



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Local BC Fresh Duck

Raised Without Antibiotics

3.99/lb

8.80kg

BC Grown Long English Cucumbers

1.98

each

Choices' Own Pasta Entrées
Assorted Varieties

5.99-7.99

each

Happy Planet Soup
Assorted Varieties

HAPPY PLANET
THAI COCONUT SOUP
Soupe thaï à la noix de coco

5.49

500-650ml each

Choices' Own Garlic Bread
made with Roasted Garlic Butter

New & Delicious Recipe

3.99

320g

Organic Pomelos from California

3.98

each

Natural Factors and Whole Earth & Sea
Vitamins & Supplements



Assorted Varieties

Regular Price 4.49-77.99

20% off

assorted sizes

GluteNull Bread
Assorted Varieties



6.99

737g

Southern Recipe Small
Batch Keto Pork Rinds

Assorted Varieties

Regular Price 5.49



Buy One Get One FREE

85g

GT's Organic Raw Kombucha
Assorted Varieties



3/9.99

480ml + deposit + eco fee

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

Prices Effective January 23 to January 29.

PRODUCE

Bunch Celery California Grown
2.16kg



.98
/lb

Fair Trade Organic Green Beans
Mexico Grown 6.57kg



2.98
/lb

Organic Mandarin
Oranges from California



5.98
907g Bag

Organicgirl Salad Mixes
and Dressings Assorted Varieties



1.00 Off
142g Salad Mixes
236ml Salad Dressings

MEAT

100% Grassfed Beef Tenderloin
Roast aged 21+ from Australia



39.66kg

17.99
/lb

Organic Boneless Skinless
Chicken Breasts



28.64kg

12.99
/lb

Fresh Turkey Sausages
Made In-Store



17.61kg

7.99
/lb

New Zealand Spring Lamb
100% Grass Fed Bone-In Shoulder
Lamb Steaks 22.02kg



9.99
/lb

Organic Chicken
Leg Boneless Skinless



26.43kg

11.99
/lb

Bacon, Nitrate Free
Made Locally



24.23kg

10.99
/lb

Arctic Char Fillets



41.87kg

18.99
/lb

Boneless Pork Butt Roasts
Raised Without Antibiotics



13.21kg

5.99
/lb

100% Grass Fed New York Steaks
Aged 21+ Days from Australia



Value Pack
22.02kg

9.99
/lb

Ocean Wise Rockfish



22.02kg

9.99
/lb

Simply West Coast Battered Fish
Assorted Varieties



15% Off
454g

Breaded Chicken Cutlets
Made In-Store



19.82kg

8.99
/lb

DELI

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Ginger Beef, Lemon Chicken or
General Tao Chicken Entrées

6⁹⁹
each

Smoked
Turkey Breast

2⁴⁹
/100g

Freshly Cut Italian
Grana Padano or
Reggiano Cheese

**3⁹⁹-
4⁴⁹**
/100g

Caciocavallo
Mozzarella Cheese
Smoked or Regular

2⁶⁹
/100g

Vegetable, Pork
or Chicken Gyoza

**6 for
3²⁰**

Greek House
Hummus & Tzatziki

4⁴⁹
227g
each

Thai Chili &
Orange Meatballs

1⁹⁹
/100g

Choices' Own
Linguine Alfredo
with Spinach

7⁹⁹
each

New to
Choices

New to
Choices

BAKERY

Choices' Own
Party Size Cakes
Assorted Varieties

11⁹⁹
600g

Choices' Own 9" Pies
Assorted Varieties

10⁹⁹

Choices' Own
Mini Muffins

2⁹⁹
130g
4 Packs

BULK

Dried Nuts
Assorted Varieties

**20%
Off**

Commercial Drive's 5th Anniversary

Saturday, January 25 | 1045 Commercial Drive
Come and join us in celebrating our 5th Anniversary. We will be serving cake and coffee and offering many in-store specials.

10% OFF

entire store including sale items. January 25th only!



GROCERY



Prana Organic Nut Mixes & Chia Seeds
Assorted Varieties
Regular Price 4.99-9.49

30% off
assorted sizes

Love Good Fats Bars
Assorted Varieties



2/4⁰⁰ 22⁹⁹
39 & 40g 12 Pack



Kettle Brand Organic Potato Chips
Assorted Varieties

2/5⁰⁰
142g



Theobroma Organic Chocolate Bars
Assorted Varieties

2/3⁰⁰ 2/7⁰⁰
31g & 35g 80g

Hornby Organic Bars



Assorted Varieties

2/5⁰⁰
70 & 80g



Beanfields Chips
Assorted Varieties

2/7⁰⁰
156g

Fresh Is Best Tortilla Chips & Salsa
Assorted Varieties



449 499
375ml Salsa 300g Chips



Spread'em Vegan Dips & Spreads
Assorted Varieties

549 to 749
183g



Sigdal Bakeri Crispbread
Assorted Varieties

499
190-220g

Amy's Organic Frozen Burritos & Wraps



Assorted Varieties

2/5⁰⁰ 2/6⁰⁰
170g 156g Gluten Free



Bremner's Organic Frozen Fruit
Assorted Varieties

499 to 649
assorted sizes



Halo Top Non-Dairy Frozen Dessert
Assorted Varieties

549
473ml



Chasers Fresh Juice
Assorted Varieties

599 999
500ml 1L
+deposit fee +eco fee



Happy Planet Smoothies
Assorted Varieties

2/4⁰⁰ 325ml
+deposit fee +eco fee



Farmhouse Culture Organic Gut Shots
Assorted Varieties

599
473ml

Organic Traditions Superfoods



Assorted Varieties
Regular Price 5.99-66.99

30% off
assorted sizes



Cascades Fluff Toilet Tissue
Assorted Varieties

1799
15 Pack



Nature Clean Natural Cleaning Products
Assorted Varieties
Regular Price 4.99-22.99

