



# SPRING SPECIALS!

100% BC OWNED AND OPERATED



Fair Trade  
Organic Bananas  
Imported  
**.88/lb**  
1.84kg

Yarrow  
Meadows  
Whole Organic  
Chickens  
**5.99/lb**  
13.21kg

BC Grown  
Organic Juicing  
Carrots from  
Fountainview Farm  
in Lillooet  
**24.98**  
11.84kg (25lb)  
bag



Lemon Herb or Savoury  
Mexi Potato Wedges

**1.19**  
/100g



Ready to Eat Rosssdown  
Roasted Half Chickens

**5.99**  
each



Organic Chicken Sausages  
Made In-Store  
**28.64/kg**

**12.99**  
/lb



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

**4.99**  
480g



Whole Earth & Sea  
Fermented - Organic  
Proteins & Greens

**51.99**  
390-438g  
Greens

**59.99**  
656-710g  
Proteins & Greens



Seventh Generation  
Natural Household Cleaners  
Select Varieties

**30% off**  
Assorted Sizes  
Regular Retail 4.99-7.99



Biovert Natural Liquid  
Laundry Detergent  
& Fabric Softener  
Assorted Varieties

**5.99** **10.99**  
1.4L 4.43L

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

Prices Effective  
April 16-22, 2020.



# PRODUCE

Organic Mixed Cherry Tomatoes  
from Mexico

**3<sup>98</sup>**

1 pint Redicycle  
package

BC Grown Organic Long English  
Cucumbers from Origin Organics  
in Delta

**3<sup>98</sup>**

each

Pomegranates  
Imported from Peru

**1<sup>98</sup>**

each

Blueberries Imported

**3<sup>98</sup>**

170g package

# MEAT

Duso's Filled Pasta  
Assorted Varieties



**4<sup>49</sup>**

300g

New Zealand Spring Lamb  
100% Grass Fed Boneless  
Leg of Lamb Roasts

**28.64/kg**

**12<sup>99</sup>**  
/lb

Bison Sirloin Tip Steaks

**37.46/kg**

**16<sup>99</sup>**  
/lb

Stuffed Chicken Cordon

Assorted Flavours



**3<sup>99</sup>**

each

Choices Ground Chicken

Raised Without Antibiotics  
**24.23/kg**



**10<sup>99</sup>**  
/lb

Beef Striploin Steaks  
from Australia

Value Pack  
**28.64/kg**



**12<sup>99</sup>**  
/lb

Country Cottage Bacon



**9<sup>99</sup>**

375g

Ocean Wise Rockfish

**26.43/kg**



**11<sup>99</sup>**  
/lb



# GROCERY

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## Fresh Is Best Tortilla Chips & Salsa

Select Varieties



**3.99**

assorted sizes



## Old Dutch Restaurant Tortilla Chips & Salsa

Assorted Varieties

**2/7.00**

assorted sizes



## Boulder Canyon Potato Chips

Assorted Varieties

**2/5.00**

128-142g



## Choices Gourmet Small Batch Salsa

Assorted Varieties

**5.99**

750ml



## Simply 7 Quinoa, Lentil & Kale Chips

Assorted Varieties

**2/6.00**

99-113g



## Skinny Pop Popcorn

Assorted Varieties

**2/7.00**

125g

## Love Good Fats Bars

Assorted Varieties



**2/4.00**

39-40g

## Spread 'Em Vegan Dips & Spreads

Assorted Varieties



**5.49-6.99**

183g



## Good To Go Keto Snack Bars

Assorted Varieties

**2/4.00 16.99**

Single 40g

9 Pack



## Daiya Plant Based Frozen Pizza

Assorted Varieties

**6.99**

444-550g



## Island Farms Ice Cream

Assorted Varieties

**4.99-5.99**

1.65L



## So Delicious Frozen Dessert

Assorted Varieties

**4.99**

500ml



## Búcha Organic Kombucha

Assorted Varieties

**2/5.00**

473ml

+deposit +eco fee



## Happy Planet Smoothies

Select Varieties

**2/4.00**

325ml

+deposit +eco fee



## Phillips Craft Sodas

Assorted Varieties

**2/3.00**

355ml

+deposit +eco fee



## Effervé Sparkling Lemonade

Assorted Varieties

**4.99**

750ml

+deposit +eco fee



## Blue Monkey Coconut Water

With or Without Pulp

**3/5.00**

520ml

+deposit +eco fee



## Saputo Lite Mozzarellissima Cheese

**5.99**

454g

# GROCERY



Nature's Path  
Organic  
Eco Pac Cereal  
Assorted Varieties

**8<sup>99</sup>**  
assorted sizes



Silk Dairy-Free  
Beverages & Creamers  
Assorted Varieties

**4<sup>49</sup>** 1.89L Beverages  
**2/5<sup>00</sup>** 473ml Creamers



Dairyland  
Organic Milk  
Assorted Varieties

**8<sup>99</sup>**  
4L



Earth's Choice Organic  
Rainforest Alliance  
Certified Coffee  
Assorted Varieties

