



SPRING SAVINGS!

HAPPY ST. PATRICK'S DAY!

100% BC OWNED AND OPERATED



Organic
Red and Yellow
Potatoes
Canadian Grown

4⁹⁸

2.27kg bag (5lb)

Lean Ground
Beef 100% Grass
Fed from Australia

Value Pack

8⁹⁹/lb

19.82kg

Choices' Own St. Patrick's Day Cakes



7⁹⁹

each

Choices' Own
St. Patrick's Day Cupcakes



4⁹⁹

package of 4



Rosstown
Roasted Chickens

**HOT
PRICE!**

8⁹⁹

each



Corned Beef
22.02/kg

9⁹⁹

/lb



Host Defense Medicinal
Mushroom Supplements

Select Varieties

20% off

Assorted Sizes

Regular Retail 29.99-69.99



Choices' Own Greek Salad

6⁹⁹

each



GT's Organic Raw Kombucha
Assorted Varieties

3/9⁹⁹

480ml

+deposit +eco fee



Hardbite Natural
Potato Chips

Assorted Varieties

2/5⁰⁰

128-150g

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

Prices Effective March 12-18, 2020.

PRODUCE

Organic Bunch Carrots from USA

1.98
bunch

Organic Kiwi Fruit Imported

2.98
454g bag

Organic Cara Cara Red
Navel Oranges Imported

4.37/kg

Raspberries Imported

3.98
170g pkg

Medley Mix Grape Tomatoes
from Mexico

**2 for
5.00**
1pt pkg

1.98
/lb

MEAT

Old Country
Pasta Meals

5.29
each 450g



BC Fresh Duck

11.00/kg



Fresh Arctic Char
Previously Frozen

41.87/kg



Ground Pork
Raised Without Antibiotics

11.00/kg



Marinated Boneless Skinless
Chicken Breasts

Value Pack **26.43/kg**



Fresh Steelhead

Value Pack
39.66/kg



Free Range Lamb Loin Chops from
New Zealand Raised Without Antibiotics

33.05/kg



Top Sirloin Roasts 100%
Grass Fed from Australia

22.02/kg



Organic Boned Broth
Beef or Chicken



Choices Boneless Chicken Breasts
Raised Without Antibiotics, Value Pack

24.23/kg



8.99
each
460ml



GROCERY

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Two Bears Cold Brew Coffee & Oat Milk Lattes
Assorted Varieties

