



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Wild
Sockeye Salmon
Value Pack

15.99/lb
35.25kg

BC Red
Tomatoes on
the Vine Hot
House Grown

1.98/lb
4.37kg

BC Grown
Long English
Cucumbers

1.38
each

NEW! FROM THE DELI
Choices' Own Shaker Salad Cups

Assorted Varieties

4.49
each

Choices' Own Marinated
Boneless, Skinless Chicken Breasts
Raised Without Antibiotics

11.99/lb
26.43/kg

Choices' Own
The Baker's Mezzo
Bastone & Crusty Loaf

1.59
Mezzo Bastone
250g

2.49
Crusty Loaf
450g

Choices' Own New York Style
Blueberry Cheesecake, 6" Tiramisu
Cake or Keto Chocolate Mousse Cake

16.99
Tiramisu or Keto
Mousse 400g
Cheesecake
540g



Smart Sweets
Low Sugar Candy
Assorted Varieties

2/6.00
50g



Rise Organic Kombucha
Assorted Varieties

2/6.00
414ml
+deposit +eco fee



Progressive Vitamins
& Supplements
Assorted Varieties

20% off
Assorted Sizes
Regular Retail 15.79-74.99

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

Prices Effective
April 23-29, 2020.

PRODUCE

Fair Trade Organic Avocados
Imported

5⁹⁸

907g/Bag

Organic Blueberries Imported

3⁹⁸

170g/Package

Organic Green & Red
Dandelion Bunches Imported

2⁹⁸

Bunch

Organic Large Ruby
Grapefruit Imported

**2 for
3⁰⁰**

MEAT

100% Grass Fed Lean Ground Beef from Australia
17.61/kg

7⁹⁹

/lb

New Zealand Spring Lamb
100% Grass Fed Lamb Racks
61.71/kg

27⁹⁹

/lb

100% Grass Fed Sirloin Tip Roasts
17.61/kg

7⁹⁹

/lb

Duck Legs
24.23/kg

10⁹⁹

/lb

Choices' Own Boneless Chicken
Breast Raised Without Antibiotics, Value Pack
22.02/kg

9⁹⁹

/lb

AAA Canadian Top Sirloin Steaks
Value Pack
30.84/kg

13⁹⁹

/lb

Nourish Yourself
Frozen Bone Broth
Assorted Varieties

10⁴⁹

750ml

Raw Prawns
Previously Frozen
30.84/kg

13⁹⁹

/lb

GROCERY

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Barbara's Cheez Puffs
Assorted Varieties

2/5⁰⁰
155-198g



Hardbite Vegetable Root Chips
Assorted Varieties

2/7⁰⁰
150g



Hippie Snacks Avocado & Cauliflower Crisps
Assorted Varieties

3⁹⁹
70g



Sigdal Bakeri Crispbread
Assorted Varieties

4⁷⁹
190-220g



Eve's Crackers
Assorted Varieties

6⁴⁹
108g



Blue Diamond Almond Nut Thins
Assorted Varieties

2/7⁰⁰
120g

Organic Traditions Superfoods



Assorted Varieties

25% off
assorted sizes
Regular Retail 5.99-66.99



Prana Organic Nut Mixes & Chia Seeds
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.79-8.99



