



# SHOP LOCAL!

100% BC OWNED AND OPERATED

## CHOICES' OWN PRODUCTS!

Whole  
Chickens

**399/lb**  
8.80kg

BC  
PRODUCT!

Pasta Salads  
Assorted Varieties

**169-219**  
/100g

BC  
PRODUCT!

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

**599**  
220-300g

BC  
PRODUCT!



Gourmet  
Small Batch Salsa  
Assorted Varieties

**549**  
750ml

BC  
PRODUCT!



Organic  
Cheese

**699**  
235g

BC  
PRODUCT!



Gourmet  
Pasta Sauce  
Assorted Varieties

**699**  
750ml

BC  
PRODUCT!

Righteous BC  
Cherry Gelato

**699**  
562ml



CHOICES  
EXCLUSIVE!

Organic Nectarines from  
Nature's First Fruits

BC  
PRODUCT!

**498**  
907g Bag

Organic Bi-Colour  
& Yellow Corn on the Cob

BC  
PRODUCT!

**4 for  
500**

Vega One All-in-One  
Nutritional Shakes  
Assorted Varieties

**20%  
off**

All other Vega  
One Products

**4999**  
827-876g



BC  
PRODUCT!

Organic Yellow Potatoes from  
Fraserland Organics

BC  
PRODUCT!

**498**  
2.27kg Bag

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able to issue **rain checks** when applicable.

Prices Effective  
August 20 - 26, 2020.



# PRODUCE

**BC Long Seedless Cucumbers**

**2 for 300**

**BC Grown Organic Black Amber Plums from Nature's First Fruits**

**2.98 /lb**

6.57/kg

**BC Grown Blueberries**

**3.98**

454g Package

**BC Grown Organic Zucchini from Forstbauer/Secretst**

3.26/kg

**1.48 /lb**

# MEAT

**Local Boneless Pork Loin Chops**

Value Pack , Raised Without Antibiotics  
15.41/kg

**6.99 /lb**

**100% Grass Fed Ribeye Steaks from Australia**

Value Pack  
35.25/kg

**15.99 /lb**

**Chicken Kabobs**

Made In-Store  
19.82/kg

**8.99 /lb**

**Organic Boneless Skinless Chicken Breasts**

28.64/kg

**12.99 /lb**

**Pork Sausages**

Made In-Store  
15.41/kg

**6.99 /lb**

**Fresh Canadian Char Fillets**

41.87/kg

**18.99 /lb**

**Fresh BC Halibut Fillets**

66.12/kg

**Sockeye Salmon Burgers**

**6.99**

4 oz each  
2 Pack

**Wild Caught Ahi Tuna Steaks Sashimi Grade**

**5.99**

6 oz each

**29.99 /lb**



# GROCERY

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## NoochPop Nutritional Yeast Popcorn