**8<sup>99</sup>**  
340g



Salt Spring Organic  
Fair Trade Coffee  
Assorted Varieties

**10<sup>99</sup>**  
400g



Traditional Medicinals  
Organic Relaxation Teas  
Select Varieties

**4<sup>49</sup>**  
20 Tea Bags



Liberté Greek  
Yogurt & Kéfir  
Assorted Varieties

**3<sup>99</sup>**  
500g & 1L



Yoso Dairy-Free Coconut &  
Almond Yogurt  
Assorted Varieties

**3<sup>99</sup>** 440g Coconut  
**4<sup>49</sup>** 440g Almond

Greek Gods Yogurt  
Assorted Varieties



**3<sup>99</sup>**  
500g



MaraNatha  
Nut Butters  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 9.49-14.49



Fatso High Performance  
Peanut Butter  
Assorted Varieties

**7<sup>99</sup>**  
500g

Savör Grass Fed Butter  
Salted & Unsalted



**4<sup>99</sup>**  
250g



Shockingly  
Healthy Brownies  
& Blondies  
Assorted Varieties

**2/5<sup>00</sup>** 70g  
**7<sup>99</sup>** 4 Pack



Ozery Bakery  
Morning Rounds  
& Snacking Rounds  
Assorted Varieties

**3<sup>49</sup>** 450g Morning Rounds  
**3<sup>99</sup>** 312g Snacking Rounds

Rolling Meadow Grass  
Fed Yogurt & Kéfir



Assorted Varieties  
**3<sup>99</sup>-5<sup>99</sup>**  
assorted sizes

Bob's Red Mill Almond Meal  
& Organic  
Coconut Flour  
Assorted Varieties



**4<sup>99</sup>** 453g Organic Coconut Flour  
**11<sup>99</sup>** 453g Almond Meal



Bob's Red Mill  
Organic Oats  
Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail 4.99-7.49

BioBag Kitchen, Yard, Sandwich  
& Food Storage Bags



Assorted Varieties  
**30% off**  
assorted sizes  
Regular Retail 5.99-12.99



# DELI

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Prices Effective  
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Indianlife Vegetable  
or Spinach Pakoras

indianlife

**2 New  
Flavours:**  
Onion  
& Potato

**249**  
/100g

Choices' Own  
Organic Cheese

**349-  
499**  
/100g

Spinach & Feta or  
Ricotta & Feta Phyllos

**2 for  
700**

Greek House  
Hummus & Tzatziki

**399**  
227g

Rosstown Chicken Pepperoni Sticks



**Buy  
One Get  
One FREE**  
Regular Price 9.99  
250g

Choices' Own  
Fresh Soups  
Assorted Varieties

**599**  
650ml

Choices' Own  
Croissant  
Sandwiches  
Assorted Varieties

**599-  
699**  
each

Choices' Own  
Egg Bites

**2 for  
300**

## FRESH FROM OUR BAKERY

Choices' Own Carrot Cake  
& Paleo Fudgy Brownies

**399**  
180g  
Carrot Cake

**499**  
200g  
Paleo Brownie

Choices' Own Muffins:  
Mini and Alternative Flour

**2 for  
600**  
Minis

**2 for  
900**  
All Others

Choices' Own Scones  
Assorted Varieties

**299**  
Package of 2

## 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

Beyond Meat Burger & Beyond Ground Beef



**549 799**  
226g Burgers 340g Ground Beef

Gusta Vegan Sausages & Vegan Grating Blocks



**449 499**  
227g Grating Blocks 350g Sausages



Prairie Harvest Organic Pasta Assorted Varieties

**2/5<sup>00</sup>**  
454g



Rao's Homemade Pasta Sauce Assorted Varieties

**8<sup>99</sup>**  
680ml

Daiya Dairy-Free



Cheesy Mac & Dressings Select Varieties

**2/7<sup>00</sup>**  
assorted sizes



Frontier Organic Spice Powders, Flakes & Seeds Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 2.79-8.99



Thai Kitchen Coconut Milk Regular or Light

**2/5<sup>00</sup>**  
400ml



Patak's Indian Sauces, Chutney & Pastes Assorted Varieties

**4<sup>99</sup>-5<sup>49</sup>**  
assorted sizes



Kikkoman Products Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 3.99-9.39



Eden Organic Canned Beans Assorted Varieties

**2/6<sup>00</sup>**  
398ml

# WELLNESS



MegaFood Blood Builder & Gummie Supplements Assorted Varieties

**20% off**  
250 - 500g  
Regular Retail 33.99-63.99

Ener-C Effervescent Vitamin C Drink Mix & Ener-C Sport Assorted Varieties

**8<sup>99</sup> 14<sup>99</sup>**  
12 Pack Ener-C Sport 30 Pack Vitamin C Drink Mix



Vega Sport Products Protein, Hydrator, Energizer, Pre-workout, Recovery & Bars Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail 1.19-54.99



Sisu Multivitamins Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 31.99-57.99



Purica Extra Strength Recovery Assorted Varieties

**29<sup>99</sup> 58<sup>99</sup>**  
180 caps 360 caps



Earth Science Face Care & Hair Care Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 9.99-14.99

Organic Traditions Superfoods & Full Spectrum Herbs Select Varieties

**20% off**  
assorted sizes  
Regular Retail 10.49-37.99



Genuine Health Advanced Gut Health Probiotics Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 26.99-87.99



Dr. Jacobs Naturals Pure Castile Face & Body Wash Assorted Varieties

**1<sup>99</sup>**  
946ml



Bio-K Plus Probiotics Assorted Varieties

**35<sup>99</sup> 38<sup>99</sup>**  
12 Pack Dairy 12 Pack Rice or Soy



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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.