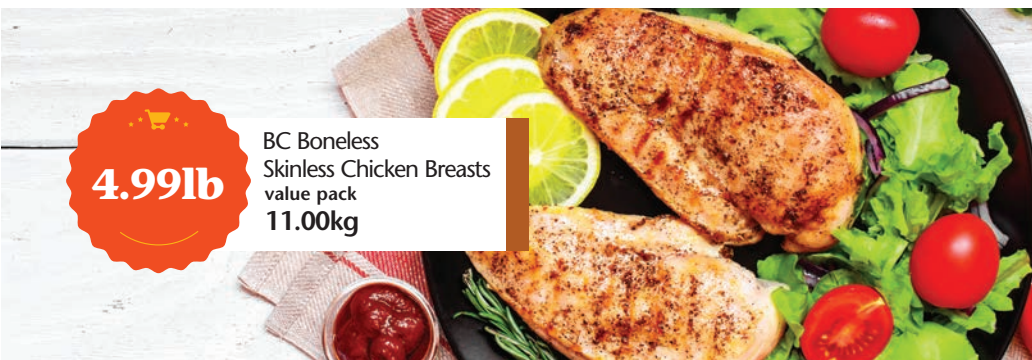


# WEEKLY SPECIALS

Prices Effective October 31 to November 6, 2019.

100% BC Owned and Operated



**4.99lb**

BC Boneless  
Skinless Chicken Breasts  
value pack  
11.00kg



**2.98**

California Grown  
Strawberries  
Imported from USA  
454g package

**2.48**

Organic California Grown  
Black, Green and Red  
Kale from Cal Organics  
Imported from USA



**9.99**

Rosstown  
Roasted Chickens  
*From Our Deli Dept.*



**BUY 1  
GET 1  
FREE**

Savor Grass Fed Butter  
Salted & Unsalted  
250g  
reg price 6.99



**4.49**

Maple Hill Organic Free  
Range Medium Eggs  
1 dozen

*From Our Wellness Dept.*



Nuun Immunity  
and Vitamin Tabs

**6.99** 10 Tabs



St. Francis Herb  
Farm Deep Immune  
assorted varieties  
assorted sizes  
reg price 19.99-36.99

**20% Off**



Herbion Naturals  
Cough Lozenges  
regular or sugar free

**2/4.00**  
18 Lozenges

Herbion All Natural  
Cold & Flu Remedy

**7.99**



Purica Immune 7

**22.99** 60 capsules

**39.99** 120 capsules

Purica Vitamins & Supplements

**15% Off**



Hedd Wyn Oil of Oregano

**11.99** 15ml

**17.99** 30ml

**27.99** 50ml



# GROCERY



Ethical Bean Organic  
Fair Trade Coffee  
assorted varieties

**6.99** 227g Ground

**9.99** 340g Whole Bean



Mighty Leaf Artisan Tea  
assorted varieties  
15 tea bags

**7.99**



Elias Organic Honey

**10.99** 500g

**39.99** 2kg



Canadian Heritage  
Organic Maple Syrup  
assorted varieties  
1L

**20.99**



Bob's Red Mill  
Gluten-Free Oats  
assorted varieties  
assorted sizes

**5.99 to  
6.99**



Nuts to You Cashew  
Butter and Rainforest  
Nut Butter with Coconut  
assorted varieties  
500g

**9.99**

Daiya Dairy-Free Yogurt and Cheezecakes



**2/3.00**

150g Yogurt

**4.49** 454g Yogurt

**5.99**

400g Cheezecake

Liberté Skyr Yogurt and Organic Kefir  
assorted varieties



**2/7.00**

454ml Kefir

**3.99**

500g Skyr

Happy Days Goat Yogurt and Kefir  
assorted varieties assorted sizes



**2/7.00**



Anita's Organic  
Whole Grain Flour  
select varieties  
assorted sizes  
reg price 5.99-11.69

