

HAPPY HALLOWEEN

Prices Effective October 24 to October 30, 2019.

100% BC Owned and Operated



4.98

BC Grown Organic
Honeycrisp Apples
6lb/7L box



2.98lb

BC Grown Organic Red
on the Vine Tomatoes
from Origin Organics
6.57kg



4.99lb

Yarrow Meadows
Whole Organic Chicken
11.00kg



1.99
each

Choices' Own Halloween
Cookies: Pumpkins,
Bats and Mummies
assorted sizes

3.49
Mummy
Cookies

3.99
Mummy Faces
Cookies



From Our Deli Dept.

Choices' Own 12" Pizza

7.99



Meat Man's Sausage Rolls

2.29
each

Love Good Fats Bars



assorted
varieties
39g

2/4.00



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

5.99

All Vega One, Vega Sport and Vega
Vitamins and Supplements assorted varieties
assorted sizes



20% off



New Roots Vitamins
and Supplements
assorted varieties
assorted sizes
reg price 1.79-103.99

25% off

GROCERY



Zazubean Organic
Chocolate Bars
assorted varieties
85g

2/7.00



YumEarth Organic Candy,
Licorice and Fruit Pops
assorted varieties
assorted sizes

4.99 Candy & Licorice

8.99 Fruit Pops



Halloween Candy
select varieties
assorted sizes

6.99 to 9.99



Hardbite Potato Chips
assorted varieties
128-150g

2/5.00

Que Pasa Organic Tortilla Chips and Salsa



assorted varieties
assorted sizes

2/7.00



Skinny Sticks Snacks
assorted varieties
170-184g

3.99



Choices Organic Rice Cakes
assorted varieties
185g

2/7.00



Sonoma Creamery Crackers
assorted varieties
64g

4.99



Old Dutch Restaurant
Tortilla Chips and Salsa
assorted varieties
assorted sizes

2/6.00



Prana Superbarks
assorted varieties
100g

2/7.00



Schar Gluten-Free
Cookies and Crackers
assorted varieties
assorted sizes
reg price 5.99-8.99

30% off



Sezme Sesame Snaps
assorted varieties
assorted sizes

3/1.00

22.5g Single

4.99 16 Pack

Clif & Luna Energy Bars
assorted varieties 48-68g



5/5.00



Choices Vegan Sprouted Cookies
assorted varieties
312g

4.99



Chaser's Fresh Juice
assorted varieties
500ml
+deposit +eco fee

5.99

Breyer's Creamery Ice Cream
assorted varieties 1.66L



6.99

Spread'Em Dips



assorted varieties
183g

5.99 to 6.99



Daiya Cheese Slices,
Spreads and Blocks
assorted varieties
200-227g

3.99

GROCERY



Terra Breads Granola

6.99 454g

12.99 1kg



Califia Almond Beverages and Dairy Free Cold Brew Coffee 1.4L

4.49 Almond Beverages

4.99 Cold Brew Coffee



Earth's Choice Organic Rainforest Alliance Certified Fair Trade Coffee assorted varieties 340g

7.99



Canadian Heritage Organic Maple Syrup assorted varieties 500ml

10.99



Elias Specialty Honey assorted varieties 500g

7.99 to 8.99



Nut to You Almond Butter assorted varieties 365g

8.99

Silk Dairy-Free Creamers and Beverages assorted varieties



2/5.00 473ml Creamers

3.99 1.89L Dairy Free Beverages



Natur-A Rice, Almond, Coconut and Soy Beverages assorted varieties 946ml

2/5.00



Stash Premium Tea assorted varieties 18-20 Tea Bags

2/6.00

Liberté Organic Butter salted and unsalted 454g



7.99

Rabbit River Large Free Range Eggs 1 dozen



4.99



Anita's Organic Oats assorted varieties 1kg

5.49

Avalon Organic Probiotic Yogurt



assorted varieties

3.99 650g

8.49 1.75kg

Olympic Yogurt



assorted varieties 500-650g

2/6.00 Plain & Crema

2/8.00 Organic & Greek



Love Child Organics Baby Food assorted varieties 128ml

2/3.00



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

30% off



Primal Kitchen Salad Dressings, Oils and Condiments assorted varieties assorted sizes reg price 7.59-19.99

30% off



Bragg Organic Apple Cider Vinegar and Soy Seasoning

5.99 946ml Apple Cider Vinegar

6.99 946ml Soy Seasoning

DELI

Roasted Turkey Breast
300g



5.00

Choices' Own
Hot Chili



3.99 Small

5.99 Medium

8.99 Large

Ready to Eat
Stuffed Chicken Breast



5.49 each

Rosstown Chicken Sausages



7.99

Fontaine Santé Organic Hummus



NEW!