Camino Organic Fair Trade Chocolate Bars
Assorted Varieties

2/7⁰⁰
80-100g



Ben & Jerry's Ice Cream
Assorted Varieties

4⁹⁹ 5⁹⁹
500ml Regular 500ml Non-Dairy

Coconut Bliss Organic Dairy-Free Frozen Dessert



Assorted Varieties

6⁹⁹
473ml

DeeBee's Organics Frozen Organic TeaPops & SuperFruit Freezies



Assorted Varieties

4⁷⁹ 5⁹⁹
4 Pack OrganicTeapops 12 Pack SuperFruit Freezies



Chaser's Fresh Cold Pressed Juice
Assorted Varieties

5⁹⁹ 9⁹⁹
500ml +deposit +eco fee 1L +deposit +eco fee

Zevia Sugar Free Soda Sweetened with Stevia



Assorted Varieties

4⁴⁹
6 Pack +deposit +eco fee



Blue Monkey Coconut Milk or 100% Watermelon Juice

3⁹⁹
1L +deposit +eco fee

Sunflower Kitchen Hummus & Dips



Assorted Varieties

2⁷⁹-4⁹⁹
227-300g

Taste Nirvana Coconut Water



Assorted Varieties

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



Fiji Natural Artesian Water

2/4⁰⁰ 2/5⁰⁰
1L +deposit +eco fee 1.5L +deposit +eco fee

GROCERY



Kicking Horse
Organic Fair Trade
Whole Bean Coffee

Select Varieties

9⁹⁹
454g



Doi Chaang Fair Trade
Organic Coffee

Assorted Varieties

9⁹⁹-10⁹⁹
340g



Canadian Heritage
Organic Maple Syrup

Assorted Varieties

20⁹⁹
1L

Philadelphia Cream Cheese



Assorted Varieties

2/7⁰⁰
227-250g



Earth's Own
Almond, Cashew &
Coconut Beverages

Assorted Varieties

3⁹⁹
1.89L



Ripple Pea
Dairy-Free Beverages

Assorted Varieties

5⁴⁹
1.42L

Earth's Choice Organic



Peanut Butter

Assorted Varieties

4⁹⁹
500g

Menz & Gasser Jam



Assorted Varieties

2/7⁰⁰
250ml



Ceres 100% Fruit Juice

Assorted Varieties

2/6⁰⁰
1L
+deposit +eco fee

Silk Dairy-Free Coconut or



Almond Yogurt

Assorted Varieties

4⁹⁹
640-680g



Tree Island Cream
Top Yogurt

Assorted Varieties

3⁹⁹
500g

Artisan Bake Shoppe Vegan Cookies



Assorted Varieties

6⁹⁹
180-250g

Daiya Dairy-Free Cheeze Style
Shreds, Blocks, Slices & Spreads



Assorted Varieties

2/7⁰⁰
200-227g

Tofutti Dairy-Free Cream Cheese,
Sour Cream & Dairy-Free



Cheese Slices

Assorted Varieties

2/6⁰⁰
227-340g

Saputo Shredded Cheese



Assorted Varieties

3⁹⁹ 5⁴⁹
170g 320g



Seventh Generation
Natural Liquid Dish Soap

Assorted Varieties

2/6⁰⁰
739ml

Seventh Generation Liquid Laundry
Detergent & Fabric Softener



Assorted Varieties

30% off
assorted sizes
Regular Retail 7.99-21.99

Arla Apetina Feta Cheese Cubes
& Tre Stelle



Feta Cheese

Assorted Varieties

5⁴⁹ 7⁹⁹
200g Cubes 400g Feta

DELI

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Choices' Own Curry Entrées

Assorted Varieties

**4.99-
6.99**
each

Grimm's Honey or Black Forest Ham

1.89
/100g

Happy Planet Soup

Assorted Varieties

6.49
500-650ml

Gourmet Shepherd's Cow or Sheep Feta Cheese

4.99
Shepherd's
Cow Cheese
200g

6.99
Sheep Feta
200g

Choices' Own Fresh Salad Rolls:

Tuna, Salmon, Chicken or Avocado

5.49
each

Kalamata Olives

1.49
/100g

Summer Fresh Hummus Toppers

4.99
283g

Saputo Bocconcini Cheese Assorted Varieties

4.99
200g

FRESH FROM OUR BAKERY

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

5.99
each

Choices' Own Mini Ganache & Carrot Cupcakes

3.49
Carrot Cupcakes
4 Pack
Ganache 140g

Choices' Own Chocolate with White Buttercream Cupcakes & Chocolate Alternative Flour Cupcakes

5.49
4 Pack

Reminder on Physical Distancing

To all customers, please maintain physical distancing practices while shopping at Choices by keeping at least 2 metres between yourself, fellow shoppers and our employees. These guidelines are in place to protect the more vulnerable people in our community. Thank you for helping us do our part to flatten the curve.

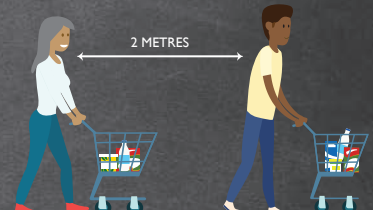
1

**1 CUSTOMER
USING THE BELT
AT A TIME**



2

**KEEP 2 METRES
APART AT ALL TIMES
(Approximately 2 shopping
cart lengths)**



GROCERY

Earth's Choice Organic
Canned
Tomatoes
Assorted Varieties

2/6⁰⁰ 3⁹⁹
398ml 796ml

Prairie Harvest
Organic
Pasta Sauce
Assorted Varieties

4⁹⁹
705ml

Spectrum
Cooking Oils
Assorted Varieties

30% off
assorted sizes
Regular Retail 9.49-27.49

Bragg Organic
Apple Cider
Vinegar

3⁹⁹ 5⁹⁹
473ml 946ml

Sol Cuisine Vegan Frozen
Burgers & Vegan
Appetizers
Assorted Varieties

4⁹⁹
assorted sizes
Regular Retail 3.59-8.49

Yves Vegan
Meat
Alternatives
Assorted Varieties

30% off
assorted sizes
Regular Retail 3.59-8.49

Green Organic Frozen
Vegetables
Assorted
Varieties

2/6⁰⁰
500g

Farmhouse
Culture Organic
Gut Shot
Assorted Varieties

6⁹⁹
473ml
+deposit +eco fee

Bubbies Pickles,
Sauerkraut, Relish
& Horseradish
Assorted Varieties

30% off
assorted sizes
Regular Retail 6.29-12.99

Wildbrine
Kimchi, Kraut
& Sauerkraut
Assorted Varieties

6⁹⁹
500ml

WELLNESS

withinUs Supplements &
TruMarine Collagen
Assorted Varieties

20% off
assorted sizes
Regular Retail 26.99-79.99

AOR Ortho Sleep,
Zen Theanine, &
Gaba Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 34.99-44.99

Platinum Naturals
Multivitamins
Assorted Varieties

20% off
assorted sizes
Regular Retail 27.99-99.99

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

5⁸⁹⁹
1kg

Natural Factors
Omega &
Cognitive Support
Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 12.49-51.99

Boiron Arnica
Remedies
Topical & Ingestible
Assorted Varieties

20% off
assorted sizes
Regular Retail 14.99-17.49

NOW
Essential Oils
Regular, Organic,
& Blends
Select Varieties

20% off
assorted sizes
Regular Retail 7.49-119.99

Mad Hippie Natural
Cosmetics and Facial Care
Assorted
Varieties

20% off
assorted sizes
Regular Retail 20.99-51.99

NutraVege Omega-3
Plant DHA & EPA
Assorted Varieties
**See In-store for more
NutraVege Products on Sale**

26⁹⁹ 49⁹⁹
200ml 500ml
Regular Strength Regular Strength

Enerex Vitamins
& Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 18.49-79.99



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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.