**30% off**



Silk True Almond Milk  
assorted varieties

**2/3.00** 236ml

**7.99** 6 Pack



Silk Almond and  
Cashew Beverages  
assorted varieties  
1.4L

**5.99**

Bremner's Organic Frozen Fruit  
assorted varieties assorted sizes



reg price  
7.99-25.99

**30% off**

Organic Traditions Superfoods



assorted varieties  
assorted sizes  
reg price 5.99-66.99

**30% off**



Once Upon a Farm  
Fresh Baby Food  
assorted varieties  
85ml

**2/5.00**

Caboo Bamboo Facial Tissue, Paper Towels,  
Toilet Paper and Wipes  
select varieties  
assorted sizes  
reg price 1.99-12.99



**30% off**

Seventh Generation Dish Soap  
assorted varieties  
739ml



**2/6.00**

Echoclean Liquid and Powder Laundry Detergent



assorted varieties  
1.5L & 3Kg

**6.99**

# GROCERY



Kettle Brand  
Potato Chips  
assorted varieties  
170-220g

**2/5.00**



Barbara's Cheez Puffs  
assorted varieties  
155-198g

**2/4.00**



Que Pasa Day of the  
Dead Tortilla Chips  
286g

**2/6.00**



Rise Organic Kombucha  
assorted varieties  
414ml  
+deposit +eco fee

**3/8.99**



Noble Vegan Jerky  
assorted varieties  
70g

**4.99**



SeaSnax Organic  
Seaweed Snacks  
assorted varieties

**2/3.00** 5g

**2/4.00** 10g



Santa Cruz  
Organic Apple Juice  
2.84L  
+deposit +eco fee

**7.99**



Alter Eco Organic  
Fair Trade Chocolate Bars  
assorted varieties  
75-80g

**2/6.00**



Galerie Au Chocolat  
Chocolate Bars  
assorted varieties  
100g

**3.99**



Whistler Glacial  
Spring Water  
1.5L  
+deposit +eco fee

**2/3.00**



Good To Go  
Keto Snack Bars  
assorted varieties  
40g

**2/4.00**

G2G Energy Bars  
assorted varieties 70g



**2/6.00**



Good Drink Iced Tea  
assorted varieties  
473ml  
+deposit +eco fee

**2/4.00**



Glutino Gluten-Free Snacks,  
Crackers and Wafers  
assorted varieties  
assorted sizes

**BUY 1  
GET 1**

**FREE**  
of Equal or Lesser Value



GoGo Quinoa Cookies,  
Snacks and Pasta  
assorted varieties  
assorted sizes  
reg price 4.99-8.99

**30% off**

Hot Kid and Want Want Crisps  
assorted varieties 100g



**2/5.00**

Hot Kid Crisps

**2/6.00**

Want Want Super Slim Crisps

Avalon Organic Ice Cream



assorted varieties  
946ml

**8.99**

Clif Energy Bars



select varieties  
6 pack

**6.99**



# DELI

Choices 'Own Turkey Meatloaf



**2.19/100g**

Choices 'Own Fresh Chicken Noodle Soup  
650ml



**5.99**

Choices 'Own Ham, Turkey or Roast Beef Sandwiches



**6.49**

Choices 'Own Garlic Mashed  
or Baby Red Roasted Potatoes



**1.19 to  
1.49/100g**

Tartine Tarts Shepherd's Pie or Red Lentil  
Vegan Shepherd's Pie



**4.99**

Choices 'Own Ham and Swiss  
or Broccoli Cheddar Egg Muffins



**2/3.00**

Spice Mantra Curry Entrées



**6.49**

Choices 'Own Hot Soup

assorted sizes



**3.49 to  
7.99**

Italian Grana Padano Cheese



**3.99/  
100g**

Great Lakes Goat Cheese

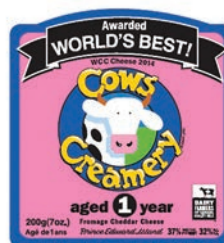
assorted varieties  
175g



**7.49**

Cows Creamery 1,2 & 3 Year

Cheddar Cheese  
200g



**7.99 to  
9.99**

# PRODUCE



Organic Broccoli  
Bunches Imported  
from Mexico  
**6.57kg**

**2.98lb**



BC Grown Organic  
Fusion Potatoes from  
Grown Here Farm  
567g (1.25lb) bag

**2.98**



BC Grown Nicola Apples  
**2.16kg**

**.98lb**



BC Grown Organic  
Bosc and D'Anjou Pears  
**4.37kg**

**1.98lb**



# MEAT



100% Grass Fed and Finished  
New York Strips, Aged 21+  
Days from Australia  
value pack  
20.92kg

