



HAPPY EASTER!

100% BC OWNED AND OPERATED

Choices' Own
Whole Turkeys
Raised Without Antibiotics

399/lb
8.80kg

Cauliflower
Imported

398
each

Hawaii
Grown Gold
Pineapple

298
each

Organic
Strawberries
Imported
598 454g
ReadyCycle Package

Our Easter Bakery Selections:

Choices' Own Chocolate Dipped
Shortbread Cookies, Easter Cupcakes,
Easter Egg Cookies & Chocolate
Dipped Bunny Cookies

**179-
539**
assorted sizes

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

1099
each

Choices' Own Festive
Easter Side Dishes

**119-
239**
/100g

Grimm's Ham
15.41/kg

699
/lb

NEW! Bakery Breads:

Choices' Own Rosemary Sea Salt Spring Sourdough,
Cheese & Mixed Olive Fougasse or Beer Bread

499
300-340g

Choices' Own
Family Size Tourtiere

1399
each



Pacific Foods
Organic Broths
Select Varieties

449
946ml & 1L



Tofurky Vegan
Roasts & Gravy

499
397ml Gravy

1299
539 & 737g Roasts

Physical Distancing: Please remain 2 metres from others.
One customer using the checkout belt at a time. Thank you

Prices Effective
April 9-15, 2020.

PRODUCE

Organic Red, Orange and Yellow Peppers Imported **8.77/kg**

3.98
/lb

Organic Green Asparagus Imported **10.98/kg**

4.98
/lb

Organic Valencia Oranges Imported

5.98
1.81 kg bag

MEAT

Choices' Own Sliced Turkey Breast **23.13/kg**

10.49
/lb

Boneless Skinless BC Chicken Breast

Value Pack **15.41/kg**

6.99
/lb

Free Range Lamb Loin Chops from New Zealand

Raised Without Antibiotics **33.05/kg**

14.99
/lb

Soup etc!

Assorted Varieties

2 for 10.00
700ml

Fresh BC Halibut **66.12/kg**

29.99
/lb

100% Grass Fed Tenderloin Roasts Aged 21+ Days from Australia **57.30/kg**

25.99
/lb

100% Grass Fed Beef Meatballs Made In-Store **17.61/kg**

7.99
/lb

Fresh Steelhead

Value Pack **41.87/kg**

18.99
/lb

Fresh BC Duck

Raised Without Antibiotics **8.80/kg**

3.99
/lb

Choices' Own Ground Dark Turkey Meat **17.61/kg**

7.99
/lb

GROCERY

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**Gardein
Vegan Meat
Alternatives**
Assorted Varieties

