



LONG WEEKEND SPECIALS!

100% BC OWNED AND OPERATED

Choices' Own
Hamburger,
Hot Dog
& Slider Buns

4.49

6 & 12 Packs

100%
Grass Fed
Beef Burgers

8.99/lb

19.82kg

Organic Mini Red Seedless
Watermelon from Mexico

2.98
each

BC Grown
Medley Mix Cherry Tomatoes

**2 for
4.00**

1 Pint Package

Grimm's Smokies



5.99

450g

Hardbite Natural
Potato Chips

Assorted Varieties



2/5.00

128-150g

FROM THE DELI:
Rosssdown Roasted Chickens

8.99
each

Choices' Own Family Size Salads



**8.99-
9.99**
each

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

Prices Effective
May 14-20, 2020.

PRODUCE

Organic Red and Yellow Sweet
Imperial Onions from California

3⁹⁸

1.36kg Bag

Pixie Tangerines from USA

5⁹⁸

907g Bag

Cauliflower from USA

2⁹⁸

each

Organic Valencia Oranges
from Mexico

4⁹⁸

1.81kg Bag

MEAT

Simply West Coast Haddock Bites

11⁴⁹

454g



Ribeye Steaks 100%
Grass Fed from Australia

Value Pack **35.25/kg**

15⁹⁹

/lb



Turkey Sausages

Made-In-Store

17.61/kg

7⁹⁹

/lb



Rockfish Fillets

22.02/kg

9⁹⁹

/lb



Victorian Acres
Smoked Turkey Breast Slices

41.87/kg

18⁹⁹

/lb



Local Bacon

No Nitrates Added

24.23kg

10⁹⁹

/lb



Fresh BC Halibut

66.12/kg

29⁹⁹

/lb



Stuffed Chicken Cordon

Assorted Varieties

3⁹⁹

each



Thomas Reid
Whole Organic Chickens

13.21/kg

5⁹⁹

/lb



Shrimp Skewers

37.46/kg

16⁹⁹

/lb



Choices' Own Ground Chicken

24.23/kg

10⁹⁹

/lb



GROCERY

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NoochPop
Nutritional
Yeast Popcorn
Assorted Varieties

3.99
120g



Que Pasa Organic
Tortilla Chips & Salsa
Assorted Varieties

2/7.00
assorted sizes



Covered Bridge
Potato Chips
Assorted Varieties

2/5.00
142-170g



Laiki Black or Red
Rice Crackers
Assorted Varieties

2/6.00
100g



The Good Bean
Chips, Chickpea Snacks &
Favas & Peas Snacks
Assorted Varieties

3.79 4.49
142g Chips 170g Snacks



Old Dutch
Potato Chips
Assorted Varieties

4/10.00
assorted sizes



Choices Organic
Rice Cakes
Assorted Varieties

2/7.00
185g



Good To Go
Keto Snack Bars
Assorted Varieties

2/4.00 16.99
40g Single 9 Pack



Organic Traditions
Cocoa Nibs,
Cocoa Powder,
Butter & Paste
Assorted Varieties

25% off
assorted sizes
Regular Retail \$11.99-21.99



Loop Cold
Pressed Juice
Assorted Varieties

2/7.00
355ml
+deposit +eco fee

San Pellegrino Sparkling Soda



Assorted Varieties

4.99
6 Pack
+deposit +eco fee



Fever-Tree
Premium Tonic Water
& Ginger Beer
Select Varieties

5.99
4 Pack
+deposit +eco fee



Remedy Organic Kombucha
& Organic Water Kefir
Assorted Varieties

2/6.00
330ml
+deposit +eco fee



Squamish Water
Kefir Co.
Assorted Varieties

2/6.00
355ml
+deposit +eco fee



Halo Top Frozen Dessert
Assorted Varieties

5.49
473ml



Applesnax Organic
Apple Sauce
Select Varieties

2/5.00
650ml



Eco Max Natural
Dish Liquid & Cleaners
Assorted Varieties

3.99
710-740ml



Echoclean Natural
Liquid & Powder
Laundry Detergent
Select Varieties

6.99
1.5L & 3kg

GROCERY



San-J Sauces
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.59-12.99



Amano Sauces & Miso
Assorted Varieties

30% off
assorted sizes
Regular Retail 6.29-16.99



Karthain's Organic Sauerkraut & Kimchi
Assorted Varieties

30% off
375-750ml
Regular Retail 6.99-14.49



Maison Orphée Organic Vinegar
Assorted Varieties

449-599
500ml



Maison Orphée Fresh Mayonnaise
2 Varieties

449
440ml



Simply Natural Organic Condiments, Salsa & Dressings
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.79-10.99



