



# WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Local  
Organic Lean  
Ground Beef  
100% Grass Fed  
**899/lb**  
19.82/kg

Organic  
California Grown  
Cauliflower  
**398**

BC GROWN  
Kiwi Fruit  
**2/100**

For your valentine.

BC Grown  
Bunched Tulips  
Assorted Colours

See in-store  
for Valentine's  
bakery items

**3 for  
999**  
each

For your valentine.

Orchid Plants  
Assorted Colours

**2998**  
each  
6 inch pot

Choices' Own Hot Soup

Choices' Own Banana Bread

**599**  
454g



AOR Vitamins & Supplements

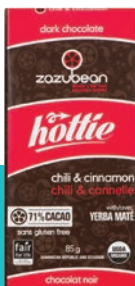
Assorted Varieties  
Regular Price 29.99-122.99

**20% off**  
assorted sizes

**349**  
each  
Small

**549**  
each  
Medium

**749**  
each  
Large



Zazubean Organic Fair  
Trade Chocolate Bars  
Assorted Varieties

**2/700**  
85g



Rise Organic Kombucha  
Assorted Varieties

**599**  
1L • +deposit +eco fee

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Prices Effective February 6 to February 12, 2020.



# PRODUCE

Large Blue Jay Navel  
Oranges from California

3.26/kg

**1.48**  
/lb

Organic Broccolini  
Imported from California

**3.98**  
each

Organic Blueberries Imported

**3.98**

170g package

Organic Green Cabbage  
California Grown

**.98**  
/lb

# MEAT

Ribeye Steaks or Roasts  
100% Grass Fed Aged 21+ Days  
from Australia

**14.49**  
/lb

Value pack  
31.94/kg

Short Ribs 100%  
Grass Fed from Australia

**8.99**  
/lb

19.82/kg

Fraser Valley Smoked Duck Breast

**15.99**  
/lb

Frozen Raw Shrimp 61/70

**4.99**  
each 180g

Choices Boneless  
Skinless Chicken Breasts

**9.99**  
/lb

Raised Without Antibiotics  
Value pack  
22.02/kg

Boneless Venison Leg Steaks  
100% Grass Fed

**19.99**  
/lb

44.07/kg

Wild-Caught Ahi Tuna  
Loin Steaks Sashimi Grade

**5.99**  
6 oz each

Choices Pork Sausages

Assorted Varieties • Made In-Store

**6.99**  
/lb

15.41/kg

Choices Whole Chicken

Raised Without Antibiotics

8.80/kg

Cod Loin Fillets from Iceland

41.87/kg

**18.99**  
/lb

Old Country  
Pasta Products  
Assorted Varieties

**15% Off**



**3.99**  
/lb





# GROCERY

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Barbara's  
Cheez Puffs  
Assorted Varieties

**2/5<sup>00</sup>**  
155-198g



Covered Bridge  
Potato Chips  
Assorted Varieties

**2/5<sup>00</sup>**  
142-170g



Terra Vegetable Chips  
Assorted Varieties

**4<sup>99</sup>**  
141-170g



Ritter Sport  
Chocolate Bars  
Assorted Varieties

**2/5<sup>00</sup> 2/6<sup>00</sup>**  
100g Regular 100g Premium

Coconut Bliss Organic



Frozen Dessert  
Assorted Varieties

**6<sup>49</sup>**  
473ml



Sonoma Creamery  
Cheese Crisps  
Assorted Varieties

**4<sup>99</sup>**  
64g



Patience Organic  
Dried Fruit  
Assorted Varieties  
Regular Price 1.29-6.99

**30% off**  
assorted sizes



Veggie-Go's Organic  
Fruit Strips & Wildmade  
Fruit Rolls  
Assorted Varieties

**2/3<sup>00</sup> 4<sup>99</sup>**  
12g Fruit Strips 60g Fruit Rolls



gimMe Organic Roasted  
Seaweed Snacks  
Assorted Varieties

**2/3<sup>00</sup> 2/4<sup>00</sup>**  
5g 10g



Seattle Chocolates  
Chocolate Bars  
Assorted Varieties

**2/7<sup>00</sup>**  
70g

Love Good Fats Bars  
Assorted Varieties



**2/4<sup>00</sup> 22<sup>99</sup>**  
39 & 40g Singles 12 Pack

Solo GI Energy Bars  
Assorted Varieties



**2/3<sup>00</sup>**  
40-43g



San Pellegrino &  
Perrier Sparkling, Spring  
and Mineral Water  
Assorted Varieties

**2/4<sup>00</sup>**  
750ml & 1L • +deposit +eco fee



Daiya  
Plant Based  
Frozen Pizza  
Assorted Varieties

**5<sup>99</sup>**  
444-550g



Caulipower  
Frozen Pizza  
Assorted Varieties

**7<sup>99</sup>**  
330 & 340g



Love Child Organics  
Purée Baby Food  
Assorted Varieties

**2/3<sup>00</sup>**  
128ml



Cascades Fluff  
Toilet Paper &  
Tuff Paper Towels  
Assorted Varieties

**6<sup>99</sup> 9<sup>99</sup>**  
6 Pack Paper Towel 12 Pack Toilet Paper



Seventh Generation Natural Laundry  
Detergent & Fabric Softener  
Assorted Varieties  
Regular Price 6.39-21.99

