



HAPPY VALENTINE'S!

100% BC OWNED AND OPERATED

**FAMILY DAY
CELEBRATION**
10% OFF
Feb 17, 2020 only

Green
Asparagus
Grown in Mexico

3.98/lb
8.77/kg

Organic
Boneless Skinless
Chicken Breasts

12.99/lb
28.64/kg

Choices' Own 8" Tomato,
Dill & Feta Quiche

12.99
each

Rosstown
Roasted Chickens

9.99
each

Organic Boneless
Skinless Chicken Legs
26.43/kg

Organic Strawberries from Mexico

6.98

454g ReadyCycle
package

Manitoba Harvest
Hemp Hearts

5.99
227g

6.99
Organic 200g

Kettle Brand
Potato Chips
Assorted Varieties

2/5.00
170-220g

Smart Sweets
Low Sugar Candy
Assorted Varieties

2/6.00
50g

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

Prices Effective February 13 to February 19, 2020.

PRODUCE

Organic Red Tomatoes
on the Vine Imported
6.57/kg

298
/lb

Organic Romaine Hearts
Grown in California

498
package of 3

Yellow Ataulfo Mangoes

5 for
500
each

BC Grown Organic Gala Apples

398
1.36kg bag

MEAT

100% Grass Fed Lean
Ground Beef from Australia
17.61/kg

799
/lb

100% Grass Fed Tenderloin
Roasts or Steaks aged 21+ days
from Australia
57.30/kg

2599
/lb

Free Range Lamb Loin Chops from
New Zealand Raised Without Antibiotics

1499
/lb

33.05/kg

BC Boneless Pork Butt Roasts
Raised Without Antibiotics

13.21/kg

599
/lb

BC Fresh Duck
Raised Without Antibiotics
8.80/kg

399
/lb

Georels Bone Broth
Chicken or beef

1249
700ml each



Grimm's Country Cottage Bacon

949
375g



BC Organic Sturgeon Fillets
52.89/kg

2399
/lb

Breaded Fish Fillets Cod or Tilapia

399
each

Fresh Steelhead
Value Pack

39.66/kg

1799
/lb



GROCERY

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Que Pasa
Organic Tortilla
Chips & Salsa
Assorted Varieties

2/7⁰⁰
assorted sizes



Spokes Gluten-Free
Puffed Snacks
Assorted Varieties

2/6⁰⁰
80g



Old Dutch
Restaurante Tortilla
Chips & Salsa
Assorted Varieties

2/6⁰⁰
assorted sizes



Alter Eco Organic Fair
Trade Chocolate Bars
Assorted Varieties

2/6⁰⁰
75-80g



Endangered Species
Organic Fair Trade
Chocolate Bars
Assorted Varieties

2/6⁰⁰
85g



Thrive Tribe
Gluten-Free Paleo
Cookies & Bites
Assorted Varieties

5⁹⁹
170-217g

Made Good Gluten-Free Cookies,
Bars, Granola, Squares
& Cereal
Assorted Varieties
Regular Price 4.99-8.99



30% off
assorted sizes

Pamela's Gluten-Free Cookies
& Baking Mixes
Assorted Varieties
Regular Price 4.99-23.99



30% off
assorted sizes



Plum-M-Good
Organic Rice Cakes
Assorted Varieties

3⁹⁹
185g



So Delicious
Frozen Dessert
Assorted Varieties

4⁹⁹
500ml

Sunflower Kitchen Hummus



Assorted Varieties
Regular Price 3.99-5.99

30% off
227-300g



Wendel's True Foods
Gluten-Free Carrot
Cake, Brownies &
Nanaimo Bars

8⁹⁹
540-660g



Remedy Organic Kombucha
& Remedy Organic
Coconut Water Kefir
Assorted Varieties

2/6⁰⁰
330ml + deposit + eco fee



Happy Planet Smoothies
Assorted Varieties

3⁹⁹
900ml + deposit + eco fee



The Good Drink Natural
Iced Teas & Organic Spritzers
Assorted Varieties

2/3⁰⁰ 2/4⁰⁰
355ml Spritzers + deposit + eco fee 473ml Ice Teas + deposit + eco fee