4.49
assorted sizes

Green Organic Frozen Vegetables



Assorted Varieties

2/6.00
500g



**Cape Herb & Spice
Table Top Spices**
Select Varieties

30% off
assorted sizes
Regular Retail 6.79-16.99



**Simply Organic
Gravy Mixes &
Mushroom Sauce**
Assorted Varieties

2/3.00
24-28g



**Amy's Organic
Canned Soup**
Assorted Varieties

2/6.00
398ml

**Farmer's Market Organic Pumpkin,
Butternut Squash &
Sweet Potato Purée**
Assorted Varieties



2/6.00
397-425g



**Earth's Choice
Organic Extra Virgin
Olive Oil**

10.99 15.99
500ml 1L



Maison Orphée Vinaigrettes
Assorted Varieties

3.99
250ml

Earth's Choice Cranberry Sauce



Jellied and Whole
2/5.00
348ml



**Gay Lea Whipped Cream
& Dairy-Free Coconut
Whipped Cream**

3.49 4.49
236g Whipped Cream 225g Coconut Whipped Cream



**Ben & Jerry's
Ice Cream**
Assorted Varieties

4.99 5.99
500ml Regular 500ml Dairy-Free

Breyers Creamery Style Ice Cream
Assorted Varieties



6.49
1.66L

Carr's Crackers

Select Varieties



2/5.00
125-184g

Lesley Stowe Raincoast Crisps

Assorted Varieties



4.99
150g



Eve's Crackers
Assorted Varieties

6.49
108g



**Udi's Gluten-Free
Frozen Bread, Pizza,
Buns & Bagels**
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.99-8.99

Sunflower Kitchen Hummus & Dips

Assorted Varieties



25% off
227-300g
Regular Retail 3.99-6.99

**Organic Traditions Superfood
Products**
Assorted Varieties



25% off
assorted sizes
Regular Retail 5.99-66.99

GROCERY



**Kicking Horse Organic
Fair Trade Whole
Bean Coffee**
Assorted Varieties

9⁹⁹
454g



Mighty Leaf
Artisan Tea
Assorted Varieties

8⁹⁹
15 Tea Bags



**Elias Liquid
Squeeze &
Creamed
Honey**

5⁹⁹
500g Liquid Squeeze
& Creamed Tub

6⁴⁹
500g Creamed Raw



**Donia Farms Grass
Fed Milk**
2% & 3.25%

4⁹⁹
2L



Terra Breads Granola

6⁹⁹ 12⁹⁹
454g 1Kg



Califia Dairy-Free Beverages
Assorted Varieties

4⁴⁹
1.4L



Bob's Red Mill
Gluten-Free Flour
Assorted Varieties

30% off
assorted sizes
Regular Retail 7.49-18.99



**Swerve Sugar
Replacements**
Assorted Varieties

7⁹⁹
340g

Meadowvale Creamery Butter



4⁴⁹
454g



**L'Ancetre Organic
Cheese**
Assorted Varieties

25% off
200g
Regular Retail 7.39-9.89

Armstrong Cheese
Assorted Varieties



9⁹⁹
600g



**Saputo
Shredded Cheese**
Assorted Varieties

3⁹⁹ 5⁴⁹
170g 320g



**Daiya Dairy-Free
Cheeze Shreds,
Blocks, Slices &
Spreads** Assorted Varieties

2/7⁰⁰
200-227g



**Dairyland Whipping
Cream & Cream**
Assorted Varieties

3²⁹-4⁷⁹
1L

Dairyland Sour Cream



Assorted Varieties

2/5⁰⁰
500ml



**Silver Hills Sprouted
Power Bread**
Assorted Varieties

2/8⁰⁰
assorted sizes



**Tree Island
Cream Top Yogurt**
Assorted Varieties

3⁹⁹ 8⁹⁹
500g 1.5kg



**Canadian Heritage
Organic Maple Syrup**
Assorted Varieties

20⁹⁹
1L

DELI

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Black Forest Meats Salamis

Assorted Varieties

349
/100g

Choices' Own Family Size Roasted Red Pepper & Goat Cheese Quiche

12⁹⁹
each

La Panzanella Crackers

Assorted Varieties

5⁹⁹
170g

Summer Fresh Dips & Hummus

Assorted Varieties

**2 for
7⁰⁰**
227g

NEW! Frescatrano Pitted Olives or Green Tangerine Chili Olives

**229-
329**
/100g

Choices' Own Dijon Maple Glazed Baked Ham

21⁹
/100g

Alex D'Portneuf Camembert & Brie Cheese

8⁹⁹
300g

NEW! French Paysan Breton Soft Cheese

5⁹⁹
150g

FRESH FROM OUR BAKERY

Choices' Own Premium Cookies:

The Brownie, Almond Crunch,
Tahini Chocolate Chunk and Peanut Butter

5⁹⁹
6 Pack

Choices' Own Gluten-Free Pumpkin Pies

64⁹
6"

7⁹⁹
8"

A Note To Our Customers

We want to ensure our local communities are able to get the food and supplies they need and keep our customers and staff safe during these unprecedented times. We are working around the clock to keep our shelves stocked and our stores clean. More importantly, we are going to make sure we stay up and running to meet your needs and are confident we have processes in place and government support to do that. During this time, please note we are reserving the right to limit quantities per household and unfortunately will not be offering any rain checks.

We also promise we have not - and will not - raise prices for the purpose of taking advantage of the current situation. As always, we are here to support our local communities.

Thank you for your patience and understanding.

GROCERY



Smart Sweets
Low Sugar
Candy
Assorted Varieties

2/6⁰⁰
50g



**RJ's Licorice
& Twists**
Assorted Varieties

2/6⁰⁰
165-180g



**Brew Dr.
Organic
Kombucha**
Assorted Varieties

2/7⁰⁰
414ml
+deposit +eco fee



**Greenhouse
Cold Pressed
Juice**
Assorted Varieties

5⁹⁹
300ml
+deposit +eco fee



**Kettle Brand
Organic
Potato Chips**
Assorted Varieties

2/5⁰⁰
142g



**Taste Nirvana
Coconut Water**
Assorted Varieties

2/4⁰⁰ 2/7⁰⁰
280ml 700ml
+deposit +eco fee +deposit +eco fee



**Prana Organic
Nut Mixes &
Chia Seeds**
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.79-8.99



**Endangered
Species Fair Trade
Chocolate Bars**
Assorted Varieties

2/6⁰⁰
85g



**Manitoba
Harvest
Hemp Hearts**
Organic and Conventional
Assorted Varieties

25% off
assorted sizes
Regular Retail 2.99-99.99



**Renew Life
Probiotics**
Assorted Varieties

25% off
assorted sizes
Regular Retail 17.49-72.99



**Echoclean
Natural Liquid
Dish Soap**
Assorted Varieties

2⁷⁹
740ml



**Seventh Generation Liquid
Laundry Detergent, Fabric
Softener &
Stain Remover**
Assorted Varieties

30% off
assorted sizes
Regular Retail 6.39-21.99



**NOW
Essential Oils**
Regular, Organic,
& Blends
Select Varieties

20% off
assorted sizes
Regular Retail 7.49-119.99



**Botanica Perfect
Protein**
Vanilla or Chocolate
& Greens
Superfood Powders

33⁹⁹ 49⁹⁹
154-216g 606-840g Botanica
Greens Superfood Perfect Protein

WELLNESS

**Wild Rose Herbal
D-Tox & Liver D-Tox Kits**



37⁹⁹ 42⁹⁹
1 Kit 1 Kit
Herbal D-Tox Liver D-Tox



**Progressive
Vitamins and
Supplements**
Assorted Varieties

20% off
assorted sizes
Regular Retail 15.79-74.99



**Natural Factors
Digestive
Support and
Enzymes**
Assorted Varieties

20% off
assorted sizes
Regular Retail 5.99-47.99



**Natural Factors
Vitamin B
Supplements**
Select Varieties

20% off
assorted sizes
Regular Retail 9.49-21.99



**NutraSea Omega-3
& Omega-3+
Vitamin D Fish Oil**
Select Varieties

20% off
assorted sizes
Regular Retail 29.99-62.99



**New Roots
Magnesium
Bisglycinate
Plus**

22⁹⁹
120 caps



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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.