



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED



Thomas Reid
Whole Organic
Chickens
599/lb
13.21/kg

BC Grown
Corn on
the Cob
4/300



Black Forest, Honey or
Old Fashioned Ham Sliced

219
/100g

BC Grown Organic
Blueberries

298
170g Pack

Weather
Permitting!

Choices' Own Whole Wheat
& Multigrain Bread



499
530g



Dr. Bronner's Non-GMO
Organic Castile Soap

Assorted Varieties

449 **1799**
140g Soap Bars 944ml Liquid

Maple Hill Organic Free Range
Medium Eggs



499
1 Dozen



Kicking Horse
Organic Fair Trade
Whole Bean Coffee
Assorted Varieties

1299
454g

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

Prices Effective
September 3 - 9, 2020.

PRODUCE

BC Grown Russet Potatoes

3⁹⁸

10lb/4.54kg

BC Grown Organic Coronation Grapes

6⁹⁸

2 Litre Pack

BC Grown Organic Prune Plums

4.37/kg

1⁹⁸

/lb

BC Grown Organic Gold & Red Bunch Beets from Myers Organic Farm

**2 for
5⁰⁰**

MEAT

Local Pork Tenderloin

Raised Without Antibiotics

19.82/kg

8⁹⁹

/lb

Local 100% Grass Fed Organic Lean Ground Beef

Value Pack

22.02/kg

9⁹⁹

/lb

Fort Hardy Pork Ribs

9⁹⁹

568g

100% Grass Fed Beef Ribeye Steaks from Australia

Value Pack

35.25/kg

15⁹⁹

/lb

Choices' Own Chicken Sausages

Made In-Store

24.23/kg

10⁹⁹

/lb

Sockeye Fillets

Value Pack, Previously Frozen

35.25/kg

15⁹⁹

/lb

Large Raw Prawns

Previously Frozen

44.07/kg

19⁹⁹

/lb

Choices' Own Ground Chicken

Raised Without Antibiotics

24.23/kg

10⁹⁹

/lb

Salmon Burgers

Previously Frozen

6⁹⁹

4 oz 2 Pack

Shrimp Skewers

Previously Frozen

37.46/kg

16⁹⁹

/lb

Breaded Chicken Cutlets

Made In-Store

19.82/kg

8⁹⁹

/lb

GROCERY

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Smart Sweets
Low Sugar Candy
Assorted Varieties

2/6⁰⁰
50g



Clif Energy Bars
& Clif Luna Bars
Assorted Varieties

10/10⁰⁰
48g Luna & 68g Clif

Hornby Organic Energy Bars
Assorted Varieties



2/5⁰⁰
70 & 80g



Good To Go Keto Bars
Assorted Varieties

3/5⁰⁰
40g



Bobo's Gluten-Free
Oat Bars & Stuff'd Bars
Assorted Varieties

2/4⁰⁰
71-85g

Nature's Bakery Fig Bars



Assorted Varieties

4⁷⁹
6 Pack



Lundberg
Rice Chips
Assorted Varieties

2/6⁰⁰
170g



Sahale Nut Mixes
Assorted Varieties

4⁹⁹
113g



Veggie Go's Organic
Fruit Snacks
Assorted Varieties

6/7⁰⁰
12g



Laiki
Rice Crackers
Assorted Varieties

2/6⁰⁰
100g



Mary's Organic
Gluten-Free Crackers
Assorted Varieties

4⁹⁹
142-184g



Glutino Gluten-Free
Crackers, Cookies,
Bread & Muffins
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.49-8.99



Taste Nirvana
Coconut Water
With or Without Pulp

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



Brew Dr. Organic
Kombucha
Assorted Varieties

3/9⁹⁹
414ml • +deposit +eco fee



Rise Organic Kombucha
Assorted Varieties

5⁹⁹
1L • +deposit +eco fee



Halo Top
Frozen Dessert
Assorted Varieties

4⁹⁹
473ml



Whistler Glacial
Carbonated & Spring Water

2/5⁰⁰ **2/6⁰⁰**
750ml Carbonated Water 4L Spring Water
+deposit +eco fee +deposit +eco fee



