

HAPPY NEW YEAR

Prices Effective December 26 to January 1, 2020.



100% BC Owned and Operated

MEAT

Crab Cakes
package of 2

4.99

Marinated
Chicken Wings
8.80kg

3.99lb

DELI

Choices' Own Petite Canapé Appetizers
assorted varieties

3.99
1/2 dozen

7.49
1 dozen

Choices' Own Deli Case Salads
great with Rosdown
Roasted Chickens

20%
off
Salads

9.99 each
Rosdown Roasted
Chickens

BAKERY

Choices' Own Country
French Bread White
or 60% Wholewheat

4.99
480 & 530g

Choices' Own Hand Made 6" Fruit Pies
berry rhubarb, peach medley, and apple

6.49

PRODUCE

Hass Avocados Imported
from Mexico

5/5.00

California Grown
Bunch Celery
2.16kg

.98lb

WELLNESS



Vega One All-in-One
Nutritional Shakes
select varieties
assorted sizes

39.99

Hot
Price!



Renew Life Ultimate Flora Probiotics
select varieties assorted sizes
reg price 19.99-72.99

25%
off



Iron Vegan Sprouted Protein
or Athlete's Blend Protein
assorted varieties

58.99 1kg

Iron Vegan Bars

2/6.00
33.99 12 packs



Allimax - for Immune Health

25.99 30 Capsules

58.99 90 Capsules

85.99 180 Capsules

Organika Enhanced Collagen



19.99 250g 35.99 500g

Organika Bone Broth
Chicken & Beef

29.99

Organika Enzymes
and Milk Thistle

20%
off

GROCERY

Maple Hill Free Range Large Eggs
1 dozen



4.49



Uprising Sourdough
Light Rye Bread
650g

3.69



Organic India Tea
assorted varieties
18 tea bags

5.99



Dairyland Creamo
and Whipping Cream
assorted varieties
assorted sizes

1.79 to 3.99

Daiya Dairy-Free Yogurt and Cheezecakes
assorted varieties



2/3.00

150g Yogurt

4.49

454g Yogurt

5.49

Cheezecake

Daiya Dairy-Free Cheeze Slices & Shreds



assorted varieties
assorted sizes

2/7.00



Earth's Own
Dairy Free Beverages
assorted varieties
1.75-1.89L

3.99



Pearl's Perogies Frozen
assorted varieties
600g

3.99



Earth's Choice Organic Beans
assorted varieties
398g

2/5.00

Two-Bite Coconut Macaroons or
Homestyle Chocolate Macaroons
and Homestyle Brownies



4.79

280 & 284g
Two-Bite Coconut Macaroons or
Homestyle Chocolate Macaroons

1.69

70g
Homestyle Brownies

Remedy Organic Kombucha
assorted varieties 330ml
+deposit +eco fee



2/6.00



L'Ancetre Organic Cheese
assorted varieties
325g

7.99

Amy's Organic Frozen Pizza



assorted varieties
340-403g

6.99 to 8.99



Kinnikinnick
Gluten-Free Products
assorted varieties
assorted sizes
reg price 4.29-9.49

30% off



Rizopia Rice Pasta
assorted varieties
340-454g
reg price 3.29-4.99

30% off



BULK
Assorted Nuts
Bins and Random Weight Bags

20% off



Earth's Choice Organic
Lemon or Lime Juice

2/7.00

250ml

7.99

1L



Chosen Foods
Avocado Oils
assorted varieties
assorted sizes
reg price 5.99-19.99

30% off

Finn Crisp Crackers



assorted varieties
130-200g

2/6.00