

REMEMBRANCE DAY

Prices Effective November 7 to November 13, 2019.



100% BC Owned and Operated



3.49lb

Choices Whole Chicken
raised without antibiotics
7.69kg



2.98 each

Large Pomegranates
Imported from California



2/4.00

Organic California Grown
Rainbow and Red Chard
from Cal Organics



6.49

Choices' Own
Banana Bread
made from organic bananas
454g



From Our Deli Dept.
Choices' Own Beef Stew
710ml

7.99

Choices' Own Pot Pies
assorted varieties

5.49

Kind Fruit & Nut Bars
assorted varieties 40g



1.00

Smart Sweets
Low Sugar Candy
assorted varieties
50g



2/6.00

withinUs TruMarine Collagen, withinUs Matcha Misto and withinUs Coconut Creamer & Collagen



62.99
250g TruMarine
Collagen



54.99
280g Matcha
Misto & Collagen

42.99
274g Coconut
Creamer &
Collagen

GROCERY



Hardbite Potato Chips
assorted varieties
128-150g

2/5.00



Que Pasa Organic
Tortilla Chips and Salsa
assorted varieties
assorted sizes

2/6.00



Vegan Rob's Chips and Puffs
assorted varieties
99g

3.99



Brew Dr. Organic Kombucha
assorted varieties
414ml
+deposit +eco fee

2/6.00



Made Good Squares,
Bars, Cookies and Granola
assorted varieties
assorted sizes
reg price 1.19-8.99

30% off

Nature's Bakery Fig Bars



assorted varieties

.99 56.6g Single

3.99 6 Pack



Rumble Protein Shakes
assorted varieties
330ml

2/7.00



Lundberg Organic Rice Cakes
assorted varieties
241-269g

3.99



Wild Made Fruit Rolls
assorted varieties
60g

4.49

San Pellegrino Sparkling Beverages
assorted varieties +deposit +eco fee



.99

330ml Single

4.99

6 Pack



Camino Organic
Fair Trade Chocolate Bars
assorted varieties
80-100g

2/7.00



Lily's Sugar Free Chocolate Bars
assorted varieties
85g

3.99



Fentimans Craft Soda
assorted varieties
+deposit +eco fee

2/4.00

275ml Single

6.99

4 Pack



Leclerc and
Praventia Cookies
assorted varieties
100-240g

3.99



Chapman's
Frozen Yogurt
assorted varieties
2L

5.49

R.W. Knudsen Organic Just Juice
assorted varieties
946ml
reg price 6.99-15.99



30% off

Caulipower Frozen Pizza



assorted varieties
330-340g

8.49

Eco Max Natural Laundry Wash



select varieties
1.5L

10.99

GROCERY



Bragg Organic Apple Cider Vinegar and Soy Seasoning

5.99 946ml
Apple Cider Vinegar

7.99 946ml
Soy Seasoning



Nutiva Organic Coconut Manna, Buttery Oil and Palm Oil
select varieties
assorted sizes
reg price 10.99 -12.99

30% off



Nando's Peri-Peri Sauce and Perinaise
assorted varieties

4.49 255ml Perinaise

5.99 250ml Peri Peri Sauce



Bioitalia Organic Pasta Sauce and Strained Tomatoes
assorted varieties

2/6.00
700ml Strained Tomato

2/7.00
358ml Pasta Sauce

Italpasta
assorted varieties 900g



2/6.00

Simply Pure Cheese
assorted varieties 340g



7.49

Gardein Vegan Meat Alternatives



assorted varieties
205-390g

4.49

Gusta Vegan Grating Blocks and Sausages
assorted varieties



4.49 227g
Grating Blocks

4.99 350g
Vegan Sausages



Parmela Creamery Nut Based Cheese
assorted varieties
198g

4.99

Bar Harbor Soups, Juice, Chowders, Sardines and Herring
assorted varieties assorted sizes
reg price 4.69-6.49