NuPasta Gluten-Free Konjac Pasta
Assorted Varieties

2/600 2/700
210g Regular 210g Organic



Simply Natural Organic Pasta Sauce
Assorted Varieties

499
739ml



Eden Organic Beans
Assorted Varieties

449
796ml

Udi's Gluten-Free Frozen Pizza



Assorted Varieties

599
284-312g



L'Ancetre Organic Cheese
Assorted Varieties

25% off
325g
Regular Retail 12.29-12.99

Armstrong Cheese Slices



Assorted Varieties

699
320-360g

Mama Mary's Pizza Shells & Sauce



Assorted Varieties

249-699
assorted sizes



Saputo Shredded Cheese
Assorted Varieties

549 399
320g 170g



Alexia Frozen Potatoes & Onion Rings
Assorted Varieties

299-399
assorted sizes

Jack's Paleo Kitchen Gluten-Free Cookies & Bites



Assorted Varieties

699
7 oz & 198g

Kitchening & Company Marshmallows



Assorted Varieties

499
8 Pack

Vegetarian Gourmet Frozen Burgers & Vegan Appetizers



Assorted Varieties

499-599
assorted sizes

DELI

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Choices' Own Pasta Salad

Assorted Varieties



**149-
189**
/100g

Apetina Feta in Oil Salad Toppers



**2 for
500**
100g

Bothwell Cheese

Assorted Varieties



299
/100g

Arla Cheese Slices

Assorted Varieties



499
165g

Lemon Herb or Mexi Savoury Potato Wedges

Assorted Varieties



500
350g

Summer Fresh Dips

Assorted Varieties



**2 for
700**
227g

Bella Casara Burrata Cheese



1199
250g

Irish Blarney Castle Reserve Cheddar Cheese or Guinness Cheese



799
200g

FRESH FROM OUR BAKERY

Choices' Own Premium Cookies

4 Varieties



599
6 Pack

Choices' Own Keto Buns



499
200g

Choices' Own Alternative Flour Carrot Cake & Fudgy Brownies

399
180g Carrot Cake

499
200g Fudgy Brownies



A Special Thank You

To everyone working on the front lines during these unprecedented times.
Thank you for keeping us healthy, happy and well fed!



GROCERY



**Silk Dairy-Free
Beverages &
Creamers**
Assorted Varieties

449

1.89L Beverages

2/500

473ml Creamers



**Manitoba Harvest
Hemp Bliss
Beverages &
Hemp Granola**
Assorted Varieties

2/600

946ml Beverages

549

283g Granola



**Choices
Organic Milk**

849

4L
1%, 2% & Skim

949

4L
3.8%



**Bob's
Red Mill
Gluten-Free
Oats**
Assorted Varieties

599-699

assorted sizes



**Happy Planet
Organic
Fresh Juice**
Assorted Varieties

399-499

1.75-1.89L
+deposit +eco fee



**Bremner's Organic
Frozen Fruit**
Assorted Varieties

25% off

assorted sizes
Regular Retail 7.99-25.99

**Avalon Organic
Probiotic Yogurt**



Assorted Varieties

399 899

650g 1.75kg



**Nuts to You
Almond Butter**
Select Varieties

799

365g



**Organic India
Tulsi Tea**
Assorted Varieties

549

18 Pack



**Frog Friendly Organic
Rainforest Alliance
Certified
Coffee Beans**
Assorted Varieties

999

340g

WELLNESS



**Natural Factors
Stress Relax
& Sleep
Supplements**
Assorted Varieties

20% off

assorted sizes
Regular Retail 17.99-46.99



**Natural Calm
Magnesium
Citrate Powder**
Select Varieties

2499 4199

226g

454g



**Viva Naturals
Organic
Facial Care**
Assorted Varieties

20% off

assorted sizes
Regular Retail 9.99-48.99

**New Chapter Vitamins &
Supplements**
Assorted Varieties



**Buy One Get One
50% Off**

assorted sizes • Regular Retail 25.99-87.99

**BioSil, Womensense,
Sea-licious &
Vegiday Vitamins
& Supplements**
Assorted Varieties

20% off

assorted sizes
Regular Retail 10.99-75.99



**Incrediwear Socks,
Braces and Wraps**
Assorted Varieties

20% off

assorted sizes & colours
Regular Retail 18.99-148.99



**Garden of Life
Dr. Formulated
Probiotics**
Assorted Varieties

20% off

assorted sizes
Regular Retail 24.49-53.99

**Omega Nutrition Organic
Pumpkin Seed
Protein Powder**



Assorted Varieties

2299

600g



**Barlean's Omega
Swirl Fish Oils &
Barlean's Olive
Leaf Complex**
Assorted Varieties

20% off

assorted sizes
Regular Retail 22.99-49.99



**Genuine Health
Fermented Organic
Vegan Protein
Powders & Bars**
Assorted Varieties

20% off

assorted sizes
Regular Retail 3.50-71.99



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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.