



LOCAL CHOICES!

100% BC OWNED AND OPERATED



BC Grown
Red Tomatoes
on the Vine
98/lb
4.37/kg



Local
Organic Ground
Beef 100% Grass Fed
Value Pack
999/lb
22.02/kg

Buy Local Cheeses:

Natural Pastures, Little Qualicum
Cheeseworks, Happy Days,
& Mt. Lehman Cheese Company

Select Varieties



**20%
Off**



BC Grown Organic Cherries
15.39/kg
698
/lb



BC Grown Hand Picked Organic
Raspberries from Olera Organic Farm
Weather Permitting
170g package
Regular Retail 6.98
BOGO



Local Pork Centre Cut Chops
Raised Without Antibiotics
17.61/kg
799
/lb



Choices' Own Ready to Eat
Chicken Skewers
Assorted Varieties
Made With Local Farmcrest Chicken



**3 for
1000**



Choices' Own Sourdough Bread
Featuring our very own 25+
year old sourdough starter!



499
530g



Earth's Own
So Fresh Oat Beverages
Assorted Varieties



379
1.75L



**Choices Fruit
& Nut Granola**



1199
908g



SISU
Vitamins & Supplements



Assorted
Varieties

25% off
Assorted Sizes
Regular Retail .79-69.99

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

Prices Effective
July 2 - 8, 2020.

PRODUCE

BC Grown

Organic Green, Red & Romaine
Lettuce from Myers Organic Farm



**3 for
600**

BC Grown

Organic Bunch Carrots



**2⁹⁸
Bunch**

Hass Avocados
Imported from Mexico

**2 for
400**

MEAT

100% Grass Fed Beef Sliders

Made In Store

19.82/kg

**8⁹⁹
/lb**

Beef Striploin Steaks 100%

Grass Fed from Australia

Value Pack

30.84/kg

**13⁹⁹
/lb**

Bison Sirloin Tip Steaks

37.46/kg

**16⁹⁹
/lb**

Choices' Own Boneless
Skinless Turkey Thighs

15.41/kg

**6⁹⁹
/lb**

Shrimp Skewers

37.46/kg

**16⁹⁹
/lb**

Marinated Butterfly
Whole Chicken

Made In Store

**9⁹⁹
each**

New Zealand Spring Lamb

Boneless Leg Steaks

30.84/kg

**13⁹⁹
/lb**

Fresh Tilapia Fillets

30.84/kg

**13⁹⁹
/lb**

Fresh Steelhead Fillets

Value Pack **37.46/kg**

**16⁹⁹
/lb**

Fresh Arctic Char Fillets

41.87/kg

**18⁹⁹
/lb**

GROCERY

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**Barbara's
Cheez Puffs**
Assorted Varieties