2/5⁰⁰

250ml Coffee
+deposit

2/6⁰⁰

250ml Oat Milk Lattes
+deposit



G.H. Cretors Popped Popcorn
Assorted Varieties

2/7⁰⁰

113-213g



Choices Organic Rice Cakes
Assorted Varieties

2/7⁰⁰

185g



Boylan Craft Sodas & Heritage Mixers
Assorted Varieties

2/4⁰⁰

296-355ml
+deposit +eco fee



Old Dutch Restaurant Tortilla Chips & Salsa
Assorted Varieties

2/6⁰⁰

Assorted Sizes

Las Margaritas Fresh Salsa

Medium & Hot



5⁴⁹
500g



Choices Glacial Water

2/2⁰⁰

1L
+deposit +eco fee



gimMe Organic Roasted Seaweed Snacks
Assorted Varieties

2/3⁰⁰

5g

2/4⁰⁰

10g



A'mond Snack Puffs
Assorted Varieties

2/7⁰⁰

85g

Le Pain des Fleurs Buckwheat, Chestnut & Quinoa



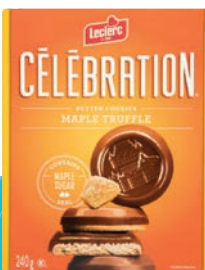
Assorted Varieties

4⁹⁹

150g Buckwheat

5⁹⁹

150g Chestnut & Quinoa



Leclerc Celebration Cookies
Assorted Varieties

3⁹⁹

240g



FreeYumm Allergen-Friendly Cookies & Bars

Assorted Varieties

2/6⁰⁰

135-154g



Green & Black's Organic Fair Trade Chocolate Bars

Assorted Varieties

2/7⁰⁰

90g



YumEarth Organic Licorice & Candy
Assorted Varieties

4⁹⁹

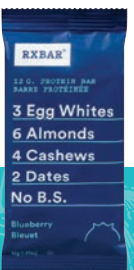
100-142g



North Coast Organic Apple Sauce
Select Varieties

4⁴⁹

680g



RXBar Protein Bars
Assorted Varieties

2/5⁰⁰

52g

Oatmega Crisp Bars
Assorted Varieties



2/4⁰⁰

50g



Nora's Dairy-Free Plant Based Ice Cream

Assorted Varieties

6⁹⁹

473ml

GROCERY



Avalon Organic Probiotic Yogurt
Assorted Varieties

3⁹⁹ 8⁴⁹
650g 1.75Kg



Bremner's Organic Frozen Fruit
Assorted Varieties

30% off
Assorted Sizes
Regular Retail 7.99-25.99



Gold Egg Free Run Large Eggs

4²⁹ 1 Dozen



Olympic Organic Kefir
Assorted Varieties

8⁹⁹
2L



Silk True Almond Beverages
Assorted Varieties

2/5⁰⁰
946ml

Armstrong Cheese
Assorted Varieties



9⁹⁹ 600g



Choices Fruit & Nut Granola

6⁴⁹
400g



Nature's Path Organic Hot Cereal
Assorted Varieties

2⁹⁹-4⁹⁹
6 Pack & 8 Pack

Mainland Grass Fed Cheese



Select Varieties

5⁴⁹ 6⁹⁹
198g Conventional 198g Organic



Happy Planet Organic Fresh Juice
Select Varieties

3⁹⁹-4⁹⁹
1.75-1.89L
+deposit +eco fee



Ethical Bean Organic Fair Trade Coffee
Assorted Varieties

6⁹⁹ 9⁹⁹
227g Ground 340g Whole Bean



Azuri Whole Bean Coffee
Assorted Varieties

14⁹⁹
908g

Organic Meadow Grass Fed Organic Butter



Salted & Unsalted

9⁹⁹
454g



Miyoko's Kitchen Vegan Cheese & Butter
Assorted Varieties

5⁹⁹ 9⁹⁹-10⁹⁹
227g Vegan Butter 184g Vegan Cheese

Philly Cream Cheese



Assorted Varieties

2/6⁰⁰
227-250g



Silver Hills Sprouted Power Bread
Assorted Varieties

2/8⁰⁰
assorted sizes



Nuts to You Almond Butter
Smooth or Crunchy

14⁹⁹
735g



Kinnikinnick Gluten-Free Products
Select Varieties

30% off
Assorted Sizes
Regular Retail 5.29-7.29

DELI

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

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Roasted Tomato, Beef & Vegetable Stew

7⁹⁹

650ml

Dijon Maple
Glazed Ham

1⁹⁹

/100g

Irish Cheese
Assorted Varieties

7⁹⁹

200g

Summer Fresh
Family Size Dips

Assorted Varieties

6⁹⁹

454g

Indianlife Naan Bread & Tortillas
Assorted Varieties

5⁹⁹

250-500g

Choices' Own
Chicken or
Beef Pot Pies

5⁴⁹

each

Tartistes 4.25"
Shepherd's Pie

4⁹⁹

each

Ready to Eat
Potato Side Dishes

**20%
off**

FRESH FROM OUR BAKERY

Choices' Own Sourdough
Bread & Baguette

4⁹⁹

530g
Bread

3²⁹

330g
Baguette

Choices' Own 9" Pies
Apple, Peach Medley & Berry Rhubarb

10⁹⁹

each

Choices' Own Cupcakes

Chocolate, Chocolate with White Buttercream,
Ganache & Carrot

3⁴⁹

Carrot
& Ganache

5⁴⁹

chocolate
with white
buttercream

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BULK

Dried Fruit and
Grain Flakes

Assorted Varieties

Bins and Random Weight Bags

**20%
off**

GROCERY

Alexia Frozen Potato



Fries, Puffs,
Wedges &
Onion Rings
Assorted Varieties

2.99-3.99

Assorted Sizes

Field Roast Vegan
Sausages & Cheese



Assorted
Varieties

5.49

Sausages
Assorted Sizes

5.99

Cheese
Assorted Sizes



Rao's
Homemade
Pasta Sauce
Assorted Varieties

8.49

680ml



Liviva Organic
Bean &
Shirataki Pasta
Assorted Varieties

3.99

200-400g

Casa Fiesta Mexican



Products
Assorted
Varieties

30% off

Assorted Sizes
Regular Retail 1.89-5.99



Mezzetta Pasta
Sauces, Olives
& Peppers
Assorted Varieties

30% off

Assorted Sizes
Regular Retail 4.39-9.69

WELLNESS



Organika
Enhanced
Collagen &
Marine Collagen

35.99

500g
Enhanced Collagen

35.99

250g
Marine Collagen



New Roots
MCT Energy

14.99

500ml

24.99

1L

Gabriel Natural Cosmetics
& Gabriel Kids Body Care



Assorted Varieties

20% off

Assorted Sizes
Regular Retail 24.79-48.79



MegaFood
Multivitamins
Select Varieties

20% off

Assorted Sizes
Regular Retail 40.49-75.49

Raincoast Sockeye Salmon
& Wild Skipjack Tuna



Assorted
Varieties

30% off

142-160g
Regular Retail 4.49-7.99



Choices Extra
Virgin Olive Oil

5.99

500ml



Sisu Kids
Vitamins and
Supplements
Select Varieties

25% off

Assorted Sizes
Regular Retail 6.79-29.99



Renew Life
Omega-3 &
Digestive
Supplements
Assorted Varieties

20% off

Assorted Sizes
Regular Retail 16.49-54.99



Pacific Organic
Soup
Assorted Varieties

3.99 4.99

472ml 1L



Granny's Natural
Liquid Laundry
Detergent 2X HE
Regular Retail 10.49

**Buy One
Get One FREE**

3.78L



Kaizen Proteins
and Sports
Supplements
Assorted Varieties

20% off

Assorted Sizes
Regular Retail 15.49-49.99



Everyone Natural
Body Wash
& Body Lotions

13.99

946-960ml



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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.