Rumble
Supershake Beverages
Assorted Varieties

2/6⁰⁰
330ml

GROCERY



Earth Balance Spreads
Assorted Varieties

30% off

assorted sizes
Regular Retail 6.99-15.99



Little Northern Bakehouse Gluten-Free Classic Loaves
Assorted Varieties

4⁹⁹
482g



Dempster's Fresh Bagels
Assorted Varieties

2/8⁰⁰
6 Pack

Fraser Valley Butter
Salted or Unsalted



4⁹⁹
454g



Wise Bites Quinoa Bars & Muffins
Assorted Varieties

6⁹⁹
300-340g



Caulipower CAULIFLOWER Tortillas
2 Varieties

6⁹⁹
150 & 200g

Spread'Em Cashew Buttery Spread & Soft Almond Cheeze
Assorted Varieties



6⁹⁹

227g Buttery Spread

7⁹⁹

200g Almond Cheeze

Sunflower Kitchen Hummus & Dips
Assorted Varieties



30% off
assorted sizes
Regular Retail 3.99-6.99

L'Ancetre Organic Cheese
Assorted Varieties



5⁹⁹
200g

Shady Maple Farm Organic Maple Syrup
Assorted Varieties



30% off
assorted sizes
Regular Retail 5.79-29.99



Fatso High Performance Peanut Butter
Assorted Varieties

7⁹⁹
500g



Armstrong Cheese Slices
Assorted Varieties

4⁴⁹
220-240g



Silk Alternative Creamers & Beverages
Assorted Varieties

2/5⁰⁰
473ml Creamer

4⁴⁹-4⁹⁹
1.75-1.89L Beverages

Daiya Mac & Cheese, Dressings, Yogurt & Burritos
Assorted Varieties



30% off
assorted sizes
Regular Retail 2.19-9.99



Terra Breads Pure Crunch Granola

5⁹⁹
340g



Donia Farms Grass Fed Natural Yogurt

3⁹⁹ 9⁹⁹
650g 1.8Kg



Danone Natural Yogurt
Assorted Varieties

3⁹⁹
650g



Olympic Yogurt
Assorted Varieties

2/7⁰⁰
500g Kremas/ 650g Natural

2/9⁰⁰
650g Organic, Kremas, & Greek

DELI

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Choices' Own 4.25" Quiche

Assorted Varieties

2 for
800

Choices' Own Ready To Eat Green Salads

Assorted Varieties

4⁹⁹-
7⁹⁹

Habibi's Family Sized Hummus

Assorted Varieties

6⁹⁹
450g

Swiss Imported Emmental or Gruyere Cheese

3⁹⁹-
5⁴⁹
/100g

Dolmades

3⁹⁹
1 Dozen

Tzatziki Dip

1²⁹
/100g

Ready to Eat & Sliced Organic Chicken or Turkey Breast

7⁹⁹
150g

Choices' Own Ready to Eat Fresh Rolls Tuna, Salmon, Avocado Or Mango Chicken

5⁴⁹
each

Bothwell Cheese

Assorted Varieties

2⁹⁹
/100g

CHOICES' OWN FRESHLY BAKED GOODS

Gourmet Cakes

Including New! Kalamansi Mousse Cake

4 Varieties

16⁹⁹
400-600g

Cookies

Assorted Varieties

4⁹⁹
12 Pack

Mini Muffins

4 Varieties

2⁹⁹
130g

Brave Face Organic Reusable Face Masks

Assorted Colours

Style: Fraser & Skeena

Protect yourself and your children while also being environmentally friendly and socially responsible. These double layer organic cotton masks are Canadian made and also come in a reusable bag.

10⁹⁹-
11⁹⁹

See In-Store for
Other Styles On Deal!



GROCERY

Gardein Frozen Meatless Products
Assorted Varieties



3⁹⁹ 4⁹⁹
190-390g Bags 241g Bowls

Green Cuisine Frozen Burgers, Tempeh & Wheat Cutlets
Assorted Varieties



2⁹⁹ 3⁹⁹
170-227g Tempeh/Burgers 225g Wheat Cutlets

Yves Veggie Slices & Ground Round
Assorted Varieties



30% off
assorted sizes
Regular Retail 3.59-4.99

Rao's Homemade Pasta Sauce
Assorted Varieties



8⁹⁹
680ml

Earth's Choice Organic Beans
Assorted Varieties



2/4⁵⁰
398ml

Sprague Organic Soup
Assorted Varieties



2/6⁰⁰
398ml

Berio Extra Virgin Olive Oil



7⁹⁹ 10⁹⁹
250ml Organic 750ml Conventional

Nutiva Organic Virgin Coconut Oil



7⁹⁹ 12⁹⁹
444ml 860ml

V.I.P. Hand Sanitizer Gel



5⁹⁹
320ml

Vitality Vitamins & Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 22.99-74.99

WELLNESS

Iron Vegan Sprouted Protein & Supplements
Assorted Varieties
See In-store for more Iron Vegan Products On Sale!



20% off
assorted sizes
Regular Retail 3.49-40.99

Mineral Fusion Natural Cosmetics, Nail Polish & Hair Care
Assorted Varieties



Buy One Get One Free
assorted sizes

Thayer's Witch Hazel & Slippery Elm Lozenges
Assorted Varieties



11⁹⁹ 13⁹⁹
340ml Witch Hazel 150 Pack Slippery Elm Lozenges

Vega One All-in-One Nutritional Shakes & Chlorella Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 3.99-64.99

Prairie Naturals Vitamins, Supplements or Body Care Products
Assorted Varieties



20% off
assorted sizes
Regular Retail 1.89-79.99

NOW Essential Oils
Regular, Organic, & Blends
Select Varieties



20% off
assorted sizes
Regular Retail 7.49-77.99

BioSil, Medi-C, Sealicious and Vegiday Vitamins & Supplements
Assorted Varieties



20% off
assorted sizes
Regular Retail 10.99-75.99

Natural Factors CurcuminRich Theracurmin
Select Varieties



20% off
assorted sizes
Regular Retail 15.49-80.99

Organic Traditions Superfoods
Select Varieties



20% off
assorted sizes
Regular Retail 10.29-37.99

Alba Botanica Face, Body Care & Sunscreen
Assorted Varieties



20% off
assorted sizes
Regular Retail 8.79-21.99



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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.