



# SUMMER SAVINGS!

100% BC OWNED AND OPERATED

BC Grown  
Blueberries

**398**

454g pack

Fresh Sockeye  
Salmon Fillets

Value Pack

**1999/lb**

44.07kg

## Choices' Own Gourmet Bean Dips

- Jalapeno Black Bean
- Cilantro Edamame
- Green Olive Cannellini



**NEW!**

**499**  
250g

## Choices' Own Artisan Breads:

- Rosemary Sea Salt Spring Wheat Sourdough
- Cheese & Mixed Olive Fougasse
- Beer Bread

**499**

300-340g

## NEW CROP! Organic Red Seedless Grapes from USA

8.77/kg

**398**  
/lb

## BC Grown Organic Golden and Red Bunch Beets from Myers Organic Farm

**2 for  
500**

## DELI SALAD! Choices' Own Ready to Eat Leafy Salads Assorted Varieties

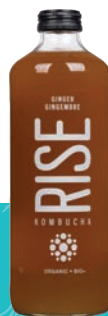
**449-  
799**



Barbara's Cheez Puffs

Assorted Varieties

**2/500**  
155-198g



Rise Organic Kombucha

Assorted Varieties

**599**  
1L • +deposit +eco fee



Vega Sport Products

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

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

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

Prices Effective  
July 16 - 22, 2020.



# PRODUCE

## Organic Salad Kits from Earthbound Farm



**3<sup>98</sup>**  
207-221g

## BC Grown Medley Tomatoes



**2<sup>98</sup>**  
283g pack

## BC Grown Apricots

6.57/kg



**2<sup>98</sup>**  
/lb

# MEAT

## 100% Grass Fed Ribeye Steaks from Australia

Value Pack  
35.25/kg



**15<sup>99</sup>**  
/lb

## 100% Grass Fed Canadian Ground Beef

Value Pack, Raised Without Antibiotics  
22.02/kg



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

## Grimm's Bavarian Smokies



**6<sup>99</sup>**  
450g

## Choices' Own Pork Sausages

15.41/kg



**6<sup>99</sup>**  
/lb

## 100% Grass Fed Venison Leg Steaks

44.07/kg



**19<sup>99</sup>**  
/lb

## Lamb Burgers

Made In-Store

26.43/kg



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

## Local Pork Side Ribs

Raised Without Antibiotics

15.41/kg



**6<sup>99</sup>**  
/lb

## Local Boneless Skinless Chicken Breast

Raised Without Antibiotics

24.23/kg



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

## Butterfly Marinated Chicken

Made In-Store



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

## Shrimp Skewers

37.46/kg



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



# GROCERY

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**Que Pasa Organic  
Tortilla Chips & Salsa**  
Assorted Varieties

