



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

All Packaged Herbs

15% off

14-28g

Wild Sockeye Salmon Fillets

Value Pack

13.99/lb

30.84/kg

Organic California Grown Red and Gold Bunch Beets

2/4.00

Fair Trade Organic Large Hass Avocados

2 for 4.00

each

Farmcrest Roasted Chickens

13.99
each

New Roots Vitamins & Supplements

Assorted Varieties

Regular Price 1.79-103.99



25% off
assorted sizes

Andalou Naturals Face, Body and Hair Care Products

Select Varieties

Regular Price 2.99-33.49



40% off
assorted sizes

Silver Hills Organic Sprouted Power Tortillas Assorted Varieties

3.99
255g



Olympic Yogurt Assorted Varieties



2/6.00
Krema & Natural 500 & 650g

2/8.00
Organic, Greek & Krema 650g

Nuts to You Organic Almond Butter Select Varieties

11.99
365g



SEE IN-STORE FOR HUNDREDS OF GREAT DEALS THIS WEEK!

Prices Effective January 30 to February 5.

PRODUCE

Organic Red Seedless
Grapes from Peru

15.39/kg

6⁹⁸
/lb

Fair Trade Organic Orange, Red &
Yellow Hot House Peppers from
Mexico

8.77/kg

3⁹⁸
/lb

Organic Red Cara Cara
Navel Oranges from California

4.37/kg

1⁹⁸
/lb

Limes

**2 for
.98**

MEAT

New Zealand Lamb
100% Grass Fed Lamb Racks

50.68/kg

22⁹⁹
/lb

100% Grass Fed Beef Meatballs
Made In-Store

15.41/kg

6⁹⁹
/lb

100% Grass Fed Beef Sirloin
Tip Steaks from Australia

22.02/kg

9⁹⁹
/lb

BC Boneless, Skinless
Chicken Breasts

Value Pack

13.21/kg

5⁹⁹
/lb

Boneless Duck Breasts

33.05/kg

14⁹⁹
/lb

Choices Turkey Breast Sliced

23.13/kg

10⁴⁹
/lb

BC Marinated Boneless
Skinless Chicken Breast

Assorted Varieties

17.61/kg

7⁹⁹
/lb

Stuffed Chicken Cordon
Assorted Flavours

3⁴⁹
each

Halibut Fillets
Previously Frozen

41.87/kg

18⁹⁹
/lb

BC Whole Pork Tenderloin

Raised Without Antibiotics

17.61/kg

7⁹⁹
/lb

Freybe Snackers

Assorted Varieties

**3 for
10⁰⁰**

125g

GROCERY

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**Salt Spring Organic
Fair Trade Coffee**
Assorted Varieties

10⁹⁹ 400g



**Earth's Own
Almond, Coconut &
Cashew Beverages**
Assorted Varieties

3⁹⁹ 1.89L



**The Granola King
Gourmet Granola**
2 Varieties

8⁴⁹ 750g



**Dairyland Whipping
Cream and Creamer**
Assorted Varieties

2⁹⁹ to 4⁴⁹
1L



**Eville Smoothie
Cubes**
Assorted Varieties

7⁹⁹ 405g



**Dairyland
Lactose Free Milk**
Assorted Varieties

4⁴⁹ 2L



**Uncle Luke's
Organic Maple Syrup**
Assorted Varieties

10⁹⁹ 500ml



**Born 3 Large
Omega-3 Eggs**

3⁷⁹ 1 Dozen

Danone Oikos Yogurt

Assorted Varieties



2/7⁰⁰ 4 Pack



Dempster's Bagels
Assorted Varieties

3⁹⁹ package of 6



**Little Northern
Bakehouse Gluten Free
Wide Slice Loaves**
Assorted Varieties

4⁹⁹ 567g



**Artisan
Bake Shoppe
Cookies**
Assorted Varieties

6⁴⁹ 6 Pack & 300g



**Tre Stelle
Shredded Cheese**
Assorted Varieties

4⁴⁹ 170-200g



**Four O'Clock
Organic Tea**
Assorted Varieties

3⁹⁹ 16 Tea Bags



Organic India Tea
Assorted Varieties

4⁹⁹ 18 Tea Bags



**L'Ancetre
Organic Cheese**
Assorted Varieties
Regular Price 7.39-9.89

30% off
200g



**Echoclean
Natural Dish Liquid**
Assorted Varieties

2⁷⁹ 740ml



**Seventh Generation
Natural Cleaners & Wipes**
Assorted Varieties
Regular Price 6.29-18.49

30% off
assorted sizes

GROCERY



Smart Sweets
Low Sugar
Candy
Assorted Varieties

2/6⁰⁰
50g



Camino Organic
Fair Trade
Chocolate Bars

2/7⁰⁰
80-100g



Galerie Au Chocolat
Chocolate Bars
Assorted Varieties

3⁹⁹
100g



GT's Organic
Raw Kombucha
Assorted Varieties

7⁹⁹
1.4L
+deposit +eco fee



G.H. Cretors
Popcorn & Skinny
Sticks Snacks

3⁹⁹
assorted sizes



Late July Organic
Tortilla Chips
& Dippers
Assorted Varieties

4⁴⁹
227g & 312g



Remedy Organic
Kombucha
Assorted Varieties

2/6⁰⁰
330ml
+deposit +eco fee



Laiki Black &
Red Rice Crackers
Assorted Varieties

2/6⁰⁰
100g



Sunflower Kitchen Hummus
Assorted Varieties
Regular Price 3.99-5.99

30% off
227-300g



Happy Planet
Smoothies
Assorted Varieties

3⁹⁹
900ml
+deposit +eco fee



Hardbite
Root Chips
Assorted Varieties

2/7⁰⁰
150g



Old Dutch Potato
Chips & Ridges
Assorted Varieties

2/6⁰⁰
assorted sizes



Zevia Sugar Free Teas,
Energy Drinks & Mixers
Assorted Varieties

2/4⁰⁰ 4⁹⁹
355ml Teas &
Energy Drinks
6 Pack Mixers
+deposit +eco fee



So Delicious Frozen Desserts
Select Varieties

4⁹⁹
500ml



Blue Diamond
Artisan Nut Thins
Assorted Varieties

2/7⁰⁰
120g



Nature's
Bakery
Fig Bars
Assorted Varieties

4⁴⁹
6 Pack



SeaSnax
Seaweed Snacks
Assorted Varieties

2/3⁰⁰ 2/4⁰⁰
5g 10g



Amy's Organic Frozen
Vegetarian Pizza
Assorted Varieties

6⁹⁹ to 8⁹⁹
340-403g

DELI

SEE IN-STORE FOR HUNDREDS OF GREAT DEALS THIS WEEK!

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Choices' Own Salmon Lox Bagels



6⁹⁹
each

Choices' Own
Fresh Turkey, Beef
or Vegan Chili
Assorted Varieties



6⁹⁹
650ml

Summer Fresh
Dips & Hummus
Assorted Varieties



**2 for
7⁰⁰**
227g

Arla Havarti Cheese
Assorted Varieties



2⁴⁹
/100g

Choices' Own
Ready to Eat Wraps
Assorted Varieties



7⁴⁹
each

Choices' Own
Burritos, Fajitas &
Quesadillas
Assorted Varieties



**5⁴⁹ -
6²⁹**
250-290g

Choices' Own
Breakfast Egg Muffins
Assorted Varieties



**2 for
3⁰⁰**

Choices' Own
Garlic, Pepper or
Natural Roast Beef



4⁴⁹
/100g

Gouda Cheese
Assorted Varieties



4²⁹
/100g

BAKERY

Choices' Own Cherry
Rhubarb or Apple Crisps



3⁵⁹
250g

Choices' Own Seeded
Whole Grain Bread



**2 for
10⁰⁰**
530g

Choices' Own Muffins
Assorted Varieties



**2 packages
/9⁰⁰**
4 Pack

BULK

Mixed Snacks & Seeds
Assorted Varieties
Bins or Random Weight Bags



**20%
Off**

Kerrisdale's 20th Anniversary

Saturday, February 1st | 1888 W 57th Ave.

Come and join us in celebrating our 20th Anniversary. We will be serving cake and coffee and offering many in-store specials.

10% OFF

Entire store including sale items. February 1st only!



GROCERY



Lundberg
Organic Rice
Assorted Varieties
Regular Price 8.99-10.99

30% off
assorted sizes



Earth's Choice
Organic Coconut Products
Assorted Varieties
Regular Price 2.79-21.99

30% off
assorted sizes



Explore
Cuisine Pasta
Assorted Varieties

4.99 to 5.49
assorted sizes



Mia's Kitchen
Pasta Sauce
Assorted Varieties
Regular Price 9.99

Buy One Get One FREE
710ml



Wolfgang Puck
Organic Soup
Assorted Varieties

2/5.50
398ml



Yves
Vegan Meat Alternatives
Assorted Varieties
Regular Price 3.59-4.99

30% off
assorted sizes



Karthain's
Organic Sauerkraut
Assorted Varieties

7.99
750ml



Spectrum Oils & Vinegars
Assorted Varieties
Regular Price 9.49-27.49

30% off
assorted sizes

Italpasta Pasta
Assorted Varieties



2/6.00
900g

Pulse Kitchen Nut Based Cheeses & Spreads
Assorted Varieties



6.49
100g

WELLNESS

Lorna Vanderhaughe
Vitamins & Supplements
Assorted Varieties
Regular Price 8.99-96.99

25% off
assorted sizes

Dr. Bronner's
Non-GMO Organic Castile Soap

4.49 16.99
140g Soap Bars 944ml Liquid

Prairie Naturals,
Supplements & Body Care Products
Assorted Varieties
Regular Price 1.89-79.99

20% off
assorted sizes

Martin & Pleasant Ki
Immune & Harmony Supplements
Assorted Varieties
Regular Price 15.99-48.99

20% off
assorted sizes

Shikai Borage Therapy
hand cream

7.99 13.99
Hand Cream Lotion & Advanced

Curelle
Shampoo & Conditioners

8.49 14.99
250ml 500ml

Bio-K Plus Probiotics
Assorted Varieties

35.99 38.99
12 Pack Dairy 12 Pack Rice or Soy

SISU Vitamins & Supplements
Assorted Varieties
Regular Price .79-69.99

25% off
assorted sizes

Natural Factors
Vitamin A, D & K Supplements
Assorted Varieties
Regular Price 4.49-30.49

20% off
assorted sizes

Vega Sport
Products
Assorted Varieties
Regular Price 1.19-54.99

20% off
assorted sizes



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Kerrisdale - 1888 W 57th Ave, Vancouver
Yaletown - 1202 Richards St, Vancouver
Cambie - 3493 Cambie St, Vancouver
Kitsilano - 2627 W 16th Ave, Vancouver
Commercial Drive - 1045 Commercial Dr, Vancouver

North Vancouver - 801 Marine Dr, North Vancouver
South Surrey - 3248 King George Blvd, Surrey
Burnaby Crest - 8683 10th Ave, Burnaby
Abbotsford - 3033 Immel St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

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.