2/5⁰⁰
155-198g



**Kettle Brand
Potato Chips**
Assorted Varieties

2/5⁰⁰
170g- 220g



Rise Organic Kombucha
Assorted Varieties

5⁹⁹
1L • +deposit +eco fee

**Old Dutch Restaurant Tortilla
Chips & Salsa**
Assorted Varieties



2/6⁰⁰
assorted sizes



Mrs. Renfro's Salsa
Assorted Varieties

4⁷⁹
473ml



**Terra Potato
& Vegetable Chips**
Assorted Varieties

4⁷⁹
141-170g

Kind Energy Bars
Assorted Varieties



2/3⁰⁰
35-40g

Larabar Energy Bars
Assorted Varieties



3/4⁰⁰
45-48g



**Camino Organic
Fair Trade
Chocolate Bars**
Assorted Varieties

2/7⁰⁰
80-100g



**Bremner's Perfectly
Spiced & Vegan Caesar**



5⁹⁹
1L • +deposit +eco fee



**Effervé Sparkling
Lemonade**

Assorted Varieties

4⁹⁹
750ml • +deposit +eco fee



Guayaki Yerba Mate Drinks
Assorted Varieties

2/5⁰⁰
458ml

Organic Meadow Ice Cream
Assorted Varieties



6⁹⁹
946ml

Island Farms Ice Cream
Assorted Varieties



4⁹⁹-5⁹⁹
1.65L

CoolWay Frozen Dessert



Assorted Varieties

4⁴⁹
500ml



**Leclerc
Célébration
Cookies**
Assorted Varieties

3⁷⁹
240g



**Hippie Avocado &
Cauliflower Crisps**



Assorted
Varieties

3⁹⁹
70g



**Cascades Fluff Ultra
Toilet Paper & Tuff
Extreme Paper Towels**

5⁹⁹ **6⁹⁹**
8 Pack Toilet Paper 6 Pack Paper Towels

GROCERY

Made Good Granola Bars, Bites,
Cookies & Granola
Assorted Varieties



30% off
assorted sizes
Regular Retail 4.99-8.99



Choices Glacial Water



2/2⁰⁰
1.5L • +deposit +eco fee

Choices Organic Milk



1%, 2%, 3.8% & Skim



879 979
4L 1%, 2% & Skim 3.8%
4L

Olympic Yogurt



Assorted Varieties



7⁹⁹-9⁹⁹
1.75kg

Organic Meadow Butter



Salted & Unsalted

9⁹⁹
454g



Swerve Sugar
Alternatives

Assorted Varieties

7⁹⁹
340g

Silk Dairy-Free Almond &
Coconut Yogurt
Assorted Varieties



4⁹⁹
640 & 680g



Uncle Luke's
Organic Maple Syrup
Assorted Varieties

20⁹⁹
1L

Dairyland Sour Cream



Assorted Varieties



2/5⁰⁰
500ml

Riviera Coconut or Goat Yogurt



Assorted
Varieties

4⁴⁹
500g



Nuts to You
Almond Butter
Smooth & Crunchy

15⁹⁹
735g



Crofter's Organic
Premium Spreads

Assorted Varieties

2/6⁰⁰
235ml

Danone Oikos Greek Yogurt



Assorted Varieties

2/7⁰⁰
4 Pack

Sambazon Frozen Fruit Purée
& Acai Sorbet
Assorted Varieties



6⁹⁹
assorted sizes



Eden Organic Selections

Assorted Varieties

30% off
assorted sizes
Regular Retail 6.79-18.99

Udi's Gluten Free
Hamburger &
Hot Dog Buns
Assorted Varieties



3⁴⁹ 4⁹⁹
4 Pack Hamburger Buns 6 Pack Hot Dog

Bari Ricotta Cheese



2 Varieties

4⁹⁹
500g



Tre Stelle
Shredded Cheese

Assorted Varieties

4⁷⁹
170-200g

DELI

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Choices' Own Greek Salads



6.99
each

Choices' Own Lemon Herb or Mexi Potato Wedges



5.00
350g

Krinos Dolmades or Tzatziki



3.99
1 Dozen Dolmades

1.49
/100g Tzatziki

La Panzanella Crackers



5.99
170g

Green Olives with Tangerine & Chilis



2.49
/100g

Choices' Own Fresh Tomato, Corn or Mango Salsa



4.99-5.99
220g

Arla Cheese Slices Assorted Varieties



4.99
165g

Castello Brie or Blue Cheese



3.99
/100g

FRESH FROM OUR BAKERY: CHOICES' OWN:



Keto Chocolate Mousse & Fat Bombs



2 for 6.00
90g

7.49
130g

Scones Cheese, Chocolate & Blueberry



2.99
Package of 2

6" Fruit Pies New Varieties: Apple, Blueberry & Sour Cherry Rhubarb



5.99
220-300g

Garlic Bread Made with Roasted Garlic



3.99
320g

New From the Choices Bakery

Choices Artisan Buns

Italian Cheese • Pesto • Chia Sesame • Ciabatta

Our team of artisan bakers is at it again, this time creating a new series of inspired buns! Whether you're looking for the perfect sandwich bun, the ultimate complement for your freshly grilled burger, or just something to sop up your pasta sauce, these buns come in four different flavours to satisfy any craving.



GROCERY

Beyond Meat Plant Based Burger



5.99
226g

Sunrise Soft & Medium Tofu



1.19 **1.79**
300g Soft 454g Medium

Delverde Pasta Assorted Varieties



2/5.00
450g

Classico Pasta Sauce & Pesto Assorted Varieties



2/5.00
assorted sizes

Earth's Choice Organic Extra Virgin Olive Oil



10.99 **15.99**
500ml 1L

Berio Extra Virgin Olive Oil



8.99 **11.99**
250ml Organic 750ml Conventional

Holy Napoli Frozen Pizza Assorted Varieties



8.99
365-425g

Stahlbush Island Farms Sustainable Frozen Fruit & Vegetables Assorted Varieties



2/5.00 **2/8.00**
assorted sizes Vegetables assorted sizes Fruit

Suzie's Organic Condiments & Sauces Assorted Varieties



30% off
assorted sizes
Regular Retail 5.29-8.99

Choices Organic Canned Beans Assorted Varieties



2/3.00
398m

WELLNESS



Progressive Collagen Assorted Varieties
39.99
500g

Derma-E Facial Care & Hair Care Products Assorted Varieties



25% off
assorted sizes
Regular Retail 10.99- 52.99



Natural Factors CurcuminRich Theracurmin Assorted Varieties



20% off
assorted sizes • Regular Retail 24.99-80.99

Vega Sport Products



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

25% off
assorted sizes • Regular Retail 1.19-54.99



Renew Life Vitamins and Supplements Assorted Varieties

20% off
assorted sizes
Regular Retail 16.49-72.99



Acure Hair Care Assorted Varieties

11.99
96-236ml



Alba Botanica Face Care, Body Care & Sunscreens Assorted Varieties

20% off
assorted sizes
Regular Retail 8.79-21.99



Viva Naturals Organic Facial Care Assorted Varieties

20% off
assorted sizes • Regular Retail 9.99-48.99



Flora Udo's Choice 3.6.9 Blend & DHA Oil Blend Assorted Varieties

20% off
assorted sizes • Regular Retail 17.99-48.99



Organika Lattes, Milk Thistle & Instant C Assorted Varieties

25% off
assorted sizes • Regular Retail 6.99-64.99



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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

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