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



**Choices Organic  
Rice Cakes**  
Assorted Varieties

**2/7<sup>00</sup>**  
185g



**Spokes Puffed Snacks**  
Assorted Varieties

**2/6<sup>00</sup>**  
80g

**Coconut Bliss Organic Frozen**



**Dessert Bars**  
Assorted Varieties

**5<sup>99</sup>**  
3 & 4 Pack



**Rico 'n Lalo  
Frozen Fruit Bars**  
Assorted Varieties

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

**Halo Top Ice Cream**



Assorted Varieties

**5<sup>49</sup>**  
473ml

**Las Margaritas Fresh Salsa**



Medium & Hot

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

**Sunflower Kitchen Pesto**



Assorted Varieties

**4<sup>99</sup>**  
227g

**Sambazon Frozen Fruit Purée &**



**Organic Frozen  
Acai Sorbet**

Assorted Varieties

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

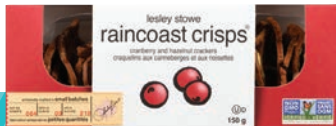


**Sigdal Bakeri  
Crispbread**  
Assorted Varieties

**4<sup>49</sup>**  
190-220g

**Lesley Stowe Raincoast Crisps**

Assorted Varieties



**4<sup>99</sup>**  
150g

**Honey Stinger Organic Energy**



**Chews & Bars**  
Assorted Varieties

**2/4<sup>00</sup>**  
42 & 50g



**Nature's Bakery  
Fig Bars**  
Assorted Varieties

**4<sup>49</sup>** 6 Pack Regular  
**5<sup>99</sup>** 340g Gluten-Free

**Kind Energy Bars**

Assorted Varieties



**2/3<sup>00</sup>**  
40g

**Clif Builders Bars**

Assorted Varieties



**2/3<sup>00</sup>**  
68g



**Good To Go  
Keto Snack Bars**  
Assorted Varieties

**2/4<sup>00</sup>**  
40g



**Taste Nirvana Coconut Water**

**2/7<sup>00</sup>**  
700ml • +deposit +eco fee



**Whistler Glacial Water**

**2/7<sup>00</sup>**  
4L • +deposit +eco fee

# GROCERY



**Santa Cruz  
Organic Lemonade**  
Assorted Varieties

**2/5<sup>00</sup>**  
946ml • +deposit +eco fee

**San Pellegrino Sparkling Sodas**

Assorted Varieties



**4<sup>99</sup>**  
6 Pack



**Rise Organic Nitro  
Cold Brew Coffee**  
Assorted Varieties

**2/6<sup>00</sup>**  
207ml • +deposit +eco fee



**Wild Tea  
Kombucha Soda**  
Assorted Varieties

**2/5<sup>00</sup>**  
355ml • +deposit +eco fee



**Roar Organic  
Electrolyte Drinks**  
Assorted Varieties

**2/5<sup>00</sup>**  
532ml • +deposit +eco fee



**Sap Sucker Birch Water**  
Assorted Varieties

**2/4<sup>00</sup> 13<sup>99</sup>**  
355ml • +deposit +eco fee 8 Pack  
+deposit +eco fee



**Earth's Choice  
Organic Virgin  
Coconut Oil**

**8<sup>99</sup> 14<sup>99</sup>**  
350ml 675ml



**Earth's Choice Organic  
Coconut Cream**

**2<sup>99</sup>**  
400ml



**Simply Natural  
Organic Condiments,  
Salsa & Sauces**  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 5.79-10.99



**Biotalia Organic  
Paste, Sauce &  
Strained Tomatoes**  
Assorted Varieties

**2/7<sup>00</sup>**  
358 & 700ml

**Delverde Pasta**

Assorted Varieties



**2/5<sup>00</sup>**  
450g



**Cucina Antica  
Pasta Sauce**  
Assorted Varieties

**6<sup>99</sup>**  
670ml



**Farmhouse Culture  
Organic Gut Shots**  
Assorted Varieties

**6<sup>99</sup>**  
473ml • +deposit +eco fee



**Maille Mustards  
& Gherkin Pickles**  
Assorted Varieties

**2<sup>99</sup> 4<sup>99</sup>**  
assorted sizes Mustards  
assorted sizes Gherkins



**Drew's Organics  
Salad Dressings**  
Assorted Varieties

**5<sup>49</sup>**  
360ml

**Sol Cuisine Vegan Frozen Burgers  
& Appetizers**  
Assorted Varieties



**2<sup>99</sup>-3<sup>99</sup>**  
assorted sizes

**Stahlbush Island Farms Sustainable  
Frozen Fruit  
& Vegetables**  
Assorted Varieties



**2/5<sup>00</sup> 2/8<sup>00</sup>**  
assorted sizes Vegetables  
assorted sizes Fruit



**Eco Max Natural  
Laundry Products**  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 9.99-18.99



# DELI

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## Choices' Own Ready to Eat Wraps



