g

6.99

Indianlife Wraps and Naan Bread  
assorted varieties



5.99



Krinos Organic Cow  
or Goat Feta Cheese

4.49 to  
5.49

Le Grand Pesto and Chimichurri  
170g



7.99

Woolwich Crumbled Feta Cheese  
175g



7.99

# PRODUCE

Organic Pomegranates from USA



1.98 each

Organic Green Kiwi Fruit from California  
454g (1lb) bag



2.98 bag

Organic Cauliflower from USA



3.98 each

Organic Broccolini from USA



2.98

# MEAT



Breaded Chicken Cutlets  
made in-store  
19.82kg

**8.99lb**



Cod Loin Fillets  
from Iceland  
41.87kg

**18.99lb**



Free Range Lamb Loin  
Chops from New Zealand  
raised without antibiotics  
30.84kg

**13.99lb**



Oceanwise White  
Tiger Prawns 31/40  
340g pack

**8.49** each



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

**18.99lb**



Oceanwise  
Rockfish Fillets  
22.02kg

**9.99lb**



100% Grass Fed Ribeye  
Steaks or Roasts Aged 21+  
Days from Australia  
value pack  
30.84kg

**13.99lb**



Stuffed Pork Loin  
made in-store  
15.41kg

**6.99lb**



Johnston's  
Nitrate Free Bacon  
24.23kg

**10.99lb**



Shorba Chicken  
or Beef Broth

**11.99**  
each



Freybe Wieners  
assorted varieties

**Freybe**  
EST. 1844

**5.99** each

# BAKERY

Choices' Own Country French Bread  
60% whole wheat or 100% whole wheat bread  
530g



**4.99**

Choices' Own All Butter Scones  
blueberry, cheese and chocolate package of 2



**2.99**

Choices' Own Halloween Cookies  
pumpkin or bat, mummy cookies and mummy faces  
assorted sizes



**1.99** pumpkin or bat

**3.99** mummy faces

**3.49**  
mummy cookies

# WELLNESS



MegaFood Daily Foods Blood Builder Bonus Shrink Wrap  
Bottles Come Shrunk Wrapped Together

**Buy One**  
72 Tab Bottle for 47.99  
**Get One**  
30 Tab Bottle FREE

MegaFood Daily Foods  
Blood Builder All Other Sizes

**20% off**



Sisu Ester-C Supplements

**17.99** 500mg Chewables

**31.99** 1000mg 120 Tablets

**34.99** Supreme 120 Capsules

Lorna Vanderhaeghe Vitamins and Supplements



assorted varieties  
assorted sizes  
reg price 8.99-96.99

**20% off**

Joy of the Mountains Oil of Oregano



**12.99** 10ml

**16.99** 15ml

**24.99** 30ml

Alpa Supreme MCT Oil



**22.99** 500ml

**33.99** 946ml

Iron Vegan Sprouted Protein or



Athlete's Blend Protein  
assorted varieties

**59.99** 1kg

Iron Vegan Bars and Glutamine

**20% off**

# BULK

Assorted Bulk Food Products  
Bins and Random Weight Bags

**20% off**

# GROCERY



Field Roast Chao Slices,  
Frankfurters, and Sausages  
assorted varieties assorted sizes

**5.49** Sausages & Franks

**5.99** Chao Slices



Tasty Bite Ready To Eat Meals  
assorted varieties  
285g

**2/4.00**



Imagine Organic Soup  
assorted varieties

**3.99** 500ml

**4.99** 946ml & 1L



Choices Organic Beans  
assorted varieties 398ml

**2/3.00**



Nutiva Organic Virgin and  
Extra Virgin Coconut Oil

**8.99** 444ml

**13.99** 860ml



Prairie Harvest Organic  
Coconut and Specialty Pasta  
assorted varieties  
375-454g

**2/6.00**

The Ginger People Chews,  
Marinades and Spreads  
assorted varieties assorted sizes  
reg price 2.29-8.99



**30% off**



Cape Herb & Spice Table Top Spices  
assorted varieties  
assorted sizes  
reg price 6.79-8.99

**30% off**

Green Organic Frozen Vegetables  
assorted varieties  
500g



**2/7.00**

Amy's Organic Frozen Lasagna  
and Mac & Cheese  
assorted varieties 227-291g



**3.49 to 4.99**

# Abbotsford's 4th Anniversary

**Saturday, October 26th | 3033 Immel St, Abbotsford**

Come and join us in celebrating our 4th 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 Oct. 26th 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.