5.49

Choices' Own Shepherd's Pie



6.99 each

Parmesan Reggiano



4.99/100g

Imported Swiss Emmental Cheese



3.79/100g

Saputo Mozzarella Fresca Cheese 250g



6.99

Tre Stelle & Dofino Cheese Slices



assorted varieties
assorted sizes

5.99

PRODUCE



BC Grown Table Carrots
from Fountainview Farm
907g bag

3.98



Organic Lemons
Imported from Mexico

6/3.00



BC Grown
Organic Celery
4.37kg

1.98lb



Ruby Grapefruit
Florida Grown

5/5.00

MEAT



Pork Sausages
made-in-store
raised without
antibiotics
15.41kg

6.99lb



100% Grass fed,
New York Striploin
Steak, Aged 21+
days from Australia
value pack
22.02kg

9.99lb



Pork Side Ribs
regular or sweet & sour
raised without antibiotics
13.21kg

5.99lb



BC Fresh Duck
raised without
antibiotics
8.80kg

3.99lb



Fraser Valley
Smoked
Duck Breast
35.25kg

15.99lb



Smoked Duck
Farmers Sausages
28.64kg

12.99lb



Shorba Chicken
or Beef Broth

**11.99
each**



Wild Sockeye
Salmon
value pack
37.46kg

16.99lb



Crab Cakes
package of 2

4.99



Organic Chicken
Wings or
Bone-In Legs
value pack
15.41kg

6.99lb



100% Grass Fed,
Local, Organic,
Lean Ground Beef
19.82kg

8.99lb



Boneless Organic
Chicken Breast
value pack
30.84kg

13.99lb

BAKERY

Choices' Own Sourdough Multiseed
Bread or Multigrain Bread 530-600g



4.99

Choices' Own Halloween Cupcakes
package of 4



5.49 dark chocolate
with white buttercream

5.99
alternative flour chocolate

Choices' Own Crisps
apple or cherry rhubarb 250g



3.49

WELLNESS



WomenSense, AdrenaSense, FibreSense, EstroSense, MenoSense and ThyroSense
assorted varieties assorted sizes
reg price 25.99-58.99

30% off

Genuine Health Fermented Organic Vegan Proteins+

43.99 600g

56.99 900g



Genuine Health Fermented Organic Vegan Protein+ Bars
assorted varieties

2/5.50

31.99 12 Pack



Sisu Multivitamins and Vitamins B,C & D
assorted varieties assorted sizes
reg price 6.79-57.99

25% off



Curelle Shampoo and Conditioner Body Wash and Lotions
assorted varieties

7.99 250ml

12.99 500ml



Nutiva Organic MCT Oil

19.99 473ml

33.99 946ml



Shikai Borage Therapy

8.49 Hand Cream

14.49 Lotion

15.49 Advanced Lotion

BULK



Assorted Candies
Bins and Random Weight Bags

20% off

GROCERY

Plant Based!



Beyond Meat Burger
226g

6.99

Wholly Veggie Frozen Pizza, Vegetable Bites and Burgers



assorted varieties assorted sizes

5.99 Vegetable Bites & Burgers

8.99 Pizza

Amy's Organic Frozen Burritos and Wraps
assorted varieties



2/5.00

170g Regular

2/6.00

156g Gluten Free



La Tortilla Wraps and Tortillas
assorted varieties
assorted sizes
reg price 4.29-7.29

30% off



Lundberg Organic Rice
assorted varieties 907g
reg price 8.99-10.99

30% off



Alexia Frozen Potatoes and Onion Rings
assorted varieties
assorted sizes

2.99 to 3.99



Pearl's Frozen Perogies
assorted varieties
600g

3.99



Pacific Organic Broths
assorted varieties
946ml & 1L

3.99

Earthbound Farm Organic Fruits and Vegetables
assorted varieties 300-400g



2/6.00 Vegetables

2/8.00 Fruit

AspenClean Natural Cleaning Products



assorted varieties
assorted sizes
reg price 7.39-24.99

30% off

It's Time for TERROR!

Thursday, October 31st
6:00-8:00 pm
Choices Burnaby Crest
and Choices Kerrisdale

A ghoulish and frightening Haunted House Experience for kids of all ages. Tricks, treats and more!



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.