30% off



Pacific Organic Soup
assorted varieties
1L

4.49



Lundberg Nutra Farmed Rice
assorted varieties
assorted sizes
reg price 5.99-9.99

30% off

Earthbound Farm Organic Frozen Fruit and Vegetables



assorted varieties
300-400g

2/6.00
Vegetables

2/8.00
Fruit

Gold Rush Organic Frozen Potatoes



assorted varieties
454g

3.99 to 4.49



McClure's Pickles and Sauerkraut
assorted varieties
750ml

5.99

One Degree Organic Cereal,



Granola and Flour
assorted varieties
assorted sizes
reg price 4.69-7.99

30% off

Swerve Sugar Replacements



assorted varieties
340g

7.99



GluteNull Gluten-Free Bread
assorted varieties
737g

7.99

DELI

Choices' Own Pasta Entrées



5.49 to 7.99

Choices' Own Breakfast Bagels, English Muffins or Parfaits



2/6.00

Choices' Own Natural Roast Beef



3.99/100g

Freybe Sundried Tomato or Dijon Turkey Breast



2.89/100g

Meat Man's Sausage Rolls



2/4.00

Happy Planet Soup
650ml



5.99

Italian Reggiano Cheese



4.99/100g

Parmesan Cheese Grated or Shredded



3.49/100g

Dofino
Havarti Cheese



2.79/100g

Happy Days Goat Mozzarella Gouda or Marble Cheddar Cheese



4.49/100g

PRODUCE



Organic Rio
Red Grapefruit
1.81kg (4lb) bag

7.98



Organic Rainbow
Cherry Tomatoes
Imported from Mexico
1pint package

3.98



BC Grown
Ambrosia Apples
2.16kg

.98lb



Organic Green Asparagus
Imported from Mexico
13.18kg

5.98lb

MEAT



New Zealand Lamb
Grass Fed Finished
Frenched Lamb Rack
39.66kg

17.99lb



Georels Bone Broth
chicken or beef
700ml

11.99 each



BC Fresh Duck
raised without antibiotics
8.80kg

3.99lb



BC Extra Lean
Ground Beef Grass Fed
raised without antibiotics
19.82kg

8.99lb



BC Ground Pork
11.00kg

4.99lb



Fresh Steelhead
value pack
37.46kg

16.99lb



Organic
Chicken Sausages
made-in-store
24.23kg

10.99lb



Choices Boneless
Chicken Breasts
raised without antibiotics
22.02kg

9.99lb

Bison Sirloin Tip Roast
33.05kg



14.99lb

Organic Chicken Legs Boneless Skinless
24.23kg



10.99lb

Clear Ocean Wise Bacon Wrapped Scallops
44.07kg



19.99lb

BAKERY

Choices' Own Multigrain Bread
530g



4.99

Choices' Own Hand Made 6" Pies and Crisps
rhubarb, peach medley, apple and paleo
triple berry crisps 220-240g



6.49

Choices' Own Select Keto Baked Goods:
donut bites, roasted pepper & cheddar "cornbread",
cookies and cream cheesecake assorted sizes



3.49

WELLNESS



Platinum Naturals Multi-Vitamins
assorted varieties assorted sizes
reg price 27.99-99.99

20% off

BioSil For Skin, Hair and Nails
assorted varieties assorted sizes



25% off

Preferred HappySense SHTP

14.99 50mg **20.99** 100mg

Boiron Oscillococcinum



12.99 6 Dose

18.99 12 Dose

31.99 30 Dose



Botanica Organic Golden Mylk, Reishi Hot Chocolate, Turmeric Lemonade, and Lion's Mane Iced Tea

16.99 80-150g



Vega One All-in-One Nutritional Shakes

49.99

All Other Vega One Supplements
assorted varieties
assorted sizes

20% off

Avalon Hair, Face and Body Care Products



assorted varieties
assorted sizes
reg price 9.49-30.99

25% off



AOR Vitamins and Supplements
assorted varieties assorted sizes
reg price 29.99-122.99

20% off

BULK



Assorted Dried Fruit
Bins and Random Weight Bags

20% off

GROCERY



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

8.49



Califia Almond Milk and Cold Brew Coffee
assorted varieties 1.4L

4.49 Almond Milk

4.99 Cold Brew Coffee



Nuts to You Peanut Butter
smooth or crunchy
750g

5.99



Uncle Luke's Organic Maple Syrup
assorted varieties
1L

20.99



Four O'clock Organic Tea
assorted varieties
16 Tea Bags

3.99



Elias Honey
select varieties assorted sizes
reg price 6.69-46.29

30% off



Olympic Organic Kefir
assorted varieties
2L

7.99



assorted
varieties
500g

3.99



Choices Organic Milk
assorted varieties
4L

8.29 1%, 2% & Skim

8.99 3.8%



Born 3 Large White Eggs
1 Dozen

3.49

Remembrance Day

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.



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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