Assorted Varieties



**3<sup>99</sup>**  
120g



## So Delicious Dairy-Free Frozen Dessert

Select Varieties

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



## Natrel Lactose Free Ice Cream

Assorted Varieties

**2/7<sup>00</sup>**  
473ml

## Want Want Super Slim Crisps & Hot Kid Rice Crisps



Assorted Varieties

**2/5<sup>00</sup>** **2/6<sup>00</sup>**  
100g Hot Kid 100g Want Want



## Gluten-Free Bliss Balls

Chocolate or Coconut

**5<sup>49</sup>**  
150g



## La Cocina Tortilla Chips

Original or Fiesta

**2/7<sup>00</sup>**  
300-400g



## Covered Bridge Potato Chips

Assorted Varieties

**2/5<sup>00</sup>**  
142-170g



## Old Dutch Potato Chips

Assorted Varieties

**2/6<sup>00</sup>**  
220-255g



## NaturSource Almonds

Assorted Varieties

**4<sup>49</sup>**  
190g-200g



## Zazubean Organic Fair Trade Chocolate Bars

Assorted Varieties

**2/7<sup>00</sup>**  
85g



## Fever-Tree Tonic Water & Ginger Beer

Assorted Varieties

**5<sup>49</sup>**  
4 Pack • +deposit +eco fee



## GT's Alive Adaptogenic Mushroom Teas

Assorted Varieties

**2/6<sup>00</sup>**  
480ml • +deposit +eco fee



## Guayaki Yerba Mate Drinks

Assorted Varieties

**2/5<sup>00</sup>**  
458ml • +deposit +eco fee



## The Good Drink Natural Iced Tea

Assorted Varieties

**2/4<sup>00</sup>**  
473ml • +deposit +eco fee



## Whistler Glacier Spring Water

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



## Blue Monkey Coconut Water

With or Without Pulp

**3/5<sup>00</sup>**  
520ml • +deposit +eco fee



## Sapsucker Organic Birch Water

Assorted Varieties

**2/4<sup>00</sup>**  
355ml • +deposit +eco fee



# GROCERY



**Ethical Bean Organic  
Fair Trade Coffee**

Assorted Varieties

**6<sup>99</sup> 9<sup>99</sup>**

227g Ground 340g Whole Bean



**Elias Honey**

Assorted Varieties

**9<sup>99</sup> 11<sup>99</sup>**

1kg Liquid 1kg Raw Creamed Tub



**Blue Diamond  
Almond Breeze**

Assorted Varieties

**3<sup>99</sup>**

1.89L

**Maple Hill Free Range Large Eggs**



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

1 Dozen



**Tree Island  
Cream Top Yogurt**

Assorted Varieties

**3<sup>99</sup>**

500g

**Greek Gods Organic Yogurt**

Assorted Varieties



**3<sup>99</sup>**

500g



**The Granola King  
Granola**

2 Varieties

**22<sup>99</sup>**

2kg



**Little Northern Bakehouse  
Wide Slice Gluten-Free  
Sprouted Bread**

White & Whole Grain

**4<sup>99</sup>**

567g



**Queen St. Bakery  
Gluten-Free Bread, Buns,  
Pizza Dough & Bunlets**

**4<sup>49</sup>-6<sup>99</sup>**

200-500g



**MaraNatha  
Nut Butter**

Assorted Varieties

**30% off**

340-500g  
Regular Retail 9.49-14.49



**Bakery On Main  
Gluten-Free Granola**

Assorted Varieties

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

340g



**Blender Bites  
Organic  
Smoothie Pucks**

Assorted Varieties

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

540g



**Earthbound Farm  
Organic Frozen  
Fruit & Vegetables**

Assorted Varieties

**2/6<sup>00</sup> 2/8<sup>00</sup>**

300-400g Vegetables 300g Fruit

**Woolwich Goat Cheese**

Assorted Varieties



**3<sup>49</sup>-7<sup>99</sup>**

113g - 300g



**Saputo  
Shredded Cheese**

Assorted Varieties

**3<sup>99</sup> 5<sup>49</sup>**

170g 320g



**Love Child  
Organic Baby Food**

Assorted Varieties

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

128ml



**Happy Planet Smoothies**

Assorted Varieties

**3<sup>99</sup>**

900ml + deposit + eco fee



**Udi's Gluten Free  
Frozen Pizza's**

Assorted Varieties

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

284-312g



# DELI

**Good News!** Choices is now once again able to issue **rain checks** when applicable.

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**Choices' Own  
Ready to Eat  
Chicken Breast,  
Mediterranean,  
Almond Cilantro  
or Grilled**

