















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

6.00



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

% off



Nature's Bakery Fig Bars



assorted varieties

56.6g Single



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





330ml Single



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

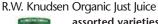


Leclerc and Praventia Cookies assorted varieties 100-240g



Chapman's Frozen Yogurt assorted varieties

5.49





assorted varieties 946ml reg price 6.99-15.99





assorted varieties 330-340g

Eco Max Natural Laundry Wash



select varieties

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



Nando's Peri-Peri Sauce and Perinaise assorted varieties

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





Simply Pure Cheese assorted varieties 340g



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

198g

Parmela Creamery **Nut Based Cheese** assorted varieties

4.99

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



butternut

Pacific Organic Soup assorted varieties 1L



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

Earthbound Farm Organic Frozen Fruit and Vegetables



assorted varieties 300-400g

2/6.00 Vegetables

2/8.00

Gold Rush Organic Frozen Potatoes



assorted varieties 454g

3.99 to



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

Swerve Sugar Replacements



assorted varieties 340g



GluteNull Gluten-Free Bread assorted varieties 737g

7.99

DELI

Choices' Own Pasta Entrées



Choices' Own Breakfast Bagels, English
Muffins or Parfaits

2/6.00



Freybe Sundried Tomato or Dijon Turkey Breast





Happy Planet Soup 650ml







Parmesan Cheese Grated or Shredded

3.49/100g



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**



Organic Chicken Legs Boneless Skinless **24.23kg**



Clear Ocean Wise Bacon Wrapped Scallops **44.07kg**



BAKERY

Choices' Own Multigrain Bread 530g



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



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





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

BioSil For Skin, Hair and Nails assorted varieties assorted sizes



off

Preferred HappySense 5HTP

Boiron Oscillococcinum





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

16.99



Vega One All-in-One **Nutritional Shakes**

All Other Vega One Supplements assorted varieties assorted sizes

Avalon Hair, Face and Body Care Products





assorted varieties assorted sizes reg price 9.49-30.99



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

BUIK



Assorted Dried Fruit Bins and Random Weight Bags

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

5.99



Uncle Luke's Organic Maple Syrup assorted varieties

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

%



Olympic Organic Kefir assorted varieties

7.99



assorted varieties 500g

3.99



Choices Organic Milk assorted varieties

1%, 2% & Skim



Born 3 Large White Eggs 1 Dozen

3.49



Kitsilano

Cambie

Kerrisdale

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Burnaby Crest

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