**6<sup>99</sup>**  
each

## Choices' Own 4.25" Quiche

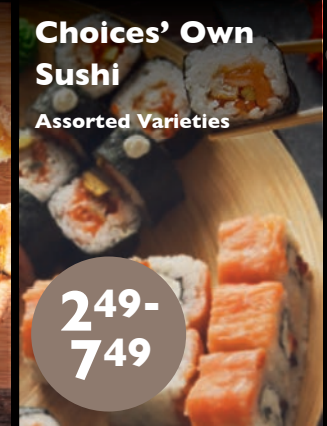
Assorted Varieties



**2 for  
800**  
200g

## Choices' Own Sushi

Assorted Varieties



**249-  
749**

## Indianlife Vegetable Herb Samosas



**2 for  
500**

## Half Roasted Chickens



**5<sup>99</sup>**  
each

## Castelvetro Olives



**249**  
/100g

## Bothwell Non-GMO Medium Aged or 548 Cheddar Cheese



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

## Gourmet Shepherd's Cheese or Sheep Feta Cheese



**4<sup>99</sup>-  
6<sup>99</sup>**

## New Deli Salads, Dips & Hummus!

The Choices Deli is always working on new and exciting chef created items for you. Try our brand new lines of dip, hummus or salad to take your taste buds on a trip around the world. Whether you're looking for a quick snack on the run or to take something home for dinner, you can trust that we're using the best quality ingredients available for you and your family.



## CHOICES' OWN FRESHLY BAKED GOODS

### Country French Bread including 60% Whole Wheat Bread



**4<sup>99</sup>**  
480g

### Gourmet Cookies 6 Classic Varieties



**4<sup>99</sup>**  
12 Pack

### Baked Fruit Crisps Apple & Cherry Rhubarb



**349**  
250g



# GROCERY



**Earth's Own  
So Fresh Oat  
Beverages**  
Assorted Varieties

**379**  
1.75L



**Manitoba  
Harvest Hemp  
Bliss Beverages**  
Original & Unsweetened

**2/600**  
946ml



**Only Oats  
Gluten-Free  
Oats**  
Assorted Varieties

**699**  
1kg



**Choices  
Sprouted Vegan  
Cookies**  
Assorted Varieties

**499**  
312g



**Crofter's Premium  
Organic  
Spreads**  
Select Varieties

**2/600**  
235ml



**Fatso High  
Performance  
Peanut Butter**  
Assorted Varieties

**799**  
500g



**Liberté Méditerranée  
Yogurt**  
Assorted Varieties

**2/600**  
500g



**Yoso Coconut  
& Almond  
Based Yogurts**  
Assorted Varieties

**399 499**  
440g Coconut 440g Almond & Cashew



**L'Ancetre  
Organic Cheese**  
Assorted Varieties

**929-999**  
325g



**Meadowvale  
Creamery Butter**

**479**  
454g

# WELLNESS



**Natural Factors  
Active Vitamin B  
Supplements**  
Select Varieties

**20% off**  
assorted sizes  
Regular Retail 9.49-37.99



**Derma E Facial &  
Hair Care Products**  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 10.99-52.99



**Vitality Vitamins  
& Supplements**  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 22.99-74.99



**New Chapter Multivitamins  
Mens & Womens**  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 38.99-87.99



**Thinksport Suncare &  
Thinkbaby  
Bodycare**  
Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail 12.99-38.99



**Viva Naturals  
Organic Facial Care**  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 9.99-48.99



**Genuine Health  
Clean Collagen  
& Bars**  
Assorted Varieties

**2849 1999**  
Marine or Bovine Collagen 8 Pack Collagen Bars



**Alaffia Everyday Fair Trade  
Hair Care, Body Wash,  
Lotion &  
Bubble Bath**  
Assorted Varieties

**1399**  
473-950ml



**Organic Traditions  
Superfoods & Full  
Spectrum Herbs**  
Select Varieties

**20% off**  
assorted sizes  
Regular Retail 10.29-35.99



**Flora Probiotics**  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 15.99-65.49



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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.