**30% off**  
assorted sizes



# GROCERY

## Maple Hill Free Range Large Eggs



**479** | Dozen

## Ethical Bean Organic Fair Trade Coffee

Assorted Varieties



**699** 227g Ground **999** 340g Whole Bean

## Nature's Path Organic Eco Pac Cereal

Assorted Varieties



**899** assorted sizes

## Canadian Heritage Organic Maple Syrup

Assorted Varieties



**2099** 1L

## Silk Dairy-Free Beverages & Creamers

Assorted Varieties



**2/500** 473ml Creamers **399** 1.89L Dairy-Free Beverages

## Donia Farms Grass Fed Milk

Assorted Varieties



**499** 2L

## Taylor's Tea

Assorted Varieties



**499** 20 Tea Bags

## Elias Honey

Assorted Varieties



**699** 375g

## Riviera Petit Pot Organic and Goat Yogurt

Assorted Varieties



**499** 4 Pack

## Silver Hills Organic Sprouted Power Bagels

Assorted Varieties



**399** 400g

## Silver Hills Sprouted Power Bread

Assorted Varieties



**2/800** assorted sizes

## Canyon Bakehouse Gluten-Free 100% Whole Grain Bread

Assorted Varieties



**599** 510g

## Fatso High Performance Peanut Butter

Assorted Varieties



**799** 500g

## Cows Creamery Butter

Assorted Varieties



**499** 250g

## Melt Organic Butter Sticks & Spread

Assorted Varieties



**349** 368g Spread **399** 454g Sticks

## La Chaudiere Organic Cheese

Assorted Varieties

Regular Price 7.79-12.99



**30% off** assorted sizes

## Armstrong Cheese Slices

Assorted Varieties



**649** 320-360g

## Dairyland Cottage Cheese

Assorted Varieties



**299** 500g



# DELI

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Choices' Own  
Chicken or Beef Pot Pies

**549**  
each

Choices' Own  
Vegan Salad Bowls

**649**  
each

Traditional Feta  
Cheese

**179**  
/100g

Natural Pastures  
Brie or Camembert  
Cheese

**449**  
/100g

Choices' Own  
Kale & Barley Soup

New to  
Choices

**599**  
650ml

Choices' Own  
Roast Beef, Turkey  
or Ham Sandwiches

**649**  
each

Choices' Own  
Wild Salmon Cakes

New to  
Choices

**2 for  
700**  
140g

Choices' Own Old  
Fashioned Turkey  
Meat Loaf Entrée

**749**  
each

Choices' Own  
Praga Ham

**299**  
/100g

## BAKERY

Choices' Own  
Baker's Crusty Loaf  
or Mezzo Bastone

**149**  
250g

**229**  
450g

Choices' Own  
Sourdough Baguette

**329**  
330g

Choices' Own Keto  
Muffins and Buns

**449**  
3 pack  
Muffins

**549**  
3 pack  
Buns

## BULK

Dried Fruit  
Assorted Varieties  
Bins or Random Weight Bags

**20%  
Off**



# Thank you Choices Customers

Thank you Choices Customers for helping us raise \$1000 for the West Vancouver SPCA. Proceeds were collected at the Shipyards Festival.





# GROCERY

## Gardein Vegan Meat Alternatives



Assorted Varieties

**44<sup>9</sup>**  
assorted sizes

## Stahlbush Island Farms Frozen Sustainable Vegetables



Assorted Varieties

**2/5<sup>00</sup>**  
284-400g



Prairie Harvest Organic Pasta & Pasta Sauce  
Assorted Varieties

**2/5<sup>00</sup> 4<sup>99</sup>**  
454g Pasta 705ml Pasta Sauce



Rizopia Rice Pasta and Quinoa Pasta  
Assorted Varieties  
Regular Price 3.29-4.99

**30% off**  
assorted sizes



Whole Earth & Sea Multivitamins & Mineral Supplements

**31<sup>99</sup> 59<sup>99</sup>**  
60 tabs 120 tabs

## Do Matcha Ceremonial Green Tea



Assorted Varieties  
Regular Price 1.99-44.99

**20% off**  
assorted sizes



Lotus Foods Rice Ramen  
Assorted Varieties

**2/5<sup>00</sup>**  
80g



Karine & Jeff Soup  
Assorted Varieties

**6<sup>99</sup> 10<sup>99</sup>**  
500ml 1L

Goddess Garden Essential Oils, Bracelets and Natural Suncare  
Assorted Varieties  
Regular Price 18.49-33.99



**30% off**  
assorted sizes



Naturtint Natural Permanent Hair Colour  
Assorted Colours

**15<sup>99</sup> 84<sup>9</sup>**  
1 Kit Hair Colour 1 Kit Root Touch-Up



Earth's Choice Organic Extra Virgin Olive Oil

**10<sup>99</sup> 15<sup>99</sup>**  
500ml 1L



Nando's Peri-Peri Mayonnaise & Peri-Peri Sauces  
Assorted Varieties

**44<sup>9</sup> 5<sup>99</sup>**  
255ml Perinaise 250ml Hot Sauce

Divine Essence Organic Essential Oils and Body Care Products  
Assorted Varieties  
Regular Price 7.99-55.99



**25% off**  
assorted sizes



Kaha New Zealand Whey Protein  
Assorted Varieties

**45<sup>99</sup> 59<sup>99</sup>**  
840g Whey Protein 840g Whey Protein Isolate



Maison Orphée Organic Oils  
Assorted Varieties  
Regular Price 13.99-19.99

**30% off**  
500-750ml



Chosen Foods Avocado Oils  
Assorted Varieties  
Regular Price 5.99-19.99

**30% off**  
assorted sizes

Mineral Fusion Natural Cosmetics and Nail Polish  
Assorted Varieties  
Regular Price 11.29-45.29



**35% off**  
assorted sizes



withinUs TruMarine Collagen

**42<sup>99</sup> 64<sup>99</sup>**  
20pk 250g



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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.