



SPRING SAVINGS!

100% BC OWNED AND OPERATED

Choices
Whole Chickens
Raised Without Antibiotics

3.99/lb
8.80kg

Fair Trade
Organic Hass
Avocados
Mexico Grown
4.98
907g bag

BC Grown
Long English
Cucumbers
2/3.00
each

Choices' Own Shaker Salad Cups
Assorted Varieties



New to
Choices

4.99
each

Choices' Own Ready to Eat
Cave Man Turkey Legs

New to
Choices

**2 for
7.00**

Choices' Own Artisan Breads:

Rosemary Sea Salt Spring Sourdough,
Cheese and Mixed Olive Fougasse
and Beer Bread

New to
Choices

4.99
300-340g
each

Herbatint Natural Permanent
Hair Colour
Assorted Colours



15.99
1 Kit

Maple Hill Organic Free
Range Large Eggs



5.79
1 Dozen

Garden of Life Proteins

Assorted Varieties



**Free Energizer
with each protein!**

20% off
Assorted Sizes
Regular Retail 43.49-68.99

Faith Farms Cheese

Assorted Varieties



5.49
360-380g

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

Prices Effective March 5-11, 2020.



SPRING INTO WELLNESS

WITH THESE HUGE SAVINGS

100% BC OWNED AND OPERATED



Sea-licious
Omega-3 EPA+DHA
Fish Oil
Assorted Varieties

29⁹⁹
500mL



Vega One All-in-One
Nutritional Shakes
Assorted Varieties

39⁹⁹
assorted sizes

withinUs
TruMarine Collagen
Assorted Varieties



56⁹⁹
250grams



South of France Soap
Liquid Hand Soap
Assorted Varieties

4⁹⁹
236ml

Wild Rose Herbal D-Tox Kits
Assorted Varieties



39⁹⁹
1 Kit



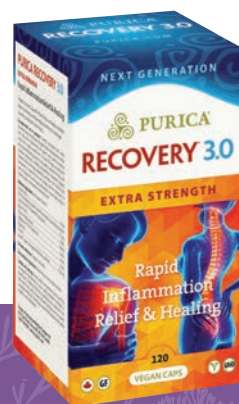
Hedd Wyn
Wild Oil of Oregano
Assorted Varieties

8⁹⁹ 21⁹⁹
15ml 50ml



Ener-C
Effervescent
Vitamin C
Drink Mix
Assorted Varieties

1/12⁹⁸ or 2/23⁹⁸
30 Pack 30 Pack



Purica Vitamins
and Supplements
Assorted Varieties

30% off
assorted sizes

Green Beaver Toothpaste

Select Varieties



2/8⁹⁸
75ml



BioSil
Beauty, Bones and Joints
Assorted Varieties

35% off
assorted sizes



Flora Udo's Choice
Organic 3.6.9 Blend
& DHA Oil Blend
Select Varieties

30% off
assorted sizes



Natural Factors
and Whole
Earth & Sea
Vitamins and
Supplements
Select Varieties

30% off
assorted sizes

**All
Products
on Sale!**

**Kitsilano | Cambie | Kerrisdale | Yaletown
Commercial Drive | Burnaby Crest**

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SEE IN-STORE FOR HUNDREDS OF GREAT DEALS THIS WEEK!
All Stores! March 5 to March 11, 2020.

PRODUCE

Organic Broccoli
Bunches from USA
5.47/kg

248
/lb

Green and Red Seedless
Grapes from Peru
6.57/kg

298
/lb

Organic Blood Oranges from USA
6.57/kg

298
/lb

Organic Green Asparagus
from Mexico
10.98/kg

498
/lb

MEAT

100% Grass Fed Ribeye Steaks and
Roasts aged 21+days from Australia
Value Pack **35.25/kg**

1599
/lb

New Zealand Spring Lamb, Boneless
Lamb Leg Roast or Steak
28.64/kg

1299
/lb

Choices Pork Sausages
Assorted Varieties, Made In-Store
15.41/kg

699
/lb

BC Whole Pork Tenderloin
Raised Without Antibiotics
17.61/kg

799
/lb

Fraser Valley Smoked Duck Breast
37.46/kg

1699
/lb

Wild-Caught Ahi Tuna Loin
Steaks, Sashimi Grade

599
6 oz per steak

Cod Loin Fillets from Iceland
41.87/kg

1899
/lb

BC Organic 100% Grass
Fed Lean Ground Beef
22.02/kg

999
/lb

Breaded Cod Fillets

399
each

Sockeye Salmon Burgers
33.05/kg

1499
/lb

GROCERY

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

Prices Effective March 5-11, 2020.