**9.49lb**



Boned Broth  
Chicken and Pork  
460ml

**8.99 each**



100% Grass Fed  
and Finished Beef  
Sirloin Tip Roasts  
15.41kg

**6.99lb**



Loin Cod Fillets  
from Iceland  
44.07kg

**19.99lb**



New Zealand Spring Lamb  
100% Grass Fed and Finished,  
Lamb Leg Roasts or Steaks  
28.64kg

**12.99lb**



BC Boneless Skinless  
Marinated Chicken Breast  
assorted varieties  
17.61kg

**7.99lb**



Pork Centre Cut  
Boneless Chops or Roasts  
raised without antibiotic  
value pack  
13.21kg

**5.99lb**



100% Grass Fed and  
Finished Beef Meatballs  
made in-store  
15.41kg

**6.99lb**



Stuffed  
Chicken Cordon  
assorted flavours

**3.49 each**



Pinty's Chicken  
Strips or Nuggets  
810g

**14.99 each**



Thomas Reid  
Organic Ground  
Dark Meat Chicken  
27.54kg

**12.49lb**

# BAKERY

Choices' Own White Bread  
made with olive oil  
500g



**2.99**

Choices' Own Alternative Flour  
Carrot Cake or Paleo Fudgy Brownie  
180-200g



**4.49 to 5.49**

Choices' Own Regular Size Muffins  
bran raisin, oatmeal carrot walnut,  
oatmeal blueberry lemon & banana  
chocolate chip  
package of 4



**4.49**

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**



# WELLNESS



New Chapter  
Multivitamins and Vitamin B  
assorted varieties assorted sizes  
reg price 39.99-87.99

**20% off**



Garden Of Life Dr. Formulated Probiotics  
Proteins and Sports Supplements  
assorted varieties assorted sizes  
reg price 24.49-61.99

**20% off**

Beekeeper's Naturals Throat Spray



**11.99** Adults  
**12.99** Kids



BeeKeeper's B.LXR Brain  
Fuel & Bee Powered

**20% off**



Prairie Doctor Herbal Tinctures  
assorted varieties  
assorted sizes  
reg price 17.49-31.99

**25% off**



Natracare Natural  
Feminine Hygiene Products  
assorted varieties assorted sizes  
reg price 3.49-8.99

**20% off**



Mad Hippie Facial Care  
assorted varieties  
assorted sizes  
reg price 27.99-53.99

**20% off**

# BULK



Assorted Nuts  
Bins and Random Weight Bags

**20% off**

# GROCERY

Prairie Harvest Organic Pasta and Pasta Sauce  
assorted varieties



**2/5.00**  
454g Pasta

**4.99**  
705ml Pasta Sauce



Daiya Dairy-Free Cheezy Mac  
and Dairy-Free Dressings  
assorted varieties  
assorted sizes

**2/7.00**

Rocky Mountain Frozen Artisan Pizza



select varieties  
405-430g

**8.99**

Sol Cuisine Vegetarian Burgers



assorted varieties  
226-284g

**4.49**

Muir Glen Organic Fire Roasted Tomatoes



crushed & diced  
796ml

**2/7.00**

Lightlife Meat Alternatives



assorted varieties  
assorted sizes

**2.99 to 4.49**

Spectrum Oils, Mayonnaise and Vinegar



assorted varieties  
assorted sizes  
reg price 6.29-27.49

**30% off**

Karthein's Organic Sauerkraut and Kimchi



assorted varieties  
375-750ml  
reg price 6.99-14.49

**30% off**

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



assorted varieties  
assorted sizes

**BUY 1  
GET 1**

**FREE**  
of Equal or Lesser Value



Floating Leaf Rice  
assorted varieties  
assorted sizes

**4.99 to 6.99**



Silver Hills Sprouted Power Bread  
assorted varieties  
assorted sizes

**2/8.00**

## Have Nutrition Questions?

**Our Choices Nutrition Team Has the Answers!**

- Learn about specialized diets
- Get simple, healthy home cooked meal ideas
- Learn simple steps to improve your daily diet

**Book a FREE Personalized Store Tour:**

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