GluteNull Gluten-Free Cookies
and Bars
Assorted Varieties



7⁹⁹
240 & 320g



King Island Pure
Coconut Water

2/4⁰⁰ 2/7⁰⁰
500ml + deposit + eco fee 1L + deposit + eco fee



VIP Natural Laundry
Detergent & Dish Liquid
Assorted Varieties

2/4⁰⁰ 6⁴⁹
740ml Dish Liquid 2.95L Laundry

GROCERY



**Earth's Choice Organic
Rainforest Alliance
Certified Coffee**
Assorted Varieties

7⁹⁹ 340g



**Stash Premium
Organic Tea**
Assorted Varieties

2/6⁰⁰
18 Tea Bags



Numi Organic Tea
Assorted Varieties

5⁹⁹
12-18 Tea Bags



**Earth's Choice
Organic
Peanut Butter**
Assorted Varieties

4⁹⁹ 500g



**Nuts to You
Organic Nut Butters**
Assorted Varieties

11⁹⁹
365g



**Crofter's Organic
Premium Spreads**
Assorted Varieties

2/6⁰⁰ 3⁹⁹
235ml 383ml

**Bob's Red Mill Organic Oats
& Oatmeal**



Assorted Varieties
Regular Price 4.99-7.49

30% off
assorted sizes

**Nature's Path Organic Love
Crunch &
Gluten-Free Granola**



Assorted Varieties

4⁴⁹ 5⁴⁹
325g 312g
Love Crunch Gluten-Free Granola



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

10⁹⁹
500ml

**Organic Traditions Lattes, Coffee
& Macaccino Mix**



Assorted Varieties
Regular Price 14.39-20.99

30% off
140-227g



NOW Stevia & Xylitol

Assorted Varieties
Regular Price 11.99-19.99

30% off
assorted sizes



**Second Spring
Baking Mixes & Grains**
Assorted Varieties
Regular Price 7.49-9.99

30% off
assorted sizes

Rabbit River Free Range Large Eggs



4⁹⁹ 1 Dozen



**Liberté Organic
Yogurt & Kefir**

Assorted Varieties

2/7⁰⁰ 3⁹⁹
Yogurt 1L Kefir
assorted sizes

Donia Farms Grass Fed Butter

Salted & Unsalted



7⁴⁹
250g



**L'Ancetre
Organic Cheese**

Assorted Varieties
Regular Price 7.39 - 9.89

30% off
200g

**Pulse Kitchen Nut Based
Cheese & Spreads**



Assorted Varieties

6⁴⁹
100g

Armstrong Cheese

Assorted Varieties



9⁹⁹
600g

DELI

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Choices' Own Pasta Entrées
Assorted Varieties

**5⁹⁹-
7⁹⁹**
each

Frescatrano
Pitted Olives

**New to
Choices**

2⁹⁹
/100g

La Panzanella
Crackers
Assorted
Varieties

5⁹⁹
170g each

Le Grand Pestos
& Chimichurri
Assorted Varieties

**2 for
8⁰⁰**
170g each

Fresh Cut Imported
Parmigiano-Reggiano Cheese

4⁴⁹
/100g

Spinach & Feta
or Ricotta & Feta
PhylloTwisters

**2 for
5⁰⁰**
200g

Alexis De Portneuf
Brie or Camembert
Cheese

8⁹⁹
300g each

Saputo
Mozzarella Fresca

6⁹⁹
250g each

BAKERY

Choices' Own
Country French Bread
White and 60%
Whole Wheat

4⁹⁹
480g

Choices' Own
Premium Cookies
Assorted Varieties

5⁹⁹
package of 6

Choices' Own 5"
Red Velvet or Devil's
Food Cake

7⁹⁹

BULK

Assorted Nuts
Bins or Random Weight Bags

**20%
Off**



**Celebrate
Family Day**

Monday, February 17th

10% OFF

Entire store including sale items. February 17th only!



GROCERY

Earthbound Farms Organic
Frozen Fruit
& Vegetables
Assorted Varieties



2/6⁰⁰ 2/8⁰⁰
Vegetables
assorted sizes
300g Fruit

Eden Organic Beans
Assorted Varieties



2/6⁰⁰
398ml

Amy's Organic Vegetarian
Frozen Pizza
Assorted Varieties



6⁹⁹ to 8⁹⁹
assorted sizes

Amy's Organic Vegetarian
Frozen Pot
Pies & Mac
& Cheese
Assorted Varieties



34⁹ to 3⁹⁹
213-255g

Tasty Bite Ready To
Eat Meals
Select Varieties



2/4⁰⁰
250-285g

Three Farmers
Camelina Oil
& Crunchy
Lentil Snacks
Assorted Varieties



2/6⁰⁰ 10⁹⁹
140g
Lentil Snacks
500ml
Camelina Oil

Simply Natural Organic
Ketchup, BBQ
Sauce & Sriracha
Regular Price 5.79-9.99



30% off
303-575ml

Spectrum
Mayonnaise
Assorted Varieties



4⁹⁹
473ml

Mama Mary's Pizza Shells
Assorted Varieties
Regular Price 5.99-9.99



30% off
assorted sizes

La Tortilla
Wraps
& Tortillas
Assorted Varieties



2⁹⁹ to 4⁹⁹
assorted sizes

WELLNESS

Vega Sport
Products
Assorted Varieties
Regular Price 1.19-58.99



20% off
assorted sizes

Bio-K Plus Probiotics
Assorted
Varieties



35⁹⁹ 38⁹⁹
Dairy 12 pack
Rice or Soy 12 pack

Dr. Bronner's Non-GMO
Organic Castile
Soap and Oral Care
Assorted Varieties
Regular Price 3.49-26.99



30% off
assorted sizes

Now Solutions Essential Oils
Organic, Conventional & Blends



Select Varieties
Regular Price
7.99-119.99

20% off
assorted sizes

Silver Biotics Immune
Support, Armor Gel &
Healing Skin Creams



Assorted Varieties
Regular Price 14.49-55.99

20% off
assorted sizes

The Kelowna Candle Factory
Beeswax and Soy Candles



Assorted Varieties
Regular Price
1.79-37.49

20% off
assorted sizes

Dr. Gifford-Jones Medi-C
Plus Vitamin C &
L-Lysine Formula
Assorted Varieties



21⁹⁹ 39⁹⁹
300g
600g

Natural Factors Omega-3
Supplements &
SeaRich Fish Oils
Assorted Varieties
Regular Price 11.99-49.99



20% off
assorted sizes

Enerex Vitamins and
Supplements
Assorted Varieties
Regular Price 18.49-79.99



20% off
assorted sizes

Purica Vitamins
& Supplements
Assorted Varieties
Regular Price 1.49-134.49



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.