Nature's Nuts Organic

Peanut Butter & Almond Butter

Smooth Or Crunchy



4⁹⁹ 500g Peanut Butter
11⁹⁹ 340g Almond Butter



Nature's Path Organic Frozen Waffles

Assorted Varieties

2/7⁰⁰ 210g



Canadian Heritage Organic Maple Syrup

Assorted Varieties

10⁹⁹ 500ml



Blue Diamond Almond Breeze Beverages

Assorted Varieties

2/4⁰⁰ 946ml

GluteNull Gluten-Free

Cookies & Granola

Assorted Varieties



30% off
assorted sizes
Regular Retail 8.49 - 10.99

Califia Better Half Creamers & Cold Brew Coffee

Assorted Varieties



2/7⁰⁰ 500ml Better Half Creamers
4⁹⁹ 1.4L Cold Brew Coffee



Stash Premium Tea

Assorted Varieties

2/6⁰⁰ 18 - 20 Tea Bags



Organic India Tulsi Tea

Assorted Varieties

5⁴⁹ 18Pk

Mogiana Whole Bean Coffee

Assorted Varieties



10⁹⁹ 340g

Bob's Red Mill Pancake & Waffle Mixes

Assorted Varieties



30% off
assorted sizes
Regular Retail 6.99 - 9.99



Anita's Organic Cookie & Pancake Mixes

Assorted Varieties

30% off
assorted sizes
Regular Retail 6.99 - 10.49

Wholesome Organic Fair Trade Sweeteners

Assorted Varieties



30% off
assorted sizes
Regular Retail 2.99 - 19.99

Le Grand Plant Based Spreads

Assorted Varieties



4⁹⁹ 227g



Olympic Yogurt

Assorted Varieties

2/6⁰⁰ 500g Krema & 650g Natural

2/8⁰⁰ 650g Organic & Krema

Kiju Organic Juice

Assorted Varieties



2/5⁰⁰ 4Pk +deposit +eco fee



RW Garcia Vegetable Crackers

Assorted Varieties

4⁹⁹ 180g



Eco Max Natural Laundry Detergent

Select Varieties

11⁹⁹ 1.5L

Caboo Bamboo Toilet Paper, Wipes, Paper Towels & Facial Tissue

Assorted Varieties



30% off
assorted sizes
Regular Retail 2.59 - 26.99

GROCERY



**Annie's Homegrown
Mac & Cheese**

Select Varieties

2/4⁰⁰

149g - 170g



**Choices Gourmet Small
Batch Pasta Sauce**

Assorted Varieties

74⁹

750ml

Delverde Pasta

Assorted Varieties



2/5⁰⁰

450g



**Cape Herb & Spice
Table Top Spices**

Assorted Varieties

30% off

assorted sizes
Regular Retail 6.79 - 16.99



Bragg Liquid Soy Aminos

54⁹

473ml

79⁹

946ml

**Suzie's Organic Condiments
and Sauce**

Assorted Varieties



30% off

assorted sizes
Regular Retail 5.29 - 8.99



**Wolfgang Puck
Organic Soup**

Assorted Varieties

2/5⁵⁰

398ml



**Choices
Organic Beans**

Assorted Varieties

2/3⁰⁰

398ml

Better Than Bouillon Bases

Assorted Varieties



30% off

227g
Regular Retail 8.69 - 11.49



**Earth Island Veganaise,
Garlic Aioli &
Grapeseed Oil**

Select Varieties

5⁹⁹

473ml



**Queen St. Bakery
Bread, Buns, Pizza
Dough and Bunlets**

Assorted Varieties

44⁹ to 6⁹⁹

assorted sizes

**Safe Catch
Albacore Tuna & Wild Salmon**

Assorted Varieties



34⁹ to 44⁹

142g

Glutino Gluten-Free Products

Assorted Varieties



30% off

assorted sizes
Regular Retail 3.99 - 9.79

**Big Mountain Veggie Burgers,
Bites & Crumbles**

Assorted Varieties



54⁹

280g - 360g

Sol Cuisine Frozen Vegan Burgers

Assorted Varieties



44⁹ 4⁹⁹

226g

284g

Conte's Gluten-Free

Frozen Perogies

Assorted Varieties



74⁹

340g

**Hodo Soy Organic Tofu &
Yuba Noodles**

Assorted Varieties



3⁹⁹ to 64⁹

227g - 284g

Dandies Vegan Marshmallows

Assorted Varieties



4⁹⁹

283g

DELI

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

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Choices' Own
Fresh Soups
Assorted Varieties