**2.99**  
/100g

**Choices' Own  
Hummus**  
Assorted Varieties

**3.99**  
250g

**Choices' Own  
Ham, Turkey  
or Roast Beef  
Artisan  
Sandwiches**

**7.99**  
each

**Havarti Cheese**  
Assorted Varieties

**3.19**  
/100g

**Ile De France  
Imported French  
Brie Cheese**

**3.99**  
/100g

**Jamaican  
Patties Vegan,  
Curry Chicken  
or Spicy Beef**

**3.49**  
each

**Greek  
Dolmades**

**3.99**  
/Dozen

**Artisan Salt  
Spring Goat  
Chevre Cheese**  
Assorted Varieties

**11.99**  
150g

**Saputo  
Bocconcini**  
Assorted Varieties

**4.99**  
200g

**Castello Blue  
Cheese, Blue or  
Brie Half Moons  
or Aged Havarti**

**4 for  
20.00**

## CHOICES' OWN FRESHLY BAKED GOODS

**Whole Wheat  
& Multigrain Bread**

**4.99**  
530g

**Muffins**

Including Minis,  
Alternative Flour  
& Gourmet

**2.99**  
4 Pack  
Minis

**4.49**  
4 Pack  
All Others

**Fruit Crisps Apple  
& Cherry Rhubarb**

**3.49**  
250g

## Delicious, Nutritious, and Sustainable Grilling

Our Grocery Department offers countless products that are perfect for the grill, no matter the season! Next time you're in our stores, come find these products in addition to plenty more local and environmentally-friendly foods that will make summer last a little longer!

- **Better Blends** are Canadian burger patties made from a blend of antibiotic-free meat with Non-GMO grains and vegetables.
- Victoria-based, **Very Good Butchers** offers plant-based grillable burger patties and sausage bangers.
- **TMRW Foods** offers Vancouver-made plant based burgers and minces that are flavourful and satisfying.
- Vancouver-based **Big Mountain Foods** creates healthy plant based products such as breakfast bites and crumbles, perfect for any time of day.



# GROCERY

Nature's Farm

Organic Pasta  
Assorted Varieties



**2/6<sup>00</sup>**  
454g

Modern Table Lentil Pasta

Assorted Varieties



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

# WELLNESS

New Chapter Wholemega,

Tumeric Force  
& Bone Strength  
Assorted Varieties



**20% off**  
assorted sizes  
Regular Retail 25.99-82.99

NutraSea Omega-3 &

Omega-3 + Vitamin D  
Select Varieties



**20% off**  
assorted sizes  
Regular Retail 23.99-99.99



Maison Orphée  
Salad Dressings  
& Vinaigrettes  
Assorted Varieties

**2/7<sup>00</sup>**  
250ml



Spectrum  
Cooking Oils  
& Vinegars  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 9.49-27.49

Sisu Ener-C Energy Boost



**4/2<sup>00</sup> 14<sup>49</sup>**  
Singles 30 Pack



Renew Life  
Vitamins &  
Supplements  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 17.49-72.99

Beyond Meat  
Plant Based Burger



**6<sup>99</sup>**  
226g



Earth Island  
Veganaise  
Select Varieties

**5<sup>99</sup>**  
473ml

Smart Solutions Lorna  
Vanderhaeghe  
Collagen & Beauty  
Supplements  
Assorted Varieties



**25% off**  
assorted sizes  
Regular Retail 19.49-70.49



Botanica Perfect  
Protein & Perfect  
Protein Elevated  
Assorted Varieties

**48<sup>99</sup>**  
606-840g



Mezzetta  
Peppers & Olives  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 4.79-10.49

Casa Fiesta Mexican



Products  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 1.99-6.49



Dr. Hauschka  
Facial Care  
Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail 7.49-85.99



Jason Naturals  
Body Wash &  
Hair Care  
Assorted Varieties

**12<sup>99</sup> 74<sup>9</sup>**  
887-946ml Body Wash 480mL Hair Care



Nature Clean  
Natural Cleaning  
Products  
Assorted Varieties

**30% off**  
assorted sizes  
Regular Retail 4.99-22.99



Purex  
Toilet Paper  
2 Varieties

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



The Soap Works  
Bar Soap  
Select Varieties

**3/4<sup>98</sup>**  
3 Bars



Purica Vitamins  
& Supplements  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 12.49-134.49



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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.