





















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



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

2/7.00



Sonoma Creamery Crackers assorted varieties

4.99



Old Dutch Restaurante 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%



Sezme Sesame Snaps assorted varieties assorted sizes

3/1.00 22.5g Single

4.99 16 Pack

Clif & Luna Energy Bars assorted varieties 48-68q



5/5.00

Breyer's Creamery Ice Cream assorted varieties 1.66L



6.99



Choices Vegan Sprouted Cookies assorted varieties 312g

4.99



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

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Spread'Em Dips



assorted varieties

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

f 4.49 Almond Beverages

4.99 Cold Brew Coffee



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

7.99



Canadian Heritage Organic Maple Syrup assorted varieties

10.99



Elias Specialty Honey assorted varieties 500g

7.99 to 8.99



Nut to You Almond Butter assorted varieties 365a

8.99

Silk Dairy-Free Creamers and Beverages assorted varieties



2/5.00

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



4.99



Anita's Organic Oats assorted varieties

5.49

Avalon Organic Probiotic Yogurt



assorted varieties

3.99 _{650g}

8.49 1.75kg





assorted varieties 500-650g

2/6.00
Plain & Krema
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





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



DEL

Roasted Turkey Breast 300g





Choices' Own
Hot Chili

3.99 Small

5.99 Medium

8.99 Large



Rossdown Chicken Sausages



Fontaine Santé Organic Hummus

NEW!

5.49

Choices' Own Shepherd's Pie





Parmesan Reggiano

Imported Swiss Emmental Cheese

100a





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

MFAT



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 13.21kq

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



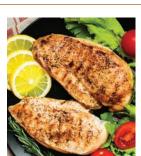
Organic Chicken Wings or Bone-In Legs value pack 15.41kg

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



Choices' Own Halloween Cupcakes package of 4



Choices' Own Crisps apple or cherry rhubarb 250g





WomenSense, AdrenaSense, FibreSense, Estrosense, Menosense and Thyrosense assorted varieties assorted sizes reg price 25.99-58.99

Genuine Health Fermented Organic Vegan Proteins+



43.99 600g | 56.99 900g



Genuine Health Fermented Organic Vegan Protein+ Bars assorted varieties



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



Shampoo and Conditioner **Body Wash and Lotions** assorted varieties



Nutiva Organic MCT Oil



Shikai Borage Therapy

Hand Cream



Assorted Candies Bins and Random Weight Bags

GROCERY



Meat Burger 226g

6.99

Wholly Veggie Frozen Pizza, Vegetable Bites and Burgers



5.99 Vegetable Bites & Burgers

assorted varieties assorted sizes

Amy's Organic Frozen Burritos and Wraps assorted varieties



2/5.00

6.00



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



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



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 300-400q

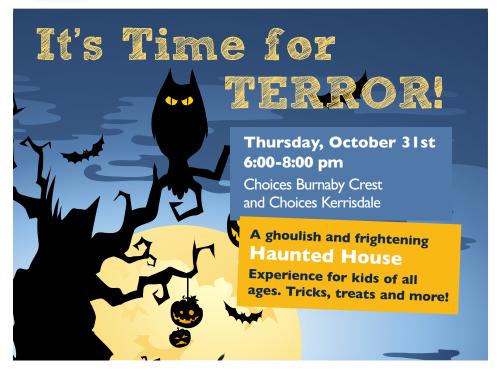


2/6.00 Vegetables

2/8.00 Fruit

AspenClean Natural Cleaning Products

assorted varieties assorted sizes reg price 7.39-24.99





Kitsilano 604 736 0009

Cambie 604.875.0099

Kerrisdale 604 263 4600 Yaletown 604.633.2392 Commercial Drive 604.678.9665

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.