

GREY CUP NOVEMBER 24

Prices Effective November 21 to November 27, 2019.



100% BC Owned and Operated

BUY 1 GET 1 FREE

Choices' Own 12" Pizza Ham & Pineapple, Cheese or Pepperoni reg price 12.99

7.99

Choices' Own Fresh Turkey, Beef or Vegan Chili from Our Deli Dept.

Dave's Delicious Guacamole Recipe

Preparation time 20 minutes.

Ingredients

- 8 ripe avocados
- 1 clove BC grown garlic
- 1 bunch cilantro
- 1 sweet lemon/sweet lime
- 4 ripe tomatoes
- 1 jalapeno pepper
- 1 small red onion
- sea salt to taste

Directions

Cut and scoop avocados into large mixing bowl and mash. Cut tomatoes into 1/4's and de-seed. Coarsely chop tomatoes and cilantro. Finely dice garlic, jalapeno, and onion (for extra spicy-leave jalapeno seeds in). Cut lemon/lime in 1/2 and juice. Add rest of ingredients to avocados, fold thoroughly, and serve immediately with your favourite dipping chips, baguette, or naan. Serves 8.

3.99lb

Marinated Chicken Wings 8.80kg

4.99lb

Pork Side Ribs regular or sweet & sour raised without antibiotics 11.00kg

Organic Hass Avocados

2/3.00

4.99

Choices' Own Sourdough Bread levain style sliced 530g

Que Pasa Organic Tortilla Chips and Salsa

assorted varieties assorted sizes

2/7.00

20% off

Natural Factors Vitamins and Supplements assorted varieties assorted sizes reg price 3.79-77.99

natural Factors Vitamin D3 1000 IU 90 Tablets

WHOLE GREENS

Made Good Granola Bars, Cereal and Squares

assorted varieties assorted sizes reg price 1.19-8.99

30% off

MADEGOOD Chocolate Carrés croustis

MADEGOOD Chocolate Chip Crispy Squares

GROCERY



Glutino Snacks, Crackers,
Bars and Cookies
assorted varieties
assorted sizes
reg price 3.99-9.79

30% off



Sahale Nut Mixes
assorted varieties
113g

5.99



Windel Christmas
Advent Calendars
assorted varieties
assorted sizes
reg price 3.99-30.99

20% off



Avalon Organic
Ice Cream
assorted varieties
946ml

8.99



Phillips Craft
Soda and Tonics
assorted varieties
+deposit +eco fee

2/3.00 355ml Soda

6.99 6 Pack Tonics



Anita's Whole
Grain Flour and Oats
assorted varieties
1-2kg
reg price 5.99-11.69

30% off



Sensible Portions
Veggie Chips and Straws
assorted varieties
141-142g

2/6.00



Nairn's Oat
Cookies and Crackers
assorted varieties
200-250g

3.99 to 4.79



Anita's Breakfast Boost,
Organic Pancake, Morning
Rush Cereal and Baking Mixes
assorted varieties
assorted sizes
reg price 5.99-12.99

30% off



Kettle Brand Potato Chips
assorted varieties
170-220g

2/5.00



Casa Fiesta Mexican Products
assorted varieties
assorted sizes
reg price 1.89-5.99

30% off



Tre Stelle
Shredded Cheese
assorted varieties
170-200g

4.49

Earthbound Farm Organic
Frozen Fruit and Vegetables



assorted varieties
300-400g

2/6.00
Vegetables

2/8.00
Fruits

Mama Mary's Pizza Shells and Sauce



assorted varieties
assorted sizes
reg price 3.69- 9.99

30% off

Rao's Pasta and Pizza Sauce



assorted varieties

5.99 370ml Pizza Sauce

8.99 680ml Pasta Sauce



Imagine Organic Soup
assorted varieties

3.49 500ml

4.99 946ml & 1L

Wild Moon Organic Bone Broth
assorted varieties 450ml



7.99



Ocean's Pole
and Line Tuna
assorted varieties
170g

2/4.00 Chunk & Flaked

2/7.00 Albacore

DELI



Choices' Own Lemon Herb or Mexi Potato Wedges 350g

5.00

Rosstown Roasted Chickens

9.99

Summer Fresh Dips and Hummus assorted varieties 227g

3.99

NEW! Payson Breton Cheese

6.49

PRODUCE

BC Grown Organic Gala Apples from Clapping Chimp 1.36kg (3lb) bag



4.98

Organicgirl Salad Mixes California Grown assorted varieties 142g



3.98

Organic Tomatoes on Vine Imported from Mexico



1.98lb



Yellow Ataulfo Mangoes Imported from Brazil

1.98 each



BC Grown Organic Juice Carrots from Fountainview Farm 11.34kg (25lb) bag

24.98

BAKERY

Choices' Own All Butter Shortbread plain, pecan and chocolate dipped assorted sizes



5.49 pecan & plain

4.49 chocolate dipped

Choices' Own 9" Hand Made Fruit Pies apple, berry rhubarb and peach medley



10.99

MEAT

Organic Boneless Skinless Chicken Breasts 30.84kg



13.99lb

Fresh Turkey Sausages made in-store 17.61kg



7.99lb

Yarrow Meadows Whole Organic Chicken 11.00kg



4.99lb

Fresh Steelhead 37.46kg



16.99lb

Nitrate Free Bacon 24.23kg



10.99lb

100% Grass Fed and Finished Beef Strip Loin Steaks 21+ Days from Australia 19.82kg



8.99lb

WELLNESS



Organika Vitamins and Supplements
assorted varieties
assorted sizes
reg price 5.29-107.99

25% off



MegaFood Multi-Vitamins
assorted varieties
assorted sizes
reg price 40.49-75.49

20% off

Homeocan Supplements and Traumacare
assorted varieties assorted sizes
reg price 8.99-31.99



20% off



Garden of Life
Dr. Formulated Probiotics
assorted varieties
assorted sizes
reg price 24.49-57.99

20% off



New Roots Wild Oregano Oil C93

9.99 15ml

17.99 30ml

27.99 50ml



St. Francis Herb Farm
Herbal Tinctures
assorted varieties
assorted sizes
reg price 17.99-36.99

20% off

BULK

Assorted Candies
Bins and Random
Weight Bags

20% off

GROCERY



Nuts to You Peanut Butter
smooth or crunchy
750g

5.99



Nature's Path Organic
Eco Pac Cereal
assorted varieties
assorted sizes

8.49



Nature's Path Organic
Frozen Waffles
assorted varieties
210g

2/7.00



Avalon Organic Sour Cream

2.99 250ml

3.79 500ml

Liberté Greek and Méditerranée Yogurt
assorted varieties assorted sizes



2/6.00
500g Méditerranée

4.99 750g Greek



Elias Organic Honey

10.99 500g

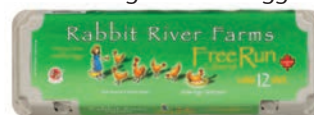
38.99 2Kg



Silk Oat Yeah
assorted varieties
1.75L

4.99

Rabbit River Large Brown
Free Run Vegetarian Fed Eggs



1 dozen

4.49

Dairyland Cottage Cheese



assorted varieties
500g

2.99



Nature Clean Natural
Cleaning and Laundry Products
assorted varieties
assorted sizes
reg price 6.49-25.99

30% off

THANK YOU CHOICES CUSTOMERS



We raised \$2000.00 at a donation BBQ held at our South Surrey location on September 14th. All proceeds will benefit the **Surrey Prostate Cancer Support Group**.



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

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