5⁹⁹
650ml

Spinach & Feta
or Ricotta & Feta
Phyllo Pastries

**2 for
6⁰⁰**

Coastal Rugged
Cheddar Cheese

6⁹⁹
200g

Castello
Mature Tickler
Cheddar or Aged
Havarti Cheese

6⁹⁹
200g

Choices' Own
Croissant
Sandwiches
Assorted Varieties

**5⁹⁹-
6⁹⁹**

Happy Days
Goat Cheese
Marble Cheddar, Gouda
or Mozzarella

**3⁴⁹-
4⁴⁹**
100g

Swiss Kaltbach
Creamy & Tasty Or Extra
Creamy Cheese

New to
Choices

**4⁹⁹-
5⁹⁹**
100g

Grimm's Smoked
Turkey Breast

2⁴⁹
100g

BAKERY

Choices' Own
Premium Cookies
Assorted Varieties

5⁹⁹
package of 6

Choices' Own
Keto Muffins
Donut bites & Roasted
Pepper & Cheese Cornbread

3²⁹
120g

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

5⁹⁹

Artisan Bake Shoppe
Cheese Buns

3⁹⁹
package of 4

BULK

Bulk Nuts
Assorted Varieties, bins and
random weight bags

**20%
OFF**

International Women's Day
March 8th, 2020

International Women's Day is a global day celebrating the economic,
social, cultural and political achievements of women.

GROCERY

Want Want Super Slim
Crisps & Hot Kid Crisps
Assorted Varieties



2/5⁰⁰ 100g
Hot Kid Crisps
2/6⁰⁰ 100g
Want Want Super Slim



Prana Organic
Dried Fruit,
Nuts & Seeds
Assorted Varieties

30% off
assorted sizes
Regular Retail 7.49 - 13.99

WELLNESS

Iron Vegan Sprouted
Protein or Athlete's
Blend Protein
Assorted Varieties



49⁹⁹
1 kg



Lorna Vanderhaeghe
Vitamins &
Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 8.99-96.99

Theobroma Organic
Fair Trade
Chocolate Bars
Assorted Varieties



2/7⁰⁰
80g

Haribo Gummi Candy
Assorted Varieties



2/5⁰⁰
175g

Natural Factors
CoQ10 & Collagen
Supplements
Select Varieties



30% off
assorted sizes
Regular Retail 16.49-72.99

Bach Flower
Remedies
Assorted Varieties



20% off
assorted sizes
Regular Retail 5.49-19.49

Clif Nut Filled
Bars & Whey
Protein Bars
Assorted Varieties



2/3⁰⁰ 50g
Nut Filled
2/4⁰⁰ 56g
Whey Protein

GoMacro Bars
Assorted Varieties



2/6⁰⁰
56-71g

Nature's Aid Healing Gel,
Hair and Body
Care Products
Assorted Varieties



20% off
assorted sizes
Regular Retail 3.79-40.99

Botanica
Organic Herbal
Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 25.49-60.99

Kettle Brand
Potato Chips
Assorted Varieties



3⁹⁹
397g

Paqui
Tortilla Chips
Assorted Varieties



2/7⁰⁰
155g

Prairie Naturals ReCleanse
Herbal Cleanse & Prairie
Naturals Rise
& Shine
Assorted Varieties



1⁹⁹ 1 Kit
23⁹⁹ 126g Prairie Naturals
Rise and Shine

Alpha MCT
Oil & Gourmet
Keto Oil Blend
Assorted Varieties



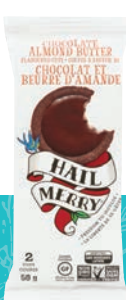
20% off
assorted sizes
Regular Retail 10.99-44.99

Coconut Bliss Organic
Frozen Dessert Bars
Assorted Varieties



5⁹⁹
3 & 4PK

Hail Merry
Dessert Cups
Assorted Varieties



2/5⁰⁰
38g - 50g

Natural Factors
Immune Support
Supplements
Select Varieties



30% off
assorted sizes
Regular Retail 12.49-39.99

Nourish Organic
Facial Care
Select Varieties



25% off
Assorted Sizes
Regular Retail 21.99-33.49



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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.