



SPRING SPECIALS!

100% BC OWNED AND OPERATED



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

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

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 Rosstown 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

5.199 390-438g Greens

5.999 656-710g 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 1.4L **10.99** 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

3⁹⁸

1 pint Redicycle
package

BC Grown Organic Long English
Cucumbers from Origin Organics
in Delta

3⁹⁸

each

Pomegranates
Imported from Peru

1⁹⁸

each

Blueberries Imported

3⁹⁸

170g package

MEAT

Duso's Filled Pasta

Assorted Varieties



4⁴⁹

300g

New Zealand Spring Lamb

100% Grass Fed Boneless

Leg of Lamb Roasts

28.64/kg

12⁹⁹
/lb

Bison Sirloin Tip Steaks

37.46/kg

16⁹⁹
/lb

Stuffed Chicken Cordon

Assorted Flavours



3⁹⁹

each

Choices Ground Chicken

Raised Without Antibiotics

24.23/kg

10⁹⁹
/lb

Beef Striploin Steaks
from Australia

Value Pack
28.64/kg

12⁹⁹
/lb

Country Cottage Bacon



9⁹⁹

375g

Ocean Wise Rockfish

26.43/kg

11⁹⁹
/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

Single 40g

16.99

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

8⁹⁹
assorted sizes



Silk Dairy-Free
Beverages & Creamers
Assorted Varieties

4⁴⁹ **2/5⁰⁰**
1.89L Beverages 473ml Creamers



Dairyland
Organic Milk
Assorted Varieties

8⁹⁹
4L



Earth's Choice Organic
Rainforest Alliance
Certified Coffee
Assorted Varieties

8⁹⁹
340g



Salt Spring Organic
Fair Trade Coffee
Assorted Varieties

10⁹⁹
400g



Traditional Medicinals
Organic Relaxation Teas
Select Varieties

4⁴⁹
20 Tea Bags



Liberté Greek
Yogurt & Kéfir
Assorted Varieties

3⁹⁹
500g & 1L



Yoso Dairy-Free Coconut &
Almond Yogurt
Assorted Varieties

3⁹⁹ **4⁴⁹**
440g Coconut 440g Almond

Greek Gods Yogurt
Assorted Varieties



3⁹⁹
500g



MaraNatha
Nut Butters
Assorted Varieties

30% off
assorted sizes
Regular Retail 9.49-14.49



Fatso High Performance
Peanut Butter
Assorted Varieties

7⁹⁹
500g

Savör Grass Fed Butter
Salted & Unsalted



4⁹⁹
250g



Shocking Healthy!
Healthy Brownies
& Blondies
Assorted Varieties

2/5⁰⁰ **7⁹⁹**
70g 4 Pack



Ozery Bakery
Morning Rounds
& Snacking Rounds
Assorted Varieties

3⁴⁹ **3⁹⁹**
450g Morning Rounds 312g Snacking Rounds

Rolling Meadow Grass
Fed Yogurt & Kéfir



Assorted Varieties

3⁹⁹-5⁹⁹
assorted sizes

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



4⁹⁹ **11⁹⁹**
453g Organic Coconut Flour 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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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

WELLNESS

MegaFood Blood Builder & Gummie Supplements



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

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



899 1499
12 Pack Ener-C Sport 30 Pack Vitamin C Drink Mix

Prairie Harvest Organic Pasta Assorted Varieties



2/500
454g

Rao's Homemade Pasta Sauce Assorted Varieties



899
680ml

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

Daiya Dairy-Free Cheesy Mac & Dressings Select Varieties



2/700
assorted sizes

Frontier Organic Spice Powders, Flakes & Seeds Assorted Varieties



30% off
assorted sizes
Regular Retail 2.79-8.99

Purica Extra Strength Recovery Assorted Varieties



2999 5899
180 caps 360 caps

Earth Science Face Care & Hair Care Assorted Varieties



20% off
assorted sizes
Regular Retail 9.99-14.99

Thai Kitchen Coconut Milk Regular or Light



2/500
400ml

Patak's Indian Sauces, Chutney & Pastes Assorted Varieties



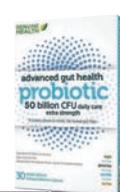
499-549
assorted sizes

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

Kikkoman Products Assorted Varieties



30% off
assorted sizes
Regular Retail 3.99-9.39

Eden Organic Canned Beans Assorted Varieties



2/600
398ml

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



1999
946ml

Bio-K Plus Probiotics Assorted Varieties



3599 3899
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.