30% off
assorted sizes

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Nature's Path Organic Eco Pac Cereal Assorted Varieties

5⁹⁹ assorted sizes



Jordans Organic Morning Crisp Cereal & Muesli Assorted Varieties

5⁴⁹ 450-500g



Kicking Horse Organic Fair Trade Whole Bean Coffee Assorted Varieties

12⁹⁹ 454g



Dairyland Milk Assorted Varieties

4⁴⁹ 4L



Califia Dairy-Free Almond, Oat & Coconut Beverages

4⁴⁹ 1.4L



Avalon Organic Milk Assorted Varieties

5⁸⁹ to 6⁴⁹ 1.89L + deposit fee

Green & Black's Organic Cocoa Powder & Hot Chocolate Assorted Varieties



5⁴⁹ 8⁹⁹ 300g 125g Cocoa Hot Chocolate



Silk True Almond Beverages Assorted Varieties

2/5⁰⁰ 946ml

Celestial Seasonings Organic Tea Assorted Varieties



2/6⁰⁰ 18 - 20 Tea Bags

Maple Hill Free Range Medium Eggs



4⁴⁹ 1 Dozen



Uncle Luke's Organic Maple Syrup Assorted Varieties

20⁹⁹ 1L



Nuts to You Organic Peanut Butter Crunchy or Smooth

5⁴⁹ 500g

Tree Island Cream Top Grass Fed Yogurt



Plain or Vanilla

8⁴⁹ 1.5kg

Danone Activia Yogurt



Assorted Varieties

2/7⁰⁰ 4⁴⁹ 650g 8 Pack

Liberté Greek Yogurt



Assorted Varieties

4⁹⁹ 750g

Armstrong Cheese Assorted Varieties



9⁹⁹ 600g

Daiya Dairy-Free Cheese Blocks, Shreds, Slices and Spreads Assorted Varieties



2/7⁰⁰ 200-227g



Little Northern Bakehouse Classic Loaves, Bagels and Pizza Crusts Assorted Varieties

4⁹⁹ to 5⁹⁹ assorted sizes

GROCERY

Gardein Vegan Meat Alternatives



Assorted Varieties

4.49
assorted sizes

Modern Table Lentil Pasta Assorted Varieties



4.99
227g

Earth's Choice Organic Beans



Assorted Varieties

2/5.00
398ml and gram


Earth's Choice Organic Canned Tomatoes



Assorted Varieties

2/6.00 3.99
398ml 796ml

Primal Kitchen Avocado Oil Dressings, Mayonnaise & Condiments




Assorted Varieties

Regular Price 7.59-19.99

30% off
assorted sizes

Maison Orphée Cooking Oils



Assorted Varieties

Regular Price 1.49-18.99

30% off
500-750ml

Earth's Choice Canned Salmon, Tuna & Sardines



Assorted Varieties

Regular Price 3.99-7.99

30% off
assorted sizes

Bar Harbor Seafood Soups & Sardines



Assorted Varieties

Regular Price 4.69-6.49

30% off
assorted sizes

Pacific Organic Soup



Assorted Varieties

3.99 4.99
472ml 1L

Kikkoman Bread Crumbs and Sauces



Assorted Varieties

Regular Price 3.99 -9.39

30% off
assorted sizes

WELLNESS

Vega One Nutritional Shakes and Vega One Ready to Drink



Select Varieties

25% off
assorted sizes

Sukin Botanicals Natural Bodycare Signature Series



Select Varieties

Regular Price 6.99-24.99

25% off
assorted sizes

Garden of Life Dr. Formulated Probiotics



Assorted Varieties

Regular Price 24.49-53.99

20% off
assorted sizes

Sisu Ester-C Supplements



Select Varieties

Regular Price 15.29-69.99

25% off
assorted sizes

Ener-C Effervescent Vitamin C Drink Mix



Assorted Varieties

10/4.99 13.99
Single Sachet 30 Pack

Boiron Oscilloccinum



12.29 17.99
6 Dose 12 Dose

Pranin Organic Purefood



Assorted Varieties

Regular Price 35.49-83.99

20% off
assorted sizes

MegaFood Vitamins and Supplements



Select Varieties

Regular Price 27.99-79.99

25% off
assorted sizes

withinUs Matcha Misto, Coconut Creamer & Rehydrate



Assorted Varieties

Regular Price 26.99-69.99

20% off
assorted sizes

Nutiva Organic MCT Oil



19.99 33.99
473ml 946ml



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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.