

# WEEKLY SPECIALS

Prices Effective November 28 to December 4, 2019.

100% BC Owned and Operated



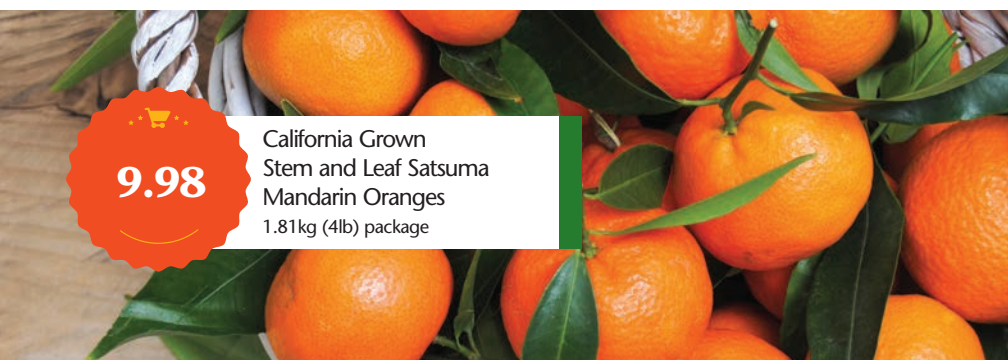
3.99lb

Choices Whole Chickens  
raised without antibiotics  
8.80kg



2.98

Organic Broccolini Bunches  
Grown in California



9.98

California Grown  
Stem and Leaf Satsuma  
Mandarin Oranges  
1.81kg (4lb) package



4.49

Choices' Own  
Country French Bread  
white or 60% wholewheat  
480 & 530g



from Our Deli Dept.  
Choices' Own Family  
Size Quiche

13.99

Choices' Own Hot Soups  
assorted varieties  
assorted sizes

2.99 to  
7.99



Happy Planet Organic Grass Fed Milk  
assorted varieties  
1.5L

5.99 to  
6.79

Maple Hill Free Range Extra Large Eggs 1 dozen



4.79



Le Comptoir Aroma Mist  
Diffusers and Pebbles  
assorted varieties  
assorted sizes  
reg price 15.99-99.99

25% off

Aura Cacia Essential Oils & Oil Blends  
Reguar or Organic



assorted  
varieties  
assorted sizes  
reg price 3.99-54.99

30% off



# GROCERY

## MaraNatha Nut Butters



assorted varieties  
assorted sizes  
reg price 9.49-14.99

**30% off**

## Earth Balance Spreads



assorted varieties  
assorted sizes  
reg price 6.99-15.99

**30% off**

## Liberté Organic Butter salted & unsalted 454g



**7.99**



Blue Diamond  
Almond Breeze  
assorted varieties  
1.89L

**4.49**



Manitoba Harvest Hemp  
Yeah Granola and Bars  
assorted varieties

**2/4.00** 45g Bars

**4.99** 283g Granola



Califia Dairy-Free  
Cold Brew Coffee  
assorted varieties  
1.4L

**4.99**



Stash Premium Tea  
assorted varieties  
18-20 teabags

**2/6.00**



Elias Honey  
assorted varieties  
1kg  
reg price 14.99-21.29

**30% off**



Happy Planet Fresh Juice  
assorted varieties  
1.75-1.89L  
+deposit +eco fee

**3.99 to 4.99**

## Riviera Petite Goat Milk and Organic Yogurt assorted varieties 4 pack



**5.49**

## Tree Island Cream Top Yogurt vanilla or plain 1.5kg



**8.49**

## Bremner's Organic Frozen Fruit



assorted varieties  
assorted sizes  
reg price 7.99-25.99

**30% off**

## Farmers Market Organic Pumpkin Purée and Pumpkin Pie Mix 397g



**2/5.00**  
Pumpkin Purée

**2/6.00**  
Pumpkin Pie Mix



Anita's Organic Baking Flour  
assorted varieties  
assorted sizes  
reg price 7.39-21.99

**30% off**



Canadian Heritage  
Organic Maple Syrup  
assorted varieties  
1L

**20.99**

## Hammond's Organic Candy Canes



assorted varieties  
50g

**2/6.00**

## Barú Hot Chocolate



assorted varieties  
250g

**7.99**

## L'Ancetre Organic Cheese



assorted varieties  
325g

**7.99 to 8.49**

# GROCERY



Barbara's Cheez Puffs  
assorted varieties  
155-198g

**2/5.00**



Angie's Boomchickapop Popcorn  
assorted varieties  
125-142g

**3.99**



Skinny Sticks Snacks  
assorted varieties  
170-184g

**3.99**



Sonoma Creamery Crackers  
assorted varieties  
64g

**4.99**



Gone Crackers  
assorted varieties  
142g

**4.99**



Laiki Black and Red Rice Crackers  
assorted varieties  
100g

**2/7.00**

Love Good Fats Bars  
assorted varieties 39-40g



**2/4.00**



Whittaker's Chocolate Bars  
assorted varieties  
200-220g

**4.99**

Panda Natural Licorice  
assorted varieties  
assorted sizes



**.79 to 2.99**

Avalon Organic Ice Cream



assorted varieties  
946ml

**8.99**

So Delicious Dairy-Free Frozen Desserts  
assorted varieties



**4.49**  
4 Pack Bars

**4.99** 500ml  
Frozen Dessert

Deebee's Frozen Wands  
assorted varieties 4 pack



**4.49**

Daiya Dairy-Free Pizza



assorted varieties  
444-550g

**5.99**

Spread'Em Vegan Dips



assorted varieties  
183g

**5.99 to 7.99**

Choices Gourmet Small Batch Salsa  
assorted varieties 750ml



**5.99**

Rise Organic Kombucha



assorted varieties  
1L +deposit +eco fee

**6.99**

Happy Planet Smoothies



assorted varieties  
900ml  
+deposit +eco fee

**3.99**

Buderim Ginger Beer



assorted varieties  
+deposit +eco fee

**2/3.00**  
250ml Single

**5.49** 4 Pack



# DELI

Choices' Own Salami



**3.89/100g**

Castelvetrano Olives



**2.29/100g**

Indianlife Pakora and Mini Vegetable Samosas



**2.49/100g**

Indianlife Pakora

**.89 each**  
Vegetable Samosas

Indianlife Naan and Tortillas



**5.99**

Habibi's Hummus



**3.99** 200g

**6.99** 450g

Le Grand Fresh Pesto  
and Chimmichuri 170g



**6.99**

Natural Pastures Comox  
Brie or Camembert Cheese



**3.99/100g**

Mt. Lehman Goat and Buffalo Cheeses



**2.00 Off**

Bothwell Cheese  
assorted varieties



**2.69/100g**

Imported Swiss Emmental, Gruyere  
or Cave Aged Gruyere Cheese



**4.49 to 6.49/100g**

# PRODUCE



Organic  
Blueberries Imported  
170g package

**3.98**



Organic Green and  
Red Leaf Lettuce from  
Ecocampos Imported  
from Mexico

**2/5.00**



Organic  
Bunch Spinach  
from California

**1.98**



Sweet Gold  
Pineapples Imported

**3.98**



# MEAT



Wild-Caught  
Ahi Tuna  
Loin Steaks  
Sashimi Grade

**5.99** each



100% Grass Fed  
Ribeye Steaks  
or Roasts Aged  
21+days from  
Australia  
30.84kg

**13.99lb**



100% Grass Fed  
Lean Ground Beef  
from Australia  
13.21kg

**5.99lb**



Oceanwise  
Rockfish Fillets  
22.02kg

**9.99lb**



New Zealand  
Lamb Company  
Boneless Leg Lamb  
Steaks or Roasts  
22.02kg

**9.99lb**



Version Leg Steaks  
from New Zealand  
raised without  
antibiotics  
41.87kg

**18.99lb**



Organic Bone-In  
Chicken Thighs  
18.72kg

**8.49lb**



Beef Meatballs  
made in-store  
15.41kg

**6.99lb**



Freybe Wieners  
375g

**5.99**



Organic  
Boneless Skinless  
Chicken Breasts  
29.96kg

**13.59lb**



Prawn Cakes  
package of 2

**3.99**

Fort Hardy Ribs Heat n' Serve  
583g



**10.99**

# BAKERY

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**

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



**3.49**

Choices' Own Alternative Flour Muffins  
apple cinnamon, blueberry lemon  
and cranberry orange  
package of 4



**4.49**



# WELLNESS



Botanica Organic Herbal  
Tinctures and Supplements  
assorted varieties assorted sizes  
reg price 19.99-77.99

**20% off**



MegaFood Vitamins  
and Supplements  
select varieties  
assorted sizes  
reg price 27.99-79.99

**20% off**



Bach Flower Remedies  
assorted varieties  
assorted sizes  
reg price 5.49-19.49

**20% off**

Vega Sport Protein



**39.99** 801-837g

Vega Protein & Greens

**15.99** 252-264g

Vega Sport  
select varieties

**15% off**

Joy of the Mountains Oil of Oregano



**12.99** 10ml

**16.99** 15ml

**24.99** 30ml



Desert Essence Hair  
and Body Care Products  
assorted varieties assorted sizes  
reg price 3.99-20.29

**25% off**

# BULK



Assorted Baking Ingredients  
Bins and Random Weight Bags

**20% off**

# GROCERY

Tofurky Vegan Gravy and Roasts



assorted varieties  
assorted sizes

**4.99** Vegan Gravy

**12.99** Vegan Roasts

Stahlbush Island Farm Sustainable



Frozen Vegetables  
assorted varieties  
284-400g

**2/6.00**



Pacific Organic Broths  
assorted varieties  
946ml-1L

**4.49**



Wolfgang Puck Organic Soup  
assorted varieties  
398ml

**2/5.50**



Simply Organic Spices  
assorted varieties  
assorted sizes  
reg price 7.99-13.99

**30% off**



Bella San Luci Sundried  
Tomatoes, Pestos and Bruschetta  
assorted varieties

**3.49** 99g Tomatoes

**5.49** 251ml  
Pestos & Bruschetta

Choices Gourmet Pasta Sauce



assorted  
varieties  
750ml

**7.99**



Briannas Salad Dressing  
assorted varieties  
355ml

**5.99**



Raincoast Wild Skipjack  
Tuna and Sockeye Salmon  
assorted varieties assorted sizes  
reg price 3.49-7.99

**30% off**



Spectrum Mayonnaise  
assorted varieties  
473 & 946ml  
reg price 6.29-9.99

**30% off**

## Choices' West 16th, 29th Anniversary

**Saturday, December 7th | 11am to 3pm**  
**2627 West 16th Avenue, Vancouver**

Help us celebrate our 29th  
Anniversary on Saturday, December  
7th. We'll be serving cake and coffee  
and offering many in-store specials.  
See you there!

**10% OFF**  
entire store  
including sale items  
all day on Saturday